

# OUTPATIENT GP REFERRAL GUIDELINES

## REHABILITATION MEDICINE SERVICES

### Southern Adelaide Local Health Network (SALHN)

### Fragility Fracture Clinic

Multidisciplinary team including a Rehabilitation Consultant, Fracture liaison nurse, dietitian, bone densitometries and physiotherapist provides comprehensive assessment of bone health, falls, and treatment management in patients who have suffered minimal trauma fractures.

Fragility Fracture Clinic is located at Marion GP Plus.

#### Inclusion Criteria:

- Aged 50 and over
- Living at home
- Has fractured a bone (hip, wrist, ankle shoulder, rib etc.) as a result of fall, slip, trip or collapse
- Stress fracture of thoracic or lumbar vertebrae

#### Exclusion Criteria:

- Pathological fracture
- Facial, finger or toe fractures
- On bone protection treatment (Denosumab or Zoledronate)

#### Information Required for Referral

- Medical history
- Current Medication List
- History of osteoporosis therapy and it duration
- Recent pathology results (Vitamin D, Calcium, U&E, LFT, TFT) if available
- Previous bone density (DEXA) results if available

### Fax Referrals to

#### Attention- Fracture Liaison Nurse

4<sup>th</sup> Generation Outpatient Clinics, Flinders Medical Centre

Fax: (08) 8404 2263

- Please note this clinic is located at Marion GP Plus Health Care Centre

### Red Flags

- Multiple fractures
- Significant weight loss
- Frequent falls

### Suggested GP Management

- Optimize Vitamin D and Calcium status
- Commence secondary prevention where appropriate.
- Consider home exercise program for falls prevention

### Clinical Resources

- International Osteoporosis Foundation. Capture the Fracture. <http://www.capture-the-fracture.org/>
- Fragility Fracture Network <http://fragilityfracturenetwork.org/>
- Osteoporosis Australia- Post Fracture Recovery <http://www.osteoporosis.org.au/post-fracture-recovery>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

Version	Date from	Date to	Amendment
2.0	November 2017	November 2019	Updated service location and contact details
1.0	September 2016	September 2018	Version 1, Original September 2014