

# Alberta's Strategic Clinical Networks

## Catch a Break

### The Goal

Every year, almost all of the 2,400 Albertans who fracture a hip have osteoporosis but most are unaware. Catch a Break is about making sure a patient's first fragility fracture - a bone break as a result of osteoporosis - is their last.

### The Process

AHS Health Link staff use data from emergency departments and cast clinics to identify Albertans who may have had a fragility fracture.

When connecting with these patients, staff ask for information about how the fracture occurred; if a fragility fracture is suspected, the patient is invited to join the Catch a Break program.

Participants are mailed information, including risk factors and how to use calcium, vitamin D and exercise to strengthen bones. Information is also sent to their family doctor.

In addition to the initial patient contact, Health Link staff also follow-up with a phone call to participants at three, six and 12 months. These follow-up calls help gather information for research, evaluate the program's success and see that the connection is being made with family doctors.

### The Outcome

More than 5,000 Albertans have been contacted since the program launched in June 2014. Nearly 80 per cent of those have been identified as being at high risk for osteoporosis and 73 per cent have visited their doctor as a result.

### The Team

Catch a Break was developed by AHS' Bone and Joint Health Strategic Clinical Network, in conjunction with the Alberta Bone and Joint Health Institute and is operated by Health Link.



“*When it comes down to patient care, this program is great. I was really impressed that the follow-up was made. So much thought and care went into it.*”  
- Catch a Break participant