

STANDARD TREATMENT WORKFLOW (STW)

Fragility Fractures

Anil Bhansali¹, Eesh Bhatia², B Ganpathi³, Maj Gen Narendra Kotwal⁴, Rajesh Rajput⁵,
Ravinder Goswami⁶, Subhankar Choudhary⁷, V Mohan⁸

¹Postgraduate Institute of Medical Education and Research, Chandigarh; ²Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow; ³St John's Medical College Hospital, Bengaluru; ⁴Army Hospital Research and Referral, New Delhi; ⁵Pandit Bhagwat Dayal Sharma Post Graduate Institute of Medical Sciences, Rohtak; ⁶All India Institute of Medical Sciences, New Delhi; ⁷Institute of Post-Graduate Medical Education and Research, Kolkata; ⁸Dr. Mohan's Diabetes Specialities Centre, Chennai

CORRESPONDING AUTHOR

Dr. Anil Bhansali, Department of Endocrinology, Postgraduate Institute of Medical Education and Research, Chandigarh

Email: anilbhansali_endocrine@rediffmail.com

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Standard Treatment Workflow (STW)

FRAGILITY FRACTURES


ICD-10-Z87.310


WHAT ARE FRAGILITY FRACTURES

- To be suspected in fractures resulting from trivial trauma or fall from a standing height or less
- For example fracture neck of femur, forearm fracture (Colle's), vertebral fracture



Postmenopausal females	Family history of fracture	Previous history of fracture
Renal stone disease	Pancreatitis	Steroid abuse or alternative medications or clinical stigma of cushing's


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WHAT ARE FRAGILITY FRACTURES

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Postmenopausal females

Family history of fracture

Previous history of fracture

Renal stone disease

Pancreatitis

Steroid abuse or alternative medications or clinical stigma of cushing's

Premature ovarian failure (less than 40 years)

Diabetes

Chronic diarrhoea or bloating sensation

Use of antiepileptics like phenytoin etc
Cushings with hypogonadism

Chronic systemic illnesses like rheumatoid arthritis


Smoking, chronic systemic diseases, CKD, CLD, Endocrine disorders, Thyroid disorders, Hypogonadism


INVESTIGATIONS


Biochemical:
Fasting serum calcium, phosphate, alkaline phosphate and albumin (if available) hemogram myeloma-proteins in serum or urine
Fasting blood glucose PTH (parathyroid)
25 hydroxy Vitamin D, IgA tTg
Renal function tests, bone markers beta cross LAP

Bone imaging:
DXA scan osteoporosis T score-osteoporosis ≥ -2.5 severe osteoporosis= fracture or T score ≥ -3.0
X-ray of fracture site Use Z score for age less than 50 for men and premenopausal women
X-ray lumbar spine (Lateral), pelvis (AP), skull (lateral), both hands

Ultrasound abdomen, gall stones, renal stones and nephrocalcinosis, Ultrasound neck, enlarged parathyroid
 Sestamibi scan for parathyroid enlargement


 Fracture neck of the femur


 L4 Osteoporotic fracture


 Sestamibi Scan for parathyroid adenoma

HOW TO TREAT?

Resuscitate the patient if needed
Stabilize the fracture

WHEN AND WHERE TO REFER?

Refer to orthopaedician for fracture management surgical management

Refer to endocrinologist for evaluation and treatment of osteoporosis

TREATMENT

- Daily oral calcium 1-1.5 gm/day
- Vitamin D supplementation to maintain serum 25OHD levels of 30.0-50 ng/ml
- Stop smoking alcohol

- Inj Zoledronic acid 5mg I/V infusion OR
- Inj Denosumab 60mg S/C every 6 months OR
- Inj rPTH 20 µg S/C daily for maximum 2 years

ABBREVIATIONS

CKD: Chronic kidney disease

CLD: Chronic liver disease

rPTH: recombinant Parathyroid hormone

KEEP A HIGH THRESHOLD FOR INVASIVE PROCEDURES

This STW has been prepared by national experts of India with feasibility considerations for various levels of healthcare system in the country. These broad guidelines are advisory, and are based on expert opinions and available scientific evidence. There may be variations in the management of an individual patient based on his/her specific condition, as decided by the treating physician. There will be no indemnity for direct or indirect consequences. Kindly visit the website of DHR for more information: stw.icmr.org.in for more information.

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