

# Osteoporosis and Metabolic Bone Disease Referrals

## Referring for a DXA scan

To refer a patient for a DXA scan, **please complete the referral form on ICE**. Our current DXA referral criteria are FRAX based, and will ask for information regarding the patient's osteoporosis risk factors (including low trauma fractures, parental hip fracture, glucocorticoid use, rheumatoid arthritis, conditions associated with secondary osteoporosis, smoking and alcohol intake).

Please include as much information as possible, particularly details of previous osteoporosis treatments with dates.

For GP surgeries without access to ICE only, a PDF copy of the referral form can be found [here](#).

The following patients should be referred via ERS to the osteoporosis service rather than via direct access:

- Those who do not qualify for a DXA using FRAX, but in whom a scan is felt to be indicated
- Those under 40 years with significant risk factors such as long term corticosteroid use, untreated premature menopause or fragility fractures

These referrals will then be reviewed and triaged appropriately (this may result in clinical advice only, a direct access DXA scan or an appointment in the osteoporosis clinic).

## Referring to the osteoporosis clinic

These clinics are held several times per week. To refer a patient to the osteoporosis clinic, please make a referral via ERS. Patients suitable for review in clinic include:

- Patients intolerant of oral treatment (bisphosphonates), for consideration of alternatives
- Patients with poor renal function unable to receive bisphosphonates



- Younger patients, or those with complex comorbidities
- Patients in whom a DXA scan is felt to be indicated, but who do not meet our DXA referral criteria
- Patients with an eating disorder requiring a DXA scan

### **Referring to the metabolic bone disease clinic**

This clinic is held once per month. Patients can be referred via ERS, and will be triaged to the most suitable clinic slot. Examples of conditions seen in the clinic include (but are not limited to):

- Paget's disease
- Osteogenesis imperfecta
- Renal bone disease
- X-linked hypophosphataemia
- Hypophosphatasia
- Bone marrow oedema syndromes

### **Referring to the paediatric bone clinic**

This clinic is held 3-4 times per year, jointly between Dr Hardcastle and Dr Jacqui Clinch (a Consultant paediatrician). Patients can be referred via ERS. Suitable patients include:

- Patients under the age of 18 who require a bone health assessment (e.g. due to an underlying medical condition or frequent fractures)
- Any patient below the age of 18 in whom a DEXA scan is felt to be indicated