

Hip Fractures in Older Adults

-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, serum creatinine)
- DEXA Scan
- Fall Assessment

Treatment

- Total Daily Calcium Intake (1000-1200 mg/day)
- Vitamin-D₃ Maintenance (1000-2000 IU/day, and replete if deficient)
- Fall Prevention Program
- Maintain Physical Activity
- Bisphosphonates or Pharmacotherapy for Osteoporosis if Indicated
- Consider Alternative Therapy to Bisphosphonates if Failed Previous Bisphosphonate Therapy, Depressed Renal Function, or Glomerular Filtration Rate, 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 should either initiate osteoporosis workup and/or refer to an appropriate provider.*
- *The patient has given adequate and informed consent.*