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**Osteoporosis assessment and management in Singapore: a new plan for action to escape the unavoidable**

**Presenting Authors**

Valentina Ricci, and Ng Kwong Hoe

**Affiliation**

Agency for Care Effectiveness, Ministry of Health, Singapore

**Country of residence**

Singapore

**Objectives/aims**

Osteoporosis presents one of the largest burden to our health system. In 2009, a clinical guideline was developed for osteoporosis management in Singapore. After publication, a survey of clinicians showed many aspects of osteoporosis care were not conducted and knowledge gaps were still reported. Guidelines production is resource intensive yet their uptake is low and their impact difficult to measure. This abstract describes how the Appropriate Care Guide (ACG) model moves away from the typical clinical guideline approach by providing a more targeted scope and timely updates. Its outputs are actionable and measurable messages to lead clinicians toward more appropriate practices.

**Methods**

Formative research was conducted to identify areas where osteoporosis care in Singapore is suboptimal and a change in clinical practice can be prompted. We performed a systematic review of literature on evidence gaps and drug utilisation data. Nine specialists and nine primary care doctors were surveyed to understand their perspectives regarding clinical areas to improve and barriers to implementation. Responses were analysed for common themes and differences, which were used as a proxy for practice variation. Recommendations from international guidelines were also evaluated. Based on literature and survey findings, top priorities for the ACG development were identified and listed.

**Main findings**

The results highlighted the following issues:

1. Case finding of patients at risk is suboptimal:

* Awareness is low and osteoporosis is not seen as priority
* Use of assessment tools is inconsistent
* High variation in risk and bone density monitoring intervals

1. Diagnosis and treatment initiation are often not handled in primary care due to lack of DXA scans and low confidence in FRAX tool reading
2. Avoidable referrals stretch specialists’ capacity
3. Secondary causes are not adequately tested during assessment phase

Actionable messages were crafted to address the issues identified. ACGs build on high quality guidelines and surveys to identify implementation areas where change can be measured.