

Osteoporosis & Fracture Prevention Program: At-a-Glance

Format: workshop, e-Learning, case-based education

Time Commitment (two opportunities for learning):

- Osteoporosis and Fracture Prevention Workshop: 3 hours
- Osteoporosis and Fracture Prevention in LTC Webinar: 1 hour

Cost:

- Osteoporosis and Fracture Prevention Workshop: \$195 + HST
- Osteoporosis and Fracture Prevention in LTC Webinar: Free

See the [OCFP Events Calendar](#) for more details.

Mainpro+:

- Workshop: 3 credits per hour
- Webinar: 1 credit per hour

Highlights:

- Apply guidelines recommendations
- Learn strategies for high-risk patients
- Recognize challenges and barriers to implementing recommendations and use enabler

How can this program help you improve the way you care for your patients?

The **Osteoporosis and Fracture Prevention Program** will provide you with best practices as outlined in the 2023 updated clinical practice guideline for management of osteoporosis and fracture prevention in Canada, and actionable tools for screening, diagnosing and optimizing care. Through discussion and case studies, we will look at strategies to address key issues including osteoporosis-related fractures, risk management and care gaps. The workshop will guide you through shared decision-making and self-management approaches to assess and apply nutrition, exercise and pharmacological strategies for patients at high risk of fractures. After this workshop, participants will be better able to:

1. Recognize and describe the impact of osteoporotic fracture and the current care gap including barriers and facilitators of quality care,
2. Apply an evidence-based approach to fracture risk assessment and reassessment, and
3. Implement nutrition, exercise and pharmacological strategies for patients at high risk of fractures, including shared decision-making and self-management

Osteoporosis and Fracture Prevention Workshop: This three-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 9 Mainpro+ credits.

Osteoporosis and Fracture Prevention in LTC Webinar: This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit.

The **Osteoporosis and Fracture Prevention in LTC 1-hour webinar** *“Clinical Application of the Long-Term Care Fracture Prevention Recommendations for Frail Older Adults”* aims to address existing care gaps by illustrating the application of pharmacological and non-pharmacological fracture prevention recommendations with frail older adults in LTC. After active engagement in this program, participants will be better able to:

1. Assess fracture risk using Fracture Risk Scale
2. Apply evidence-based recommendations for fracture prevention in LTC
3. Recognize challenges and barriers to implementing the recommendations and use enablers

This program has received funding from the Ministry of Health and Long-Term Care as part of the Ontario Osteoporosis Strategy