

Bone Health Flash!

April 2023 – Happy Spring!

Hope everyone is enjoying some time in the sunshine to get natural Vit D and outdoor gardening or exercise! Next month, May, is Osteoporosis Awareness month and we would like to provide some resources for getting educated on updates in bone health and possibly ways you can educate your patients and your community.

Expand your Library and Knowledge:

Best-Evidence Research in Evaluation and Intervention (watch supporting KT and Toolkit coming soon):

- Avin, K. G., et al. (2022). "Essential Components of Physical Therapist Management of Patients With Osteoporosis: A Delphi Study." *J Geriatr Phys Ther* **45**(2): E120-e126. <https://pubmed.ncbi.nlm.nih.gov/35384944/>
- Hartley, G. W., et al. (2022). "Physical Therapist Management of Patients With Suspected or Confirmed Osteoporosis: A Clinical Practice Guideline From the Academy of Geriatric Physical Therapy." *J Geriatr Phys Ther* **44**(2): E106-e119. <https://pubmed.ncbi.nlm.nih.gov/35384943/>
- Wingood, M., et al. (2023). "Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review." *J Geriatr Phys Ther*. <https://pubmed.ncbi.nlm.nih.gov/36827688/>.

Recent Publications:

- *Our PT colleagues have published their scoping review on osteoporosis screening tools:*
Wingood M, Criss MG, Irwin KE, Freshman C, Phillips EL, Dhaliwal P, Chui KK. Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review. *J Geriatr Phys Ther*. 2023 Feb 24. doi: 10.1519/JPT.0000000000000381. Epub ahead of print. PMID: 36827688. <https://pubmed.ncbi.nlm.nih.gov/36827688/>
- *We all have a role in primary care management of osteoporosis and bone health. Check out this article for action steps and discover your role as part of a collaborative multidisciplinary team:*
Singer AJ, Sharma A, Deignan C, Borgermans L. Closing the gap in osteoporosis management: the critical role of primary care in bone health. *Curr Med Res Opin*. 2023 Mar;39(3):387-398. doi: 10.1080/03007995.2022.2141483. Epub 2023 Jan 24. PMID: 36597741. <https://pubmed.ncbi.nlm.nih.gov/36597741/>

Hybrid Bone Health Training Workshop:

[BoneFit USA Workshop](#): Check out this link for the available training for clinicians and exercise specialists. If you have already been trained, consider hosting a workshop to expand knowledge in your own community.

Educate your Community: May is Osteoporosis Awareness and Prevention Month

The Bone Health and Osteoporosis Foundation/BHOF (formerly known as National Osteoporosis Foundation/NOF) changed its name in October 2021. I believe their new title reflects the awareness of the need to address bone health throughout the lifespan by addressing peak development in youth, ongoing bone health

and prevention of significant loss, and bone protection following a diagnosis. May is a great time to spread this message. Here are a couple of opportunities with resources through this foundation:

- The Bone Health and Osteoporosis Foundation (BHOFF) provides three virtual educational 'paths' for 1) those who want to know if they are at risk, 2) those recently diagnosed with osteoporosis, and 3) those wanting more information on managing their condition. [Your Path to good bone health™](#)
- Look through the prior recorded podcasts and stories shared. Also, watch for updates to be coming soon: [May is Osteoporosis Awareness Month](#)

The American Bone Health Organization has several online resources and workshop events. Check here for the latest: <https://americanbonehealth.org/events/>

What's Happening in the SIG

- [Bone Health Toolkit](#)- A task force has come together to consolidate recent evidence-based information in an easily digestible and practical way to support bone health care which includes resources to address: screening, evaluation, intervention, understanding for pharmacotherapy, and community resources.
- [Knowledge Translation](#)- We have a team working together to disseminate recent evidence-based documents on PT management of osteoporosis within an age-friendly Geriatrics 5M's framework. Watch for updates and access to clinician and patient-facing resource materials to put this evidence into practice.

Opportunities to Get Involved:

- Bone Health Toolkit – join the task force (see above) – contact Lisa Hamilton, lisahamiltonpt@gmail.com.
- Journal Club- present a case study for our January 2024 Bone Health journal club; contact Cynthia Barros, ptcynthia1@gmail.com
- Promote bone health in May- see our [Bone Health SIG website](#) for resources to support your initiative
- Come join our next Bone Health SIG meeting in August

Join the SIG

To receive regular updates and access to all resources, [join our SIG](#) . You will need to 'Login' with your APTA ID in order to complete the registration. We would love to have your insight!

Membership BHSIG meeting:

Please visit: <https://aptageriatrics.org/sig/bone-health-special-interest-group/> for updates.

Our next membership meeting will be in August. Watch for notifications to register and come join us!

Best to all,
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