

Royal College of General Practitioners and Warwick Medical School
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Abstract Submission Form

PRESENTER'S DETAILS		Session A. Quality
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Department or organisation Medical Students at Warwick University		
Category Audit		
PRESENTATION DETAILS		
Authors Hannah Connolly Greg Bacon	Title of Study <i>A Clinical Audit addressing the requirement of a holiday period for patients on Bisphosphonates for more than five years.</i>	
What's the problem you are tackling? There are a number of patients who are not having their bisphosphonates reviewed after a five year period as in accordance with NICE guidelines and BNF recommendations. Significant long term side effects include atypical femoral neck fractures and jaw osteonecrosis. Patients should be made aware of these risks and benefits of taking bisphosphonates for longer periods of time.		
How did/will you do it? We ran a database search to look at all the patients who had started Bisphosphonates between January 2005 and June 2011. 139 of 20,237 started bisphosphonates in this time period. The following data was gathered: length of continuous bisphosphonate use, a holiday period, medication reviews, DEXA/FRAX score, and evidence of major side effects mentioned above.		
What did you find? Of the 139 patient who started Bisphosphonates between January 2005 and June 2011: <ul style="list-style-type: none"> • Number of Patients on Bisphosphonates for 5+ Years: 91 • Number of Patients having Bisphosphonates reviewed: 17 • Number of Patients with Holiday Period: 9 • Number of Patients with DEXA/FRAX on Notes: 22 • One patient presenting with thigh pain who may have been at risk of an atypical femoral fracture but was not reviewed. • One patient whose orthopaedic surgeon stopped the Bisphosphonates due to a minimal risk FRAX score • One patient advised to have holiday by dentist (osteonecrosis of the jaw?) • One patient who was advised to stop Alendronic acid due to fractures (NOF and wrist) 		

Why does this matter?

Only 18.7% of patients on bisphosphonates for more than 5 years appeared to have a medication review regarding a bisphosphonate holiday and only 9.9% had a holiday period.

There are still 91 patients who might be at risk from the long term side effects of taking bisphosphonates without necessarily knowing the risks.

This is possibly a national problem so it is important to alert GP practices to the guidelines to avoid poor patient outcomes.