

Rajiev Hallock, M.D.

**Abstract:** Bone Mineral Density (BMD) screening is crucial for osteoporosis detection, yet its utilization remains low despite USPSTF recommendations. Quality improvement project at the Family Medicine Clinic aimed to assess and improve BMD screening rates through DEXA scans among women aged 65 and older, particularly in an urban clinic serving a predominantly African American population with multiple comorbidities. A retrospective chart review from September to October 2023 revealed screening rates of 56.0% and 61.8%, respectively. Interventions, including educational sessions on USPSTF guidelines and reminder posters, were implemented. Post-intervention analysis in March and April 2024 showed increased screening rates of 72.7% and 66.5%. This project demonstrates that targeted educational interventions and reminders can significantly enhance osteoporosis screening rates in high-risk populations.

**Purpose:** Improve screening for osteoporosis and osteopenia with DEXA scans in women age >65 by 10% in the Urban Family Medicine Outpatient Resident Clinic at a large academic hospital (CMC) serving a majority African American population with multiple co-morbidities after 3 months of interventions with poster placement and educational sessions

**Methods:**

Pre-intervention (Phase I):

Retrospective chart review (9/2023 - 10/2023) for DEXA orders/completions in women ≥65.

Intervention (Phase II):

Education on USPSTF guidelines during didactics.

Placement of reminder posters.

Protocol implementation: Annual physicals include DEXA order for women ≥65 without prior screening.

Post-intervention (Phase III):

Chart review (3/2024 - 4/2024) for DEXA orders/completions in women ≥65.

**Results:**

Pre-Intervention:

- September 2023: 56.0% screened (75/134).
- October 2023: 61.8% screened (94/152).

Pre-Intervention			
Month	September 2023	October 2023	Total
Eligible	134	152	286
Screening ordered	75	94	169
Screening not ordered	59	58	117
%Screened	56.0%	61.8%	59.1%

Post-Intervention:

- March 2024: 72.7% screened (120/165).
- April 2024: 66.5% screened (129/194).

Post-Intervention			
Month	March 2023	April 2023	Total
Eligible	165	194	359
Screening ordered	120	129	249
Screening not ordered	45	65	110
%Screened	72.7%	66.5%	69.4%

**Conclusions:**

Osteoporosis: High prevalence requires routine screening to prevent fractures.

Interventions: Education and reminders may enhance screening rates.

Standardized Process: Promotes early identification and treatment of at-risk individuals.

**Limitations:**

Data Gaps: Some external screenings may not appear in EMR.

Population Scope: Excludes postmenopausal women <65, and males at increased risk of Osteoporosis/Osteopenia.

Risk Factors: Screening challenges for certain risk factors (e.g., smoking, alcohol intake, family history of fractures).

**Future Directions:**

Incorporate FRAX Tool: Integrate into EMR for younger postmenopausal women and males with high risk factors

Management Training: Provide education on DEXA results follow-up and interventions.

Screening completion: Implement measures to ensure ordered DEXA scans are completed and eliminate potential hurdles



Scan QR Code for a video reviewing the details of this project