



# The 10-minute consultation: osteoporosis

## Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

## The 10-minute consultation: osteoporosis

Osteoporosis has traditionally been considered a 'silent' disease; if development of the disease is not prevented or the disease is untreated, osteoporosis can progress painlessly until a bone becomes fragile and prone to fracture. Any bone can be affected and the disease affects both men and women, despite the common perception of patients with osteoporosis as 'hunchbacked old women'. Therefore, accurate diagnosis of signs and symptoms of disease that could cause osteoporotic fractures and patient education are key competencies for GPs.

*The 10-minute consultation: osteoporosis* will provide a holistic approach to the assessment and management of osteoporosis, stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

## Authorship

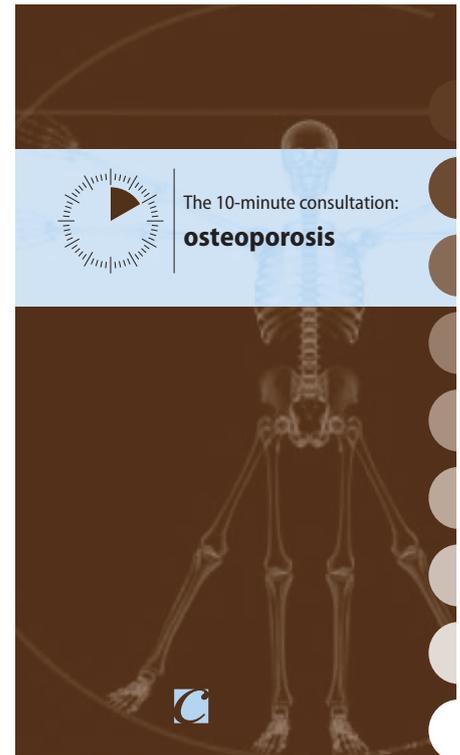
*The 10-minute consultation* author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We work closely with an advisory board of GPs from the specialty of primary care and rheumatology whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the rheumatology specialty, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

## Summary

*The 10-minute consultation: osteoporosis* will provide clinicians with an invaluable source of information for bone disorders and highlight the most appropriate diagnostic and management options.

### Key objectives for the reader:

- To understand that osteoporosis is associated with significant morbidity
- To understand the epidemiology and risk factors for osteoporotic fractures
- To understand how patients at risk of or with pre-existing osteoporosis can be identified in primary care, including which diagnostic tests are used and how the results are clinically interpreted
- To understand how to competently manage osteoporosis in primary care and promote a healthy lifestyle
- To understand the indications for specialist referral



## Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

## Specification

International Editorial Advisory Board  
Paperback: 96 pages (tbc)  
Product dimensions: 110 x 190 mm  
Binding: perfect bound  
Colour: 4-colour cover; 2-colour text





## Table of contents

### 1. Introduction

Osteoporosis: who is at risk?  
What effect does bone fracture have on quality of life?

### 2. Who and what to test

Screening and case finding  
What issues should the GP cover during the 10-minute consultation?

### 3. How to manage the patient with osteoporosis

Who to treat?  
How to treat?  
General lifestyle advice  
What drugs are available to treat osteoporosis?  
Reducing fracture risk  
Prevention of falls

### 4. Person-centred care

How to identify the patient's beliefs about osteoporosis  
(their concerns and expectations)?  
What are the patient's cultural beliefs and practices?  
How to recognise nonconcordance with primary prevention?  
Are any treatments particularly appropriate?

### 5. Applying the evidence

What are the implications of the international best-practice guidelines for GPs?  
Selected landmark studies  
What are the GP prescribing options for tackling osteoporosis in primary care: a summary  
When to refer?

### 6. Review and recall

What ongoing patient care, monitoring and follow-up are necessary?  
What roles do other key healthcare workers have in managing the patient?  
What is the role of information technology (IT)?  
What is the role of the expert patient?

#### Further reading

## Other titles in *The 10-minute consultation series*



and many more...

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