

## 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](http://parkinsons.org.uk/better-bone-health-resources)**