Support for Health Professionals
The National Osteoporosis Society

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National Development Manager
The National Osteoporosis Society: Established 1986

- The only UK-wide charity dedicated to improving diagnosis, prevention and treatment of osteoporosis in the UK
- Not government funded and rely on public and private donations
What does the Charity do?

- **Inform and Support** - health professionals, patients and carers, general public
- **Campaign, Lobby & Influence**
- **Educate & Raise Awareness**
- **Support Medical Research**
Some basic facts!

The Problem

3 million people
in the UK are estimated to have Osteoporosis.

Every 2 minutes
someone breaks a bone,
that's 300,000 fractures a year.

Who it affects

1 in 2 Women
People over the age of 50 who will break a bone mainly as a result of poor bone health.

1 in 5 Men

The personal cost

80%
of people who have broken a hip are unable to shop, garden or climb stairs, a year after their fracture.

The financial cost

£6 million per day
The cost of hospital and nursing care for patients with a hip fracture alone.

Where are we now?

Only 25%
of adults are familiar with the term Osteoporosis.

Only 42%
of Health Care Organisations in the UK provide a Fracture Liaison Service to routinely assess people who have broken a bone for Osteoporosis.
Support for health professionals

- Website, Helpline, Leaflets and guidelines
- Osteoporosis Review (printed; online)
- Osteoporosis Resources for Primary Care
  www.osteoporosis-resources.org.uk
- Osteoporosis Conference: 7 – 9 November, 2016
- National Training Scheme for Bone Densitometry
- Education events/study days/AHP Network
- Fracture Prevention Practitioner Training
- Health Professional Membership
Website: www.nos.org.uk

Challenge: Prudential RideLondon 100

An exciting opportunity to ride on COPS, take part in an annual charity event, and help raise vital funds for osteoporosis research.

The National Osteoporosis Society (NOS) is the only UK-wide charity dedicated to ending the pain and suffering caused by osteoporosis.

It is estimated that at least 3.5 million people in the UK have osteoporosis. This can lead to bones becoming fragile and breaking easily, sometimes resulting in pain and disability, which can be slow to heal and have permanent effects. We are working hard to help people with osteoporosis live fuller, more active lives.

Learn more about who we are and how we help →

How can we help you?

- People affected by osteoporosis
- People affected by osteoporosis
- For healthcare professionals
Osteoporosis for Primary Care

• Aims to equip GPs, practice nurses and other members of the practice team with relevant information about osteoporosis

• Free online assessment will test users on the diagnosis, treatment and management of patients with osteoporosis specifically in Primary Care

  2 CPD credits available

www.nos.org.uk/orpc
Our Range of Information resources:

- Booklets
- Leaflets
- Fact sheets
- Posters
- Flyers
- AAO post cards
- Health professional resources
New Publications

Travel insurance and osteoporosis
Includes information on state benefits

Financial help after fractures
Living with fractures caused by osteoporosis

Out and about after fractures
Living with fractures caused by osteoporosis
Includes information on driving and gardening

Managing persistent pain after fractures
Living with fractures caused by osteoporosis

Pain relieving drugs after fractures
Living with fractures caused by osteoporosis

Daily living after fractures
Living with fractures caused by osteoporosis
Includes information on dressing, sleeping and making life easier after spinal fractures

What is osteoporosis?
Osteoporosis occurs when the struts which make up the mesh-like structure within bones become thin, causing them to become fragile and break easily, often following a minor bump or fall. These broken bones are often referred to as ‘fragility fractures’. The terms ‘fracture’ and ‘broken bone’ mean the same thing. Although fractures can occur in different parts of the body, the wrists, hips and spine are most commonly affected. It is these broken bones or fractures which can lead to the pain associated with osteoporosis. Spinal fractures can also cause loss of height and curvature of the spine.

How do fractures affect me?
Although bones heal over the next six to eight weeks, multiple compression fractures in the spine can cause problems that don’t improve with healing. Height loss and changes in the curvature of the back can make daily tasks such as dressing and bathing difficult.

The Disabled Living Foundation (DLF) produces a very good factsheet called ‘Choosing Equipment for Leisure Activities’ which covers activities from cycling to sewing, and rambling to painting and photography and gives links to useful products and organisations.

Can I continue to garden with spinal fractures?
Gardening is a pleasurable activity that many people with osteoporosis enjoy, but, once they are affected by compression fractures in the spine, they often wonder whether to give it up. There is no reason why, with forward planning and useful aids, you cannot continue to enjoy your garden. Gardening can help keep you mobile and active, and is a good way of keeping you healthy and well. So, when planning changes in the garden, ensure that you have the right equipment and aids to help with gardening and that you are in control of what you can do.

The fact sheet explains how fractures (broken bones) medications, and how you work together to find a solution for you.
Specialist Nurse Helpline

• Osteoporosis Specialist nurses

• On average per month the nurses deal with:
  o Over 800 telephone calls
  o Around 70 emails / 10 letters
  o Information leaflets
  o Ask the Nurse – Magazine
  o Ask the Nurse Forum
  o and much, much more

You don’t need to be a Member of the Charity to phone the helpline and neither do you need to be in crisis. They are there to offer information and support to...
Helpline: FREEPHONE 0808 800 0035

Open 9am - 5pm
Monday, Wednesday, Thursday & Friday
11am - 7pm Tuesday

Post a question on the forum;
www.nos.org.uk/forum

Email address: nurses@nos.org.uk

Or write
Camerton, Bath BA2 0PJ
The Helpline purpose

To provide information about osteoporosis and related issues, to people with osteoporosis, their families, friends and general public, and health and social care professionals via telephone, email or letter.

To provide information that is unbiased, independent and up to date. To endeavour to provide evidence based information.

To provide emotional support for issues arising out of the enquiry.

To allow callers to make informed choices about bone health, treatments as well as living with osteoporosis and osteoporotic fractures (broken bones).

To enable those with osteoporotic fractures, or at high risk, to achieve the highest quality of life despite their condition.
Abstract deadline: 3 June 2016
Earlybird registration deadline: 5 August 2016

www.nos.org.uk/conference
Fracture Prevention Practitioner Training

- Clinical knowledge in secondary fracture prevention
- Online training
- Multi-media resources
- Foundation and Advanced level
- Evidence of training & competence
- Continuing professional development
- Formal accredited exam
- Annual re-validation
- Accredited by RCP & RCGP
- Quality Assurance
Fracture Prevention Practitioner Training

Section 1.1 | Definition

What is the definition of osteoporosis?

- A thickening of trabecular bone with micro-architectural deterioration.
- A reduction in bone mass with micro-architectural deterioration.
- A reduction in bone size and structure that leads to an increased risk of joint pain.
- An increase in bone mass with micro-architectural deterioration.

Learning Objectives

- To clearly define the term osteoporosis.
- To understand the components of bone tissue.
- To identify key sites in the body most at risk of fragility fracture.

www.nos.org.uk/fpp
National Training Scheme in Bone Densitometry

Conference Aston, Birmingham

Monday 3rd – Tuesday 4th October 2016

www.nos.org.uk/ntsbd
• UK-wide and free to join
• For AHPs working specifically in the areas of osteoporosis/fragility fractures
• Register online or pick up a registration form

AHP Networking meetings; 6 monthly and regionally
Next local meetings;
• London – Friday 23rd September 2016, VAI
• Bath - 2nd December 2016, RNHRD

All details on our website
Study Days and Educational Events

Coming up in London and the South

Thursday 6th October 2016 - SALISBURY
12:15 - 16:00 – For Nurses in Wiltshire

Wednesday 12th October - WHIPPS CROSS LONDON
13:00 - 17:00

Keep an eye on our website for more dates
Service Development Support

• UK FLS Clinical Standards
• Fracture Prevention Practitioner Training
• FLS Implementation Toolkit
• Peer Review
• Osteoporosis Resources for Primary Care

Access all these resources from; www.nos.org.uk/fls-resources
Support Groups: what do they do?

- Provide support for people with osteoporosis, their family and carers
- Organise meetings with speakers to help people understand and manage their condition
- Fundraise for local and national projects
- Lobby local health providers to improve services for people with osteoporosis in their area
- Awareness raising in the community
- Meet each other socially and make a real difference
World Osteoporosis Day: 20\textsuperscript{th} October

To raise awareness about osteoporosis and fragile bones
Lace up For Bones - Small Steps Forward for 2016: www.laceupforbones.co.uk

- Campaign message is that whatever small steps you take will help you move forward to a more active you, helping to reduce your risk of osteoporosis

- Please encourage everyone you know to take part.

- Running between July and October

- The laces will be brand new for 2016 with a new design and a new look that we’ll launch in July

- Will be available to purchase on line
Membership

• **Standard Membership:**
  o 4 copies of Osteoporosis News
  o Discounts and Offers

• **Professional Membership:**
  o e:Bulletin
  o Osteoporosis Review
  o Osteoporosis News
  o Discount for Osteoporosis Conference & training courses
  o Osteoporosis International
Exclusive member offers

Special Offers and Discounts For You To Enjoy!

We are delighted to offer charity members discounts for selected 3rd party products and services. Each company will have a slightly different system for handling orders. Discounts can be obtained by quoting any necessary codes provided by the company and your National Osteoporosis Society membership number.

Huge saving from The National Trust and Waterstones
Fundraising

Prudential Ride London: Sunday 31st July
Join 25,000 other cyclists in a 100 mile cycle sportive from London into the stunning Surrey countryside.

Royal Parks Half Marathon: Sunday 9th October
Follow a spectacular 13.1 mile route through four of London’s eight Royal Parks including Hyde Park and Kensington Gardens. Once part of our team, you’ll receive:

• London to Paris Cycle Challenge
• Trek Kilimanjaro
• Treakfest – The Peaks 3rd – 4th September
• Many, many more…..
Summary;

Support for health professionals

- Website
- Helpline
- Leaflets and guidelines
- Osteoporosis Review (printed; online)
- Service Development Support
Support for health professionals

- Osteoporosis Conference
  Autumn 2016
- National Training Scheme for
  Bone Densitometry
- Education events/study days
- AHP Network
- Health Professional Membership
The National Osteoporosis Society is the only UK-wide charity dedicated to ending the pain and suffering caused by osteoporosis. We are committed to helping people with osteoporosis live the lives they want to lead.

We want every person over 50, who breaks a bone, to be assessed and treated for osteoporosis.

We are campaigning for better provision of Fracture Liaison Services across the UK because it is a proven way of preventing future fractures.

We support researchers and healthcare professionals to improve the prevention, diagnosis and treatment of osteoporosis and fragility fractures.

We are committed to helping people with osteoporosis live the lives they want to lead.

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The National Osteoporosis Society
Camerton
Bath
BA2 0PJ

Tel: 01761 471771
Email: info@nos.org.uk
Website: www.nos.org.uk

Helpline: 0808 800 0035
Regional Contact

- Regional Development Manager - Lin Toulson
  Telephone: 01761 473122/07710 473613
  l.Toulson@nos.org.uk

- Local Contact: nos.portsmouth@outlook.com
Thank you for listening