### **FLS**Fracture Liaison Service

## Preventing costly fractures

Info sheet 9.0

FLS: How effective is it?

Jan 2022

An FLS is a specific model of care where a <u>dedicated coordinator</u> 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 <u>only</u> 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.

### **RESULTS OF A SYSTEMATIC REVIEW AND META-ANALYSIS**

### **IMPROVED CLINICAL CARE**

# Clinical careWithout FLSWith FLSBMD testing23.5%↑ 48.0%Treatment<br/>initiation17.2%↑ 38.0%Adherence<br/>to treatment34.1%↑ 57.0%

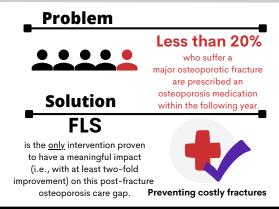
### **IMPROVED PATIENT OUTCOMES**

Patient outcome	Without FLS	With FLS
Subsequent fractures	13.4%	↓ 6.4%
Mortality	15.8%	↓ 10.4%

Wu et al, 2018

Even a two-fold (on average) increase in treatment rates by FLSs resulted in a significant reduction in both subsequent fractures and mortality.

Another recent systematic review and meta-analysis (Barton et al., 2021) has shown an even greater (three-fold) increase in treatment rates post-fracture with FLS. In that systematic review, depending on the individual study's design and its duration, the relative risk reduction in subsequent fractures ranged from 5% to 56% and the relative risk reduction in mortality ranged from 12% to 35%.





**Need more info on FLS?** 

Website: fls.osteoporosis.ca Email: fls@osteoporosis.ca