

Using Case Management Model to Enhance of Osteoporosis Care Patients Thereby Reduce the Rate of Recurrent Fractures

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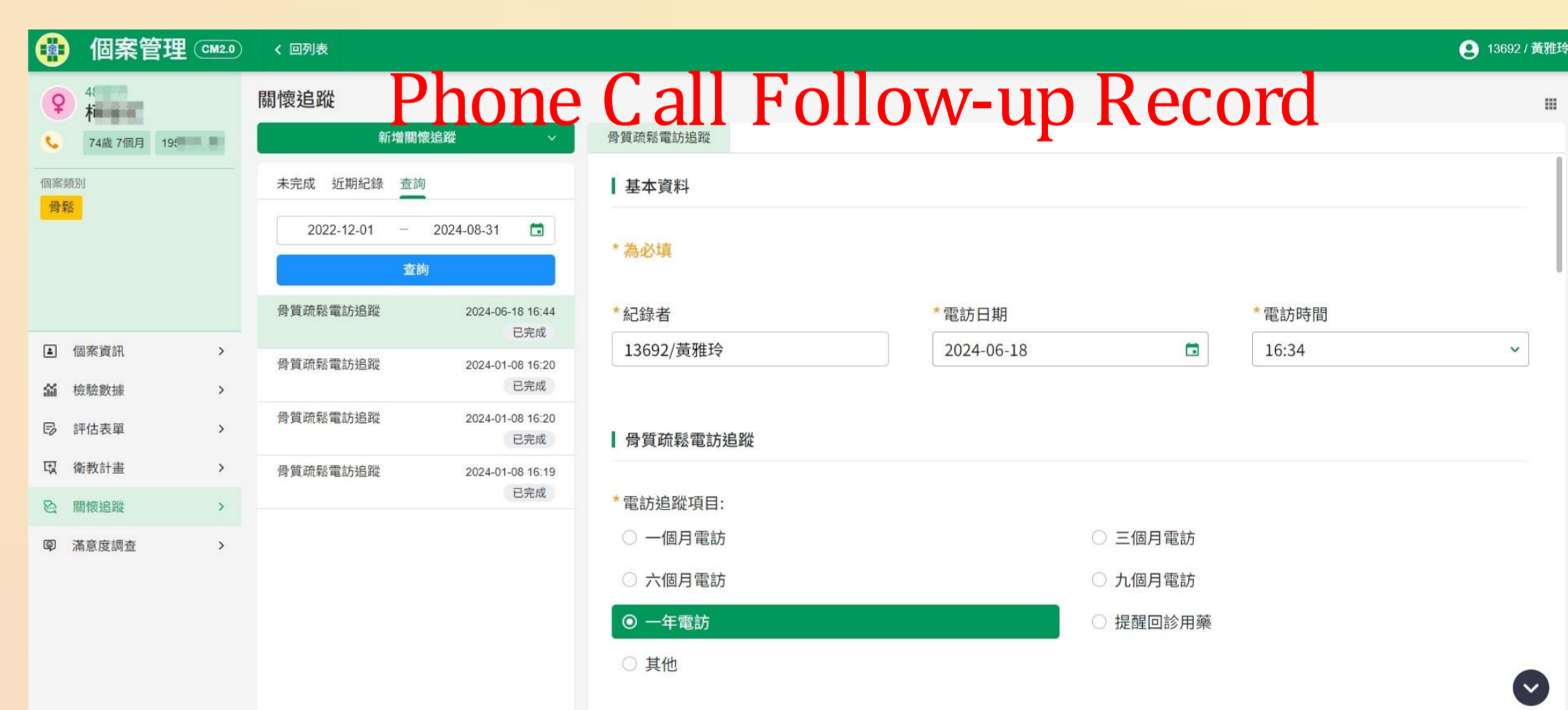
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Background

With the aging population, osteoporosis has become the second most common disease globally. After the first osteoporotic fracture, the chance of getting a second osteoporotic fracture rises up to 50%. Annual fracture recurrence rate of the other medical center is 14.7%. However we reported 27.78% recurrence rate from our hospital, which is significantly higher than that of other institutions. By means of implementing case management system, we are hoping to increase the patient's awareness to osteoporosis care program, which may lead to reduction of the rate of recurrent fractures.

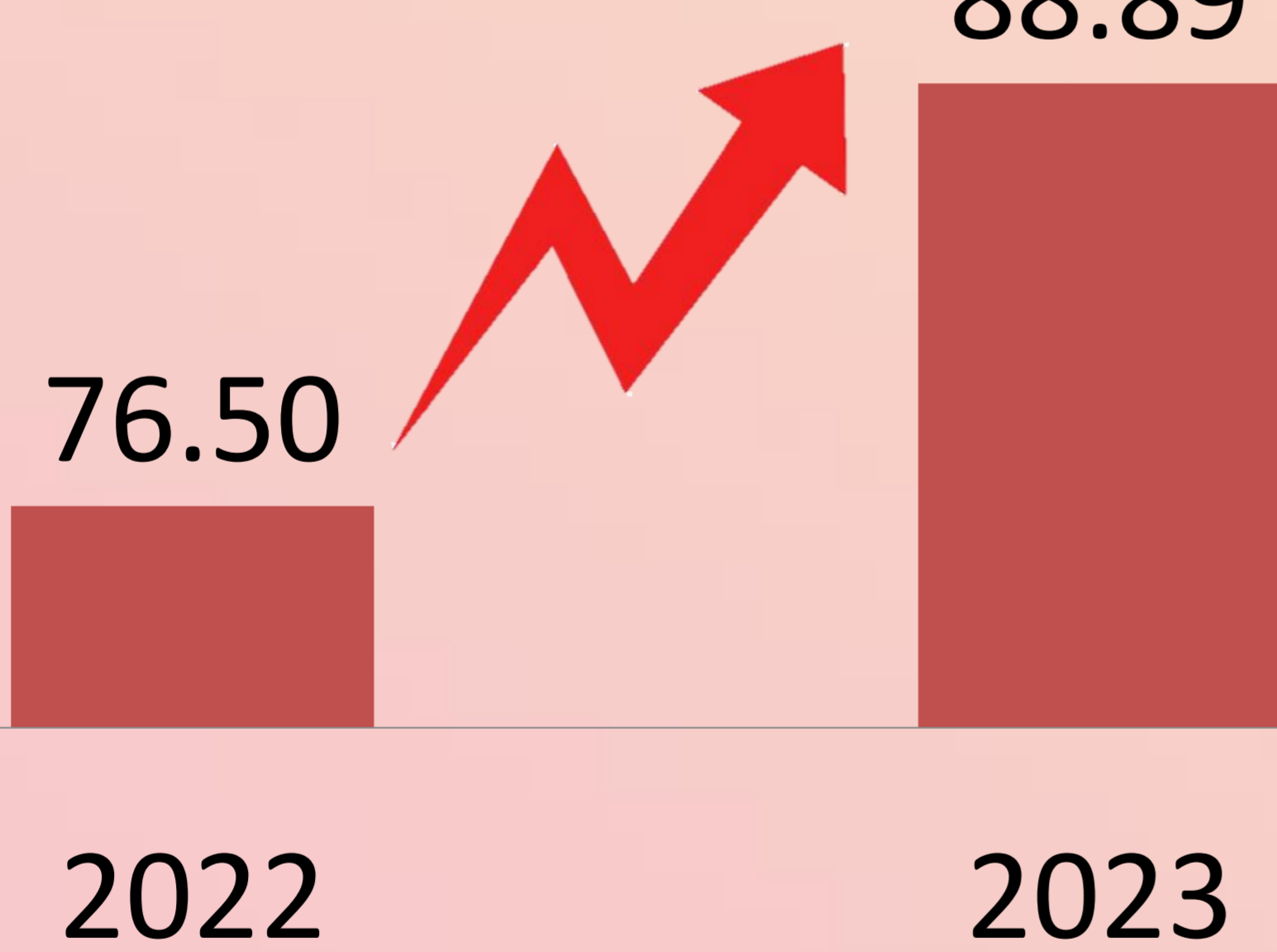
Methods

In collaborating with the information department through benchmark learning, we had developed a case management system. The system includes medical history, family history, medication history, lifestyle habits, nutritional assessment, and fracture risk assessment. Through comprehensive assessment, we understood the causes of osteoporosis in each patient and therefore we could provide personalized health education. After case enrollment, we made regular telephone interviews to track the effectiveness of nursing and health education. Quarterly meetings were held in which we discussed and analyzed cases as well as the unmet thresholds in specific months.

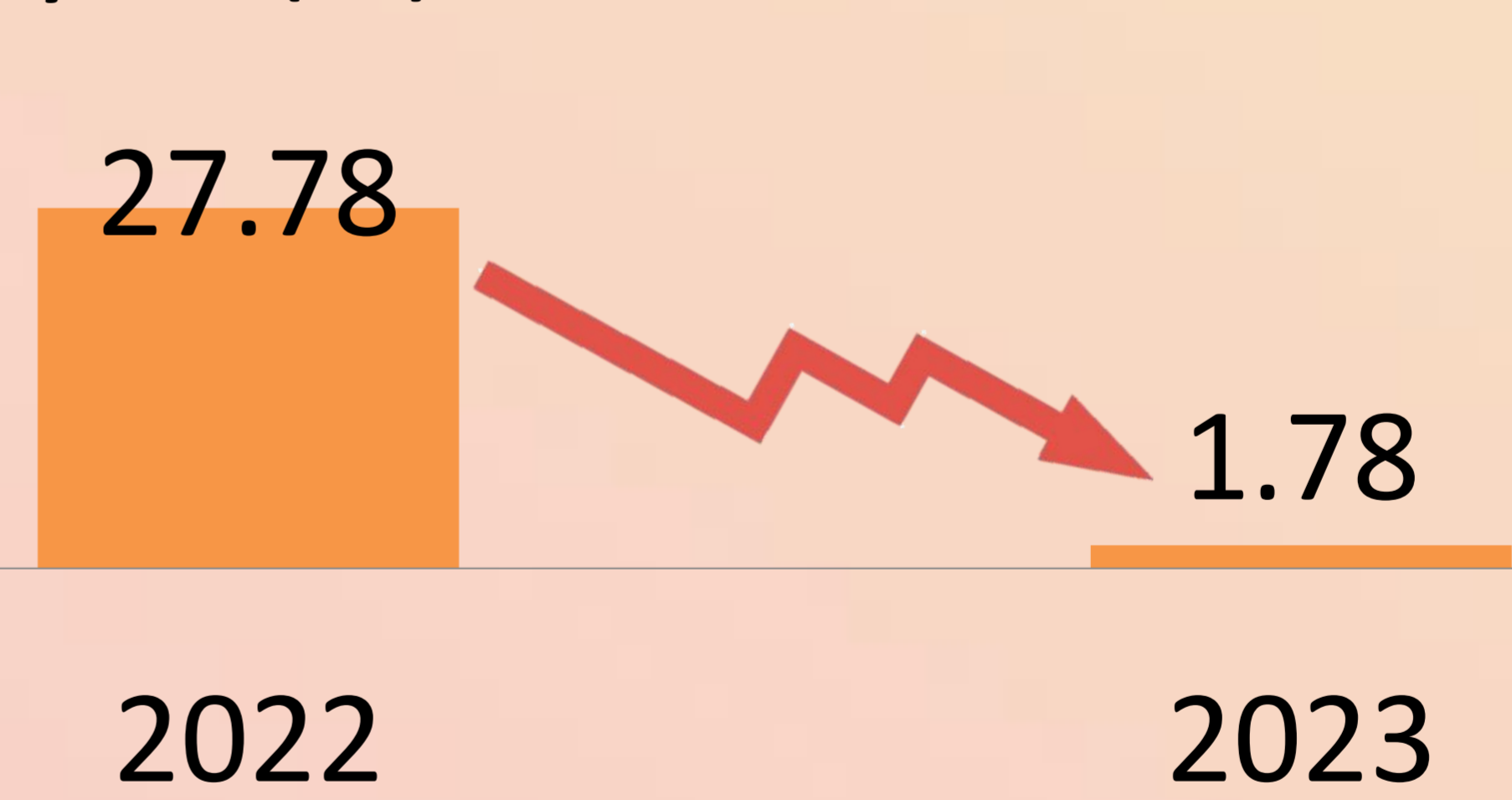


Results

■ patients' awareness rate of osteoporosis(%)



■ recurrent fractures in patients with osteoporosis within one year(%)



Conclusions

"Hip fracture is the last straw that broke the elderly's body". Through the case management system, we could identify patients' problems systematically and provide personalized health education guidance. Taiwan will soon become a super aged society by 2025, and osteoporosis is inevitably an important public health issue. Through promoting the osteoporosis prevention and treatment system actively, we can reduce the risk of fractures, the disability of the elderly, medical expenses, and family burdens. Ultimately we can achieve a win-win situation between the society and the families.

Keywords Osteoporosis 、 awareness rate 、 recurrent fractures