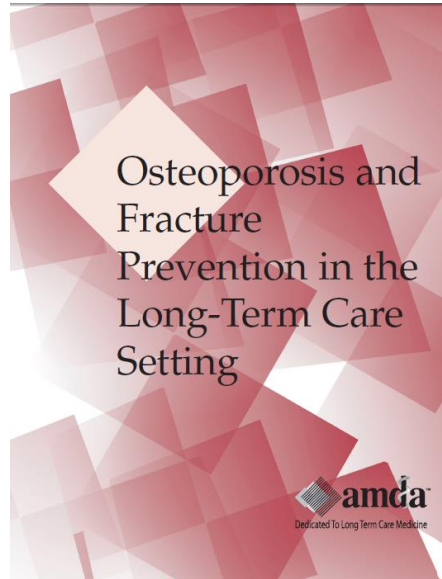


Osteoporosis and Fracture: Prevention in the Long Term Care Setting – Clinical Practice Guideline



Continuing Professional Education Self-Study Course

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Acknowledgements

Continuing Professional Education Program Self-Study Course

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This course and test must be completed prior to the expiration date. To obtain your continuing education certificate, you must review the material provided, take and pass an online test, and complete a simple evaluation. You may re-take the online test as many times as needed prior to the expiration date. If you are interrupted and cannot finish the test, you can save the test and come back later to finish it.

Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter. For multiple choice questions select the one best answer from the choices given.

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Course Expiration Date <small>Must be completed prior to this date</small>	Continuing Education Hours	CDR Level
November 5, 2020	1	II

Course Description

Osteoporosis, or porous bone, is a disease characterized by low bone mass (osteopenia) and structural deterioration of bone tissue, leading to bone fragility and an increased susceptibility to fractures. Fractures are especially common in the hip, spine, or wrist, although any bone can be affected. Although osteoporosis is regarded primarily as a disease of older women, it also affects up to 2 million American men. Osteoporosis reduces bone strength, the most serious consequence of which is fracture. Each year in the United States, an estimated 2 million osteoporosis-related fractures occur in men and women aged over 50 years. The prevalence of osteoporosis and osteopenia in LTC patients may be as high as 97%.

The *AMDA Osteoporosis and Fracture Prevention in the Long Term Care Setting Clinical Practice Guideline* is intended to guide the practitioner in the recognition, assessment, treatment, and monitoring of patients with osteoporosis or at risk for osteoporosis in the LTC setting.

Course Learning Objectives

Upon completion of this program, participants will:

1. Know the risk factors for osteoporosis.
2. Understand the complications of fractures related to osteoporosis.
3. State at least three treatment options for osteoporosis.

Suggested CDR Learning Needs Codes

- 2090 Micronutrients, vitamins, minerals
- 5040 Long-term care, intermediate, assisted living
- 5130 Bone diseases, osteoporosis
- 5410 Client protocols, clinical guidelines

Additional CDR Learning Needs Codes that may apply:

Other Learning Need Codes that Might Apply: 3010, 3100, 4190, 5100

Suggested CDR Performance Indicators

- 10.2.5 Develops nutrition prescription to communicate required food and nutrient needs.

Osteoporosis and Fracture: Prevention in the Long Term Care Setting Clinical Practice Guideline - Self-Study Course

- 10.2.8 Establishes the plan of care, directly addressing the nutrition diagnosis in collaboration with the patient in defining the time, frequency and duration of the intervention.
- 8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.
- 8.1.5 Applies medical nutrition therapy in disease prevention and management.

Additional CDR Performance Indicators that may apply: 8.1.4, 10.2.3, 10.2.4, 10.2.9, 10.2.10, 10.2.11, 10.2.12, 10.4.2, 10.4.3, 10.4.4, 10.4.5

Note: Numerous Other Learning Needs Codes and Performance Indicators May Apply.

Osteoporosis and Fracture: Prevention in the Long Term Care Setting Clinical Practice Guideline - Self-Study Course

Continuing Professional Education Self-Assessment Test and Answer Key

CF is an 80 year old woman that was diagnosed with osteoporosis when she was 67. She worked as an administrative assistant for 30 years before retiring at age 67. Her hobbies include knitting and reading. Her comorbidities include hypertension, stage 3 chronic kidney disease, heart failure, osteoarthritis, and type 2 diabetes mellitus. She lived with her daughter for 5 years prior to a fall that resulted in a hip fracture and a need for skilled nursing care. Upon admission to the facility, the director of food and nutrition services visited her and obtained food preferences that include oatmeal and milk for breakfast and yogurt daily at lunch. CL states she loves fruits and vegetables but doesn't eat much meat.

1. Which of CF's diagnoses might be the cause of her osteoporosis?
 - a. Heart failure
 - b. Hypertension
 - c. Chronic kidney disease (Table 3, page 5)
 - d. Osteoarthritis
2. CF's _____ might have contributed to her osteoporosis diagnosis.
 - a. Low-protein diet
 - b. Inactive lifestyle (Table 3, page 5)
 - c. Low-fiber diet
 - d. Low body weight
3. Which serum blood test will be useful to help develop a plan of nutrition care?
 - a. Vitamin A
 - b. Vitamin B12
 - c. Vitamin C
 - d. Vitamin D (page 8)
4. What is a suggested dose of calcium carbonate for patients with osteoporosis in a long-term care setting?
 - a. 500 milligrams daily
 - b. 250 milligrams BID
 - c. 500 milligrams BID
 - d. 500 milligrams TID (Table 10, page 11)

Osteoporosis and Fracture: Prevention in the Long Term Care Setting Clinical Practice Guideline - Self-Study Course

5. Which hormone might be effective to treat CL's osteoporosis?
- a. Estrogen
 - b. Parathyroid hormone (Table 12, page 14)
 - c. Testosterone
 - d. Growth hormone