

Guidance for Longterm Bisphosphonate Use in Dumfries and Galloway
Updated March 2023

5 year questionnaire for those on oral Bisphosphonate –

1. New fractures in past 5 years	Yes / No	<ul style="list-style-type: none"> Any changes to clinical picture should result in a review DEXA at 5 yrs is indicated for stable patients to decide next steps If T-Score remains low use FRAX tool <ul style="list-style-type: none"> FRAX tool links to the NOGG intervention thresholds Use thresholds to determine ongoing treatment Patients who are truly intolerant or cannot comply and may be suitable for parental treatment should be referred. 				
2. 2 or more vertebral fractures	Yes / No					
3. Previous hip fracture	Yes / No					
4. Current glucocorticoid use *	Yes / No					
5. Age > 70 at start of treatment	Yes / No					
		*Current glucocorticoid use = prednisolone 7.5mg daily or equiv > 3 mnth				
	No all above	DEXA	T-score > -2.5	Treatment completed, review risks 2 yrs		
			T-score ≤ -2.5	FRAX	Below NOGG threshold	As above
					Above NOGG threshold	continue
Yes any above	Review - compliance - bloods - risks	new fracture or poor compliance	No	Continue to 10 year review		
			yes	Consider referral to Osteoporosis clinic		

Subsequent 10 year (8yrs Risedronate) questionnaire for continuous Bisphosphonate use

1. New fractures in past 5 years	Yes / No	<ul style="list-style-type: none"> Any changes to clinical picture should result in a review DEXA at 10yrs is only indicated for younger stable patients at ongoing increased risk of fracture (use Qfracture) <ul style="list-style-type: none"> A persisting T-Score < -2.5 should have a 2 year treatment pause, restarting without further DEXA after 2 years If referral to Osteoporosis clinic indicated, continue treatment until seen 						
2. Progressive kyphosis with new vertebral fractures	Yes / No							
3. Current glucocorticoid use*	Yes / No							
		*Current glucocorticoid use = prednisolone 7.5mg daily or equiv > 3 mnth						
	No all above	Stop Bisphosphonate	Age ≥ 80 years or frailty	Yes	Treatment completed			
				No	Qfracture	<20%	Treatment completed	
						≥20%	DEXA	≥-2.5
Yes any above	Review - compliance - bloods - risks	Frailty	Yes	Discontinue active bone treatment				
			No	Consider referral to Osteoporosis clinic				