The Development of a Tool for Preventing and Managing Bone Disease in HIV-infected Adults

Objective:

- As the HIV-infected population ages, numerous comorbidities are emerging including bone disease.
- HIV clinicians are faced with managing a variety of conditions that require additional knowledge and skills.
- The objective is to describe the development of an updated version and content of a practical tool to assist clinicians in preventing and managing bone disease in HIV-infected adults.

Methods:

- Development of the tool involved a group of local pharmacists with expertise in HIV and osteoporosis.
- The content was based on published literature, HIV conference abstracts, osteoporosis guidelines and expert consultation with an HIV endocrinologist and dietitian.
- The tool was then reviewed for content, readability and applicability by several other Canadian HIV Pharmacists.
- The final tool was published in the form of a 10-page fold-out pocket card, posted electronically and available nationally free of charge.4

Results:

- The tool has four main sections:

1. Risk Factors for Fractures/Bone Loss
   - Failed Characteristics
   - Male
   - History of fragility fracture
   - Chronic kidney disease (CKD)
   - Cigarette smoking
   - History of osteoporosis
   - Previous BMD scan

2. Patient Assessment
   - Initial Screening Assessment (prior to BMD Scan)
   - There are two scoring systems used to evaluate the risk of osteoporotic fracture and consider initiating therapy.

3. Treatment
   - Who to Treat?
   - General preventative measures only; Rule-out secondary causes of low BMD
   - Treatment
   - Prevention

4. Prevention
   - General Preventative Measures

Conclusions:

- A clinical tool for the prevention and treatment of bone disease in HIV was developed by a group of expert pharmacists to provide practical guidance to clinicians and to standardize an approach to patient care.
- Follow-up study is needed to evaluate the clinical utility of the tool and impact on prevention and detection of osteoporosis and disease management in HIV-infected patients.


References:


12. FRAX® WHO Fracture Risk Assessment Tool. University of Sheffield, UK. www. sheffield.ac.uk/FRAX tool (select Canada for country)


