

# Osteoporosis Management in Women Who Had a Fracture (OMW)

Thank you for being a valued provider for members in one or more of our health plans: Health Partners Plans Medicaid, Health Partners Plans CHIP, Jefferson Health Plans Medicare Advantage, and/or Jefferson Health Plans Individual and Family Plans.

## Measure Description

The percentage of women who suffered a fracture and received appropriate testing or treatment for osteoporosis.

## Why Does it Matter?

Osteoporosis is a bone disease characterized by low bone mass, which leads to bone fragility and increased susceptibility to fractures of the hip, spine, and wrist. Osteoporotic fractures, especially with hip fractures, are associated with chronic pain and disability, reduced independence, decreased quality of life, and increased mortality. With appropriate screening and treatment, the risk of future osteoporosis-related fractures can be reduced.

## Measure Population (Denominator)

Female patients 67-85 years of age as of December 31 of the Measurement Year who suffered a fracture from July 1 of the year prior through June 30 of the Measurement Year.

*Please note that fractures of finger, toe, face, and skull are not included in this measure.*



## Measure Compliance (Numerator)

Received appropriate testing or treatment within six months after the fracture, as defined by either of the below:

- A bone mineral density (BMD) test on the date of fracture or within 180 days (6 months) after the fracture.
- A prescription for a drug to treat osteoporosis that is filled on the date of fracture or within 180 days (6 months) after the fracture.

Description	Prescription	
Bisphosphonates	<ul style="list-style-type: none"><li>• Alendronate</li><li>• Alendronate-cholecalciferol</li><li>• Ibandronate</li></ul>	<ul style="list-style-type: none"><li>• Risedronate</li><li>• Zoledronic acid</li></ul>
Other agents	<ul style="list-style-type: none"><li>• Abaloparatide</li><li>• Denosumab</li><li>• Raloxifene</li></ul>	<ul style="list-style-type: none"><li>• Romosozumab</li><li>• Teriparatide</li></ul>

## Best Practices

- A BMD test must take place within six months of the fracture. Contact patients for an office visit as soon as possible after an event occurs.
- Screen female patients beginning at age 65 to reduce the risk of osteoporosis and consider screening women younger than 65 if they are high risk.
- Discuss fall prevention tips with your patients (e.g. the need for assistive devices or trip hazards in the home).
- Promote exercise, physical therapy, strengthening, and balance activities (e.g. yoga), and encourage introducing calcium and vitamin D supplements.
- To help prevent women from being included in this measure incorrectly, please check that fracture codes are not used before a fracture has been verified through imaging. If this happens, please submit a corrected claim to fix fracture codes submitted in error to remove the patient from this measure.
- **Bone Mineral Density Testing**
  - Discuss the need and mail an order to patients with information about their nearest testing site.
  - Follow up with patients to make sure they completed their test and reschedule if needed.
  - A referral alone for a BMD will not close this care gap.
- **Medication Therapy**
  - Prescribe an appropriate medication to treat osteoporosis if available.
  - Osteoporosis medication must be filled using a patient's Part D prescription drug benefit.
  - Care gap closure is dependent on pharmacy claims.
  - Documentation that medications aren't tolerated is not an exclusion for this measure.

**Did you know?** Our vendor partner, Healthy Measures, can now complete DEXA scans in the home. If one of your patients is interested in an in-home visit for a DEXA scan, please send an email to [QIPReferrals@jeffersonhealthplans.com](mailto:QIPReferrals@jeffersonhealthplans.com). Please include the following information: name, member ID, and phone number.



**Remind your patients that they may be eligible to earn **\$100** through our Medicare Wellness Rewards Program for completing their BMD test.**

## Exclusions

- Patients who had a BMD test during the 24 months prior to the fracture.
- Patients who had osteoporosis therapy during the 12 months prior to the fracture.
- Patients in hospice or using hospice services anytime during the measurement year.
- Patients who die any time during the measurement year.
- Patients who received palliative care or had an encounter for palliative care during the measurement period.
- Patients 67 years of age and older who are enrolled in an institutional Special Needs Plan (SNP) or living long-term in an institution.
- Patients 67-80 years of age identified with frailty and advanced illness.
- Patients 81 years of age and older with frailty.

## Coding Tips

- Bill the appropriate ICD-10 code to identify how the fracture occurred (e.g., fall)
- Remember to document and bill exclusions annually.

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