

National Project for Training Nurses to create and implement fragility fractures services (C2F)

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Background:

Osteoporosis is a common condition with serious consequences because of fragility fractures. Despite availability of treatments to reduce fracture risk, there is a large osteoporosis treatment gap that has reached crisis proportions. There are too few specialists and organized services to provide care for patients who need them. International studies have shown that coordinated care models specifically designed for secondary fracture prevention, so-called Fracture Liaison Services (FLS), can lead to a substantial increase in appropriate assessment of the root cause and guideline-adherent therapy of fragility fractures, thus significantly reducing secondary fractures.

Methods:

With the scientific support from the Portuguese Society of Rheumatology (SPR) and the Portuguese League against Rheumatic diseases (LPCDR) the Portuguese Association of Health Professionals (APPSReuma) established a training program (certificated by the Portuguese Regulatory Body of Nurses) with 30 hours of duration.

The content of the training program included topics for the implementation of services for the prevention of fragility fractures namely: epidemiology, risk evaluation, pharmacologic and non-pharmacologic treatment, interdisciplinary work, communication skills, patient education, adherence, self-management and falls prevention. The lectures were given by national experts in the respective fields.

An invitation was sent to the 42 hospitals of the Portuguese National Health System that have an emergency on orthopaedics, asking to indicate a nurse that can receive the training and further implement in their hospital the fragility fracture service, with the support of a multidisciplinary team.

The lectures were given using an hybrid methodology (online and live) and occurred between June and July of 2021.

Objective:

FLS has not been implemented in several Portuguese hospitals as a standard of care so far. The objective of the C2F Project is to implement a training program for nurses, enabling these professionals together with the other members of the multidisciplinary team to establish fragility fracture consultations.



Results:

- 44 nurses from 28 hospitals completed the training program.
- The knowledge on osteoporosis, fragility fractures and it's management significantly increased after the 30h of formation.
- **4 new fragility fracture services were implemented so far** (i.e. in the 3m after the completion of the 1st phase of this program)
- Patient's representatives will continue to be an essential part of this programme.



Partners:



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