

# Hip Fractures in the Elderly

## - Perioperative Prevention of Future Fractures Checklist\* -

Clip this checklist to the patient chart and upon completion, insert in file.

Patient's Name: \_\_\_\_\_

Medical Record Number: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Apply patient sticker over header if available)

Date of Surgery: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Work-up

- Osteoporosis Evaluation and Prevention/Treatment
- Perioperative Mini-Metabolic Bone Panel (e.g. calcium, vitamin-D (25-OH), serum-creatinine)
- Bone Density Assessment
- Fall Risk Assessment

### Treatment

- Total Daily Calcium Intake (1000-1200 mg/day)
- Vitamin-D<sub>3</sub> Maintenance (1000-2000 IU/day, and replete if deficient)
- Fall Prevention Program
- Maintain physical activity
- Bisphosphonates, unless otherwise contraindicated (oral bisphosphonates require the ability to sit upright for 30-60 minutes following administration)
- Consider alternative therapy to bisphosphonates if failed previous bisphosphonate therapy, depressed renal function or GFR, severe osteoporosis
- Consider additional workup if patient has failed prior osteoporosis treatments or bone density z-score is below -2.

Clinician Signature: \_\_\_\_\_

Date/Time: \_\_\_\_\_

### \*Additional Details/Assumptions Regarding this Checklist

- "Perioperative" is defined as occurring within the episode of care
- The orthopaedic surgeon should have an informed discussion with the patient and/or family about their diagnosis of osteoporosis and need for evaluation and treatment for prevention of future fracture.
- The orthopaedic surgeon will initiate workup and/or refer to an appropriate provider.
- The patient has given adequate and informed consent.
- The patient has a life expectancy of more than 2 years.