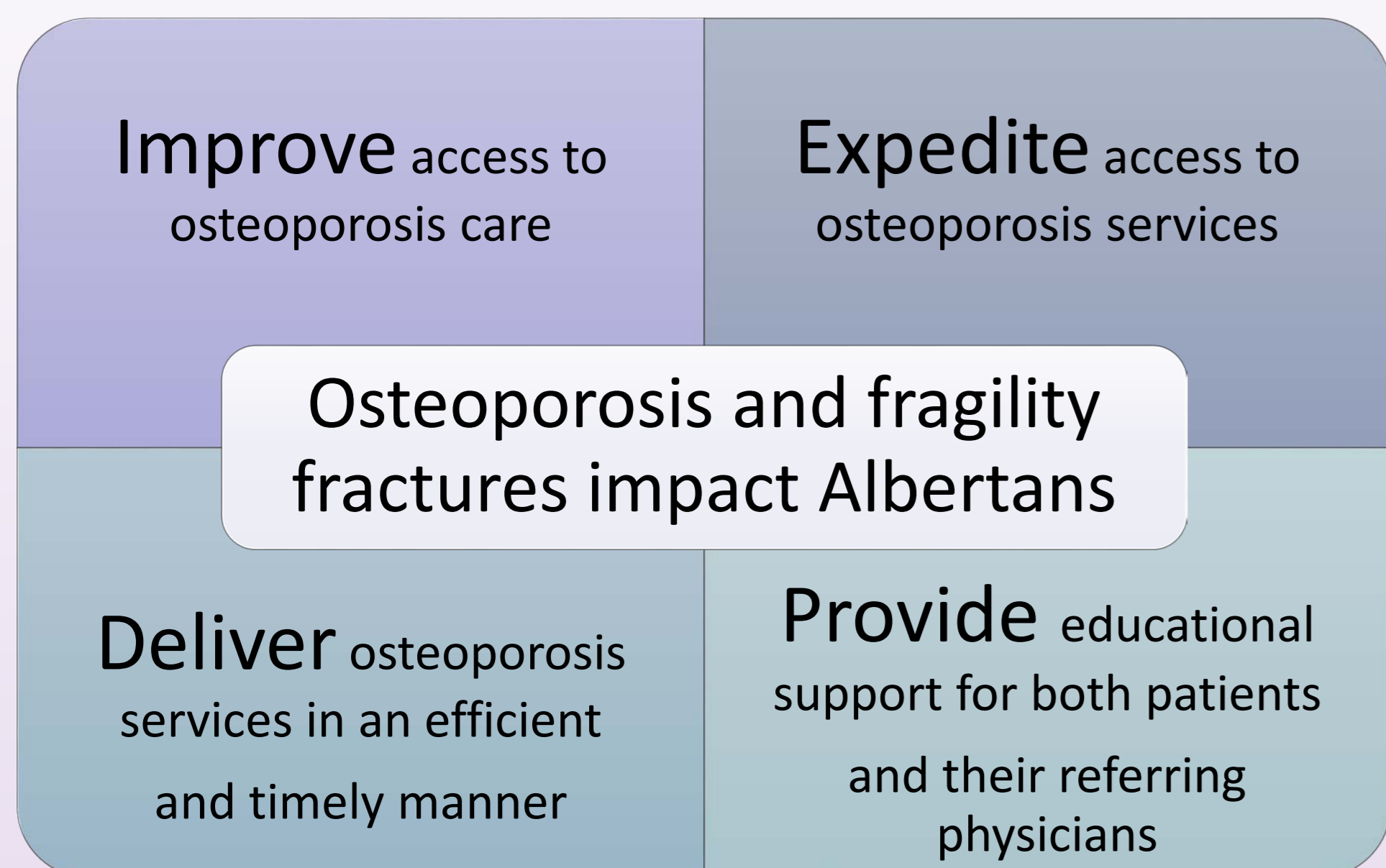


THE OPPORTUNITY



Yearly, ~3000 Albertans fracture a hip and >7000 Albertans have a non-hip fragility fracture¹

clinic wait time
> 16
months

The Idea...

The Self-Consult Program (SCP)

Inspire patient autonomy while working with the patient's primary care physician

Patients make an informed decision about their osteoporosis management

Design a group consultation program for osteoporosis care

THE PROGRAM



Pre-screen

- post menopausal osteoporosis referrals
- up to 20 patients per session



Group Consultation Session

- 2-hour physician-nurse lead group
- consequences of fracture
- fracture risk factors/estimation
- treatment options

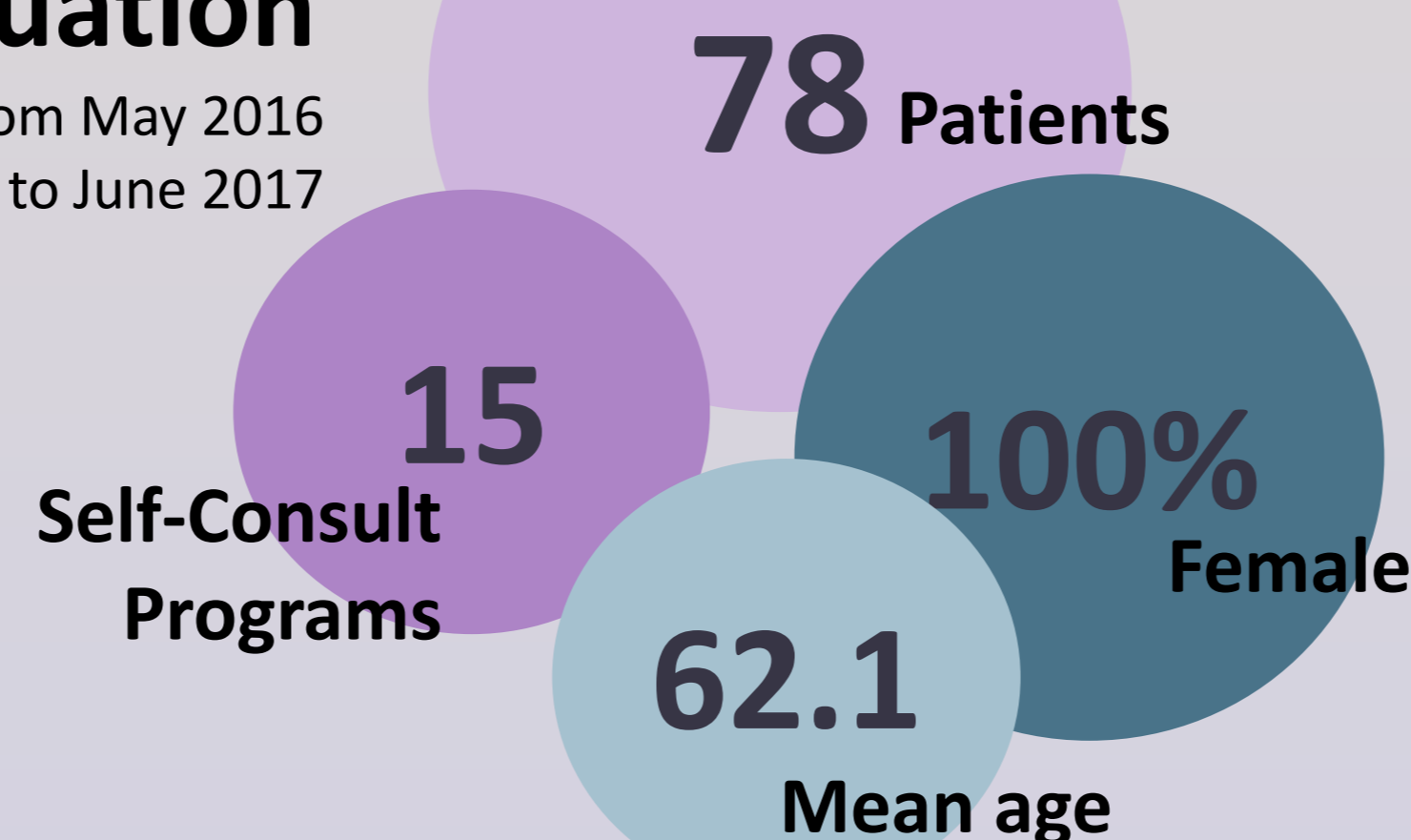


Follow-Up

- consult letter completed outlining decision
- discuss/implement treatment plan with their referring physician

Evaluation

from May 2016 to June 2017



Patient Experience

'it was very informative'
'liked the group aspect'
'very helpful and feel privileged to have been a part of this group'
'that I know more closely my osteoporosis risks. I have more knowledge on how to improve my risks/problems with osteoporosis'

'able to have my questions answered, learned from others' questions, presented as clear, manageable process'
'felt good that I was getting most up to date info'

THE OUTCOME



- 100%** felt the information provided at SCP was useful
- 84%** felt they were provided enough information to make their treatment decision
- 96%** reported an overall satisfaction with the SCP

clinic wait time reduced
< 3
months

Consider Savings in...



Each SCP (10 patients/session) = 2.9 MD clinics (3.5 patients/clinic)



Potential MD cost savings with implementation of 10 SCP/year
MD cost of 10 SCP (100 patients) = \$2316.00
MD cost for 29 clinics (101 patients) = \$26 965.50
Potential savings = \$24 649.50/year

Lessons Learned

- For patients with age-associated osteoporosis, the SCP is an alternative option
- SCP is an innovative approach for patients to make an informed decision regarding their osteoporosis care
- Notification to ALL Southern Alberta physicians about the SCP during the initial launch was seen as a potential limitation to access

Next Steps...

Continued collaboration with Primary Care Networks in urban and rural Alberta to expand the delivery of osteoporosis care to a broader population

¹Majumdar SR, et al. Osteoporos Int. 2017; 28: 1965-1997