Osteoporosis Implications for the Aging Adult

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Osteoporosis in the Aging Adult
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Implications to a Nurse Practitioner’s Care

Nurse practitioners can integrate osteoporosis prevention strategies into a person’s yearly physical and teach their patients on the risk factors and symptoms of osteoporosis. Nurse practitioners should be aware of the new criteria for osteoporosis treatment guidelines. Research has shown that repeat DXA scans are not useful in the treatment of osteoporosis (Yaukamp et al., 2017). But a DIA scan is important for diagnosing osteoporosis and osteoarthritis. Diagnosis should also include a person’s risk factors, comorbidities, family history, and age (Quaseem et al., 2017).

The Fracture Risk Assessment (FRAX) tool, a questionnaire for determining the probability of a fracture within 10 years, also diagnoses for older adults (Kanis, 2018).

A treatment should be comprised of vitamin supplementation and denosumab. Denosumab has shown a greater improvement of bone mineral density compared to bisphosphonates after 1-2 years of therapy (Jundi et al., 2019).

Medications therapy should start at least 5 years with regular checkups. Therapy should also include smoking and alcohol cessation, strength of bone, vitamins, and maintaining an active lifestyle.