

# Prevalence of unaddressed osteoporotic vertebral fractures on CTPA and CT thorax and abdomen done at radiology department in Beaumont Hospital.

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## BACKGROUND

In Ireland there are 300,000 people who have osteoporosis and only 20,000 are diagnosed. Despite best efforts still osteoporosis goes on widely unrecognized. We sought to assess the recognition and treatment of osteoporotic vertebral fractures found on CT imaging of chest and abdomen. Morbidity and mortality related with osteoporosis costs fortune to healthcare system, early and wide recognition can improve quality of life for patients by timely treatment interventions and reducing economic burden on health services.

## OBJECTIVES

To identify patients with Vertebral Fractures (VFs ) reported on CT-PA, CT Thorax and abdomen and to find out the number of patients started on treatment for osteoporosis.

## STANDARDS

- National Osteoporosis Guidelines Group, UK
- NICE Osteoporosis Guidelines (Updated July 2017)

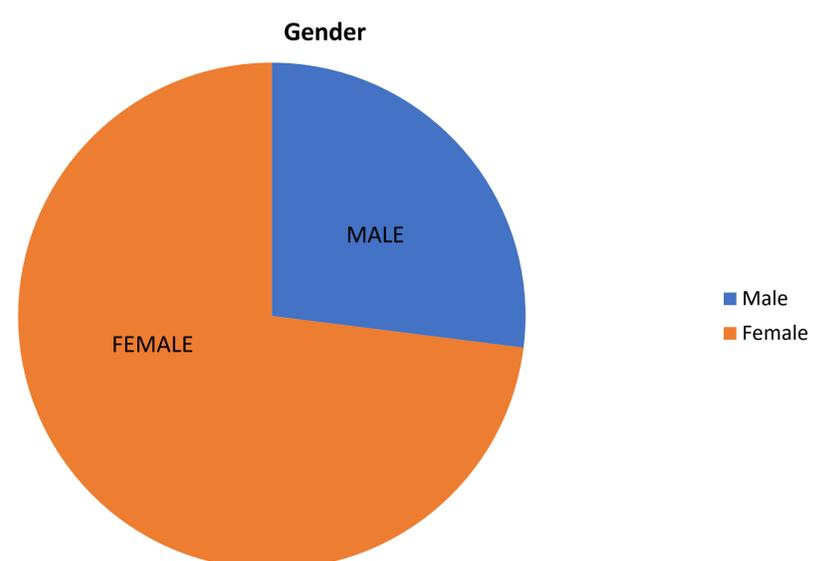
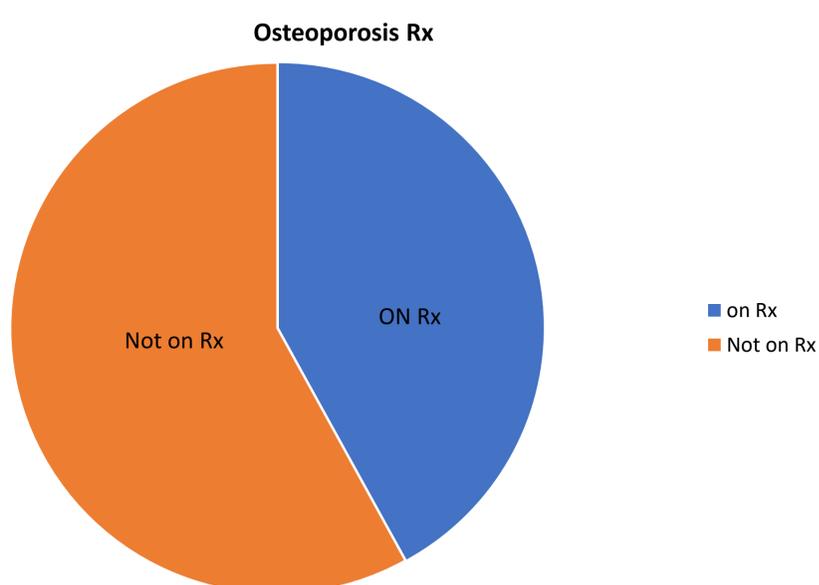
## METHODS

The CT Scans including CTPA, Thorax and Abdomen were reviewed from 1<sup>st</sup> January 2020 to 30<sup>th</sup> March 2020 over 3 successive months at Radiology department at Beaumont Hospital and out of 261 only 69 patients with VF’s were identified and their discharge letter prescriptions and outpatient letters were analysed to find whether osteoporosis treatment is initiated or planned with GP. The letters were reviewed in last week of July 2020 allowing sufficient time to follow up on scans due to covid-19 pandemic. Out of 69, only 52 had follow up by the time.

## RESULTS

The data was collected from hospital record of 52 patients (n = 52). Out of 52 there were 38 females and 14 male (F: M = 38:14). 71 % of patients were above 75 yrs of age. Out of 52 , only 22 patient (42%) were on osteoporosis treatment while 58% were not.

**Conclusion: This audit concludes a significant number of patients (58%) with osteoporotic VFs were not on osteoporosis treatment for secondary prevention.**



## ACTION PLAN

### RECOMMENDATIONS

- NOGG recommends post menopausal women with prior fragility fracture should be considered for treatment without further assessment . In men with or without a fragility fracture and women without a fragility fracture 10 yr probability of a major osteoporotic fracture should determine the need for treatment.
- This study also reinforces the need for proper osteoporosis Liaison services.

### FOLLOW UP

We plan to carry out a re-audit on the same after a year with suggestion for introduction of dedicated osteoporosis Liaison services.