

Patient details

Date of assessment

Assessed by

BHIP - Bone Health in Parkinson's - Patient assessment form

A. Check: does the patient need an updated bone health assessment?

- The patient has been fully assessed in the past year**
Has anything changed eg: new loss of balance or falls, new fractures (including vertebral)?
- The patient is established on bone health medication (bisphosphonate or denosumab, plus vitamin D and/or calcium)**
Are side effects a problem? Would a different treatment be better?
- The patient is being managed elsewhere to address bone health**
Eg: falls clinic, day hospital, bone/endocrine team.
- The patient is very low risk**
Younger male patients with normal BMI and no risk factors (if in doubt, proceed with FRAX).
- The patient has advanced disease/severe comorbidity**
Not mobilising from bed, or estimated as in last year of life.

If any are ticked, you do not need to go to B, C or D below.

B. Score: If none are ticked above, score with FRAX (or QFracture if expected survival <10 years)

You can print the answers and scores using the 'Print tool and information' link on FRAX.

- Tick if FRAX was used
- Tick if QFracture was used and enter number of years selected
- Enter the score for major osteoporotic fracture (hip, wrist, shoulder or spine) %
- Enter the score for hip fracture %

Tick the NOGG category (if FRAX was used).

- Green Amber Red Dark red

C. Test

After getting the DXA result, you can re-calculate FRAX - add the lowest T score from the report to question 12, then recheck the NOGG group.
You do not need to do this if others (eg: local bone or endocrine team, GP) request DXA scans and decide about treatment.

- Tick if DXA requested

D. Treat

Treatment decisions are sometimes delayed until DXA results are available.
Tick this box later if the DXA result leads to new treatment being started.

- Tick if new bone health treatment started

This form should be used in conjunction with the 'Assessing bone health in Parkinson's' document
For more information: parkinsons.org.uk/better-bone-health-resources