**Specialty Clinics Rotation-UW/ VA Osteoporosis Clinic**

**Description:** This experience occurs during the geriatrics specialty clinic six-week rotation. The geriatric fellow will spend one ½ day in clinic every week in the UW Multidisciplinary Osteoporosis Clinic. This education occurs under the tutelage of a geriatrician, geriatric nurse practitioner, an endocrinologist, physical therapist and dietician that all have training and experience in managing osteoporosis. The fellow will also review materials created by Mary Beth Elliott, PharmD, PhD, for diagnosis and treatment criteria employed in the VA Osteoporosis clinic.

**Supervisor** Dr. Binkley, Dr. Buehring

**Supervisor contact information:**

Phone: 265-6410 (clinic)  
Pager: 2565, 9909

**Goals**
To provide instruction on recognizing, diagnosing and managing osteoporosis in order to decrease morbidity and improve the quality of life of older adults.

**Objectives and Steps to Evaluate Competency in this Objective**

*The fellow will be able to*

*(Medical Knowledge)*
- Discuss the usual (versus "normal") changes in bone mass with advancing age
- Summarize the pathogenesis of osteoporosis in woman and men as it relates to age-related illness, endocrinopathy and toxic bone exposures (e.g. tobacco, alcohol, medications)
- Define Osteoporosis and Osteopenia by the World Health Organization criteria
- Describe expert panels such as National Osteoporosis Foundation (NOF), US Preventive Services Task Force (USPSTF), and Medicare recommendations for bone mineral density testing in older women and men

*As measured by* 1) a geriatrics in-service examination and 2) direct faculty observation with performance rated at global end-of-rotation evaluation

*(Patient Care)*
- Review a reasonable differential diagnosis and laboratory evaluation of the older individual presenting with back pain and/or osteoporosis
- Discuss the currently available pharmacologic treatments, their indications / contraindications, appropriate usage and potential adverse effects
- Demonstrate basic proficiency with bone densitometry interpretation and the use of these reports in developing plans of care
- Recognize that falls assessment and prevention is an essential aspect of osteoporotic fracture prevention

*As measured by* 1) direct faculty observation with performance rated at global end-of-rotation evaluations and 2) A performance improvement project directed at fellow’s practices in screening for and managing osteoporosis in their VA GEM clinic patients

*(Interpersonal and Communication Skills)*
- Educate patients regarding the non-pharmacologic strategies for prevention and management of osteoporosis

*As measured by* 1) global end-of-rotation evaluations and 2) multi-source evaluations completed by interdisciplinary team members

*(Practice-based Learning and Improvement)*
• Respond to the findings of a fellow-directed chart audit that assesses the appropriateness for screening and treatment of osteoporosis in at-risk veterans, and implement changes in practice if necessary to incorporate the present NOF standards of practice

As measured by 1) A performance improvement project directed at fellow’s practices in screening for and managing osteoporosis in their VA GEM clinic patients

Type of Clinical Encounter
Clinic evaluation of patient with supervision by faculty preceptor (the fellow will review the medical record, interview and examine the patient, synthesize information and then present the case to a geriatric faculty member)

Teaching Methods
Mini-didactic sessions with faculty and other learners
Case-based learning (case discussions with faculty preceptor)
Individual study using listed references and web-based materials

Patient Characteristics/ Mix of Diseases
The patient’s consist of 80% women in the UW clinic and 85% men in the VA clinic. They are typically > age 55. Common diseases seen include osteoporosis, osteopenia, hyperparathyroidism, vitamin D insufficiency, metabolic bone disease, steroid-induced osteoporosis.

Procedures
Bone mineral density interpretation
Functional assessment using standardized tools

Bibliography:

I have read and reviewed the goals and objectives for this rotation.

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Fellow Signature     Faculty Signature

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