

FLS

Fracture Liaison Service

Preventing costly fractures

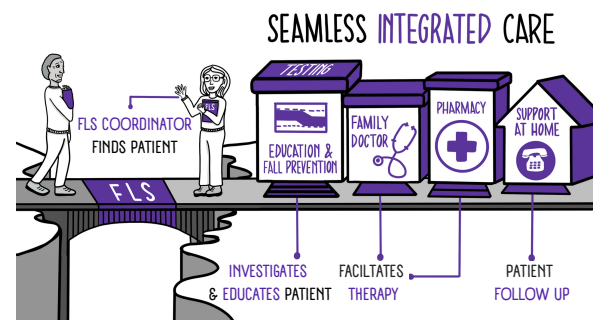
Info sheet 8.0

The science of FLS

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An FLS is a specific model of care where a dedicated coordinator proactively identifies fracture patients, typically in orthopaedic services, on a system-wide basis, and determines their fracture risk with the express purpose of facilitating effective osteoporosis treatment for high-risk patients. FLS is the only intervention that has been proven to have a meaningful impact (i.e., with at least a two-fold improvement) on the post-fracture osteoporosis care gap.

Targeted post-fracture care models perform systematic and proactive case finding of fragility fracture patients in orthopaedic services. Such models are subclassified into the 3i's based on their level of intensity.



A critical level of intensity must be reached in order to be effective.

0i Educates the patient, but no alert letter goes out to their family physician.

ZERO IMPROVEMENT on the post-fracture care gap.

IDENTIFICATION

1i Educates the patient and sends out an alert letter to their family physician.

Only a small improvement (e.g., rate of osteoporosis treatment improved from 13% to 17%). The majority of fracture patients are still not treated.

INVESTIGATION

2i Educates the patient, arranges the investigations (e.g., BMD) needed to determine fracture risk and sends out alert letter to their family physician.

2i/3i FLSs are the only interventions consistently demonstrated to make a real meaningful impact (i.e., at least doubling the rate of osteoporosis treatment).

INITIATION

3i Educates the patient, arranges the investigations (e.g., BMD) needed, prescribes any warranted osteoporosis medications and sends out an alert letter to their family physician.

The 2i/3i FLS model is the preferred model to provide optimal osteoporosis care post fracture.

Outcome	Without FLS	With FLS
Treatment initiation	17.2%	↑ 38.0%
Repeat fractures	13.4%	↓ 6.4%
Mortality	15.8%	↓ 10.4%

Wu et al, 2018

OSTEOPOROSIS

Need more info on FLS?
Website: fls.osteoporosis.ca
Email: fls@osteoporosis.ca