**Patients’ Attitudes Regarding Initiation of Therapy for Osteoporosis After a Fall-Related Fracture**

Dominick Trombetta Pharm.D., BCPS, BCGP; Bryanna Polascik Pharm.D. Candidate; Emily Bradshaw Pharm.D. Candidate
Wilkes University, Wilkes Barre, Pennsylvania

**Bottom Line Points:**
- A major concern for patients when starting a new medication are side effects, followed by cost and dosage form/inconvenience.
- Providing patient education regarding osteoporosis pharmacologic treatment (cost, side effects, and administration) may increase the patient’s willingness to consider initiating one of these treatment options.

**Purpose:**
The purpose of this study is to survey a group of individuals at an inpatient rehabilitation hospital that have experienced a recent fall-related fracture and evaluate their attitudes towards osteoporosis pharmacologic treatment.

**Methods:**

**Inclusion Criteria:**
>50 y/o, history of non-traumatic fall resulting in fragility fracture

**Exclusion Criteria:**
<50 y/o, known or suspected cognitive impairment, history of traumatic fall

9 men and 19 women qualified

**Pre-questionnaire survey**
used to obtain a baseline understanding of patients’ willingness to take medications for osteoporosis

**Education provided to participants**
included the classes of medications used for osteoporosis treatment, side effects, administration, and cost

**Post-questionnaire survey**
used to determine the impact of education on the likelihood they would accept medication therapy for osteoporosis

**Results:**
Data from the initial survey was gathered to obtain a baseline understanding of the participant’s willingness to take medications for osteoporosis. Immediately following education provided to the participants, data was gathered from the post-questionnaire to determine the impact of education on the likelihood of participants accepting treatment for osteoporosis.

**Primary Outcome:**

<table>
<thead>
<tr>
<th>Baseline</th>
<th>Post-education</th>
<th>Percentage of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not likely at all</td>
<td>Not likely at all</td>
<td>17.9</td>
</tr>
<tr>
<td>Somewhat likely</td>
<td>Somewhat likely</td>
<td>39.3</td>
</tr>
<tr>
<td>Very likely</td>
<td>Very likely</td>
<td>42.9</td>
</tr>
</tbody>
</table>

**Secondary Outcomes:**
The study showed a difference among age groups, with participants aged 71-80 being most likely to consider taking an osteoporosis medication.

Our results also demonstrated concerns of individuals when starting medication therapy.

**Conclusion:**
Providing patient education regarding osteoporosis pharmacologic treatment may increase the patient’s willingness to begin treatment after they have experienced a fall-related fracture. Initiating therapy immediately following an osteoporotic fracture may increase the patient’s understanding, acceptance, and adherence to medication therapies.