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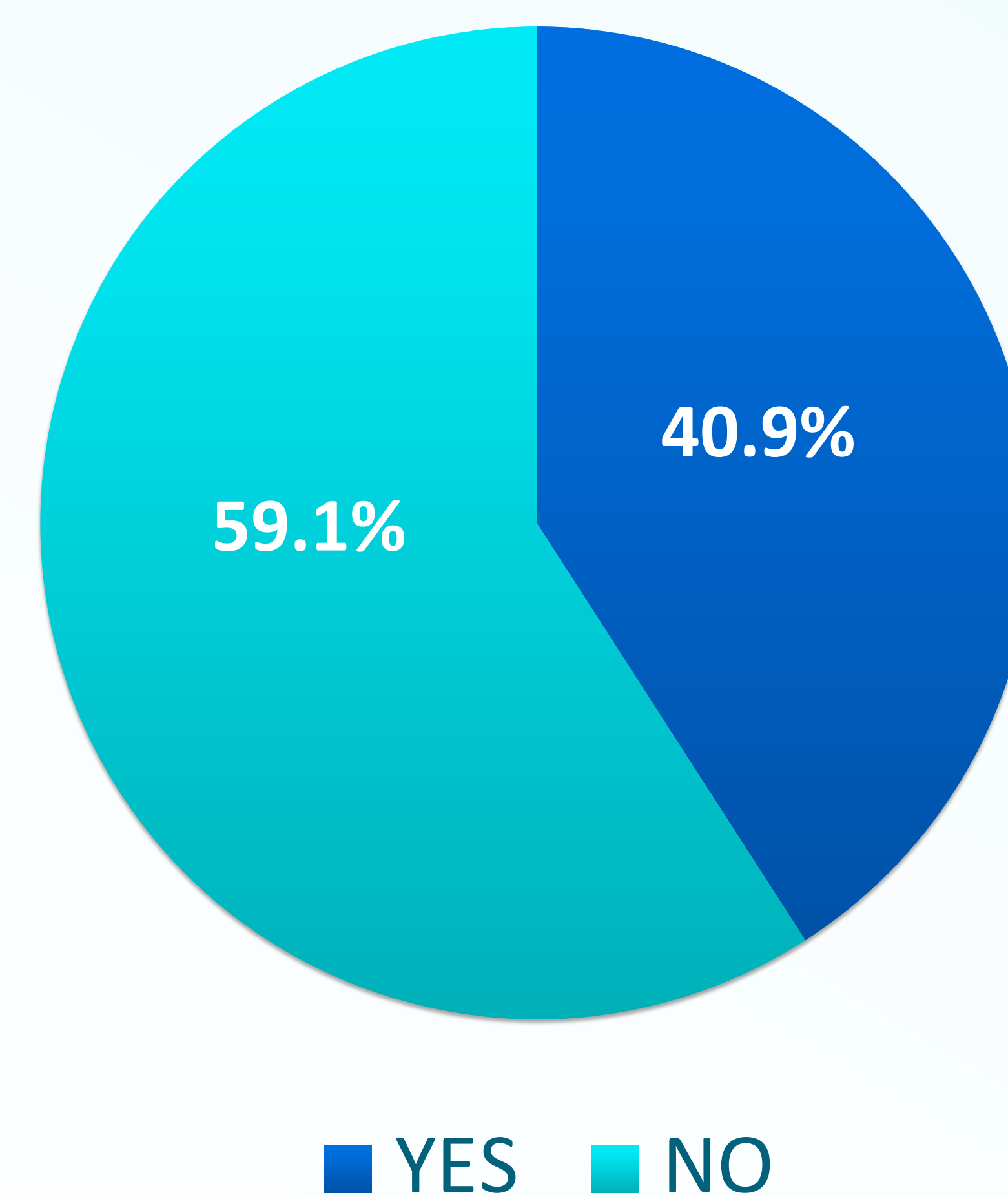
Introduction

Glucocorticoid Induced Osteoporosis (GIOP) is the most common and severe form of secondary osteoporosis. Highest rate of bone loss occurs within first 3-6 months of glucocorticoid treatment. Glucocorticoid use is considered high when >7.5mg/day. The American College of Rheumatology (ACR) Guidelines recommend **Bone Mineral Density (BMD) for adults ≥40 years old within 6 months of starting steroids.** BMD is also recommended in those <40 years old with history of osteoporotic fracture or with other significant osteoporosis risk factors.

Results

Out of 42 patients with sero-positive Rheumatoid Arthritis, 22 patients (52.4%) met ACR criteria for Osteoporosis screening and 20 did not (47.6%). Osteoporosis Screening was done in 40.9% (n=9) of qualified patients, however, 59.1% (n=13) have not been screened. None of these patients have ever had a documented fragility fracture.

Osteoporosis Screening



Methodology

Retrospective chart review was performed on patients with history of sero-positive Rheumatoid Arthritis that visited How Lane Adult Clinic in New Jersey between January 1st 2019 to December 31st 2019. Data was extracted from EMR system. A total of 161 charts were reviewed and 42 patients were analyzed. Patients following private Rheumatologists were excluded. Osteoporosis screening rate was determined using DEXA scan.

Conclusion

Osteoporosis screening remains suboptimal in our resident-driven continuity clinic. Awareness should be raised on this matter on both residents and patients to improve rate of screening. For improvement in screening a pamphlet was distributed to all residents and nurses have been educated.