



ANZ Hip Fracture Registry

Enhancing Outcomes
for Older People

Issue 12 October 2015

The news in brief

This ninth ANZHFR newsletter for 2015 describes significant progress and activity on both sides of the Tasman. The number of sites with ethics approval and in process of gaining ethics approval in Australia has increased to 31 in total. Patient numbers in the respective national registries are increasing, with a total of 1,798 records in both countries as

of October 2015. All 120 public hospitals asked to participate in the ANZ Facility Level Audit have done so. The report is in preparation and will be released before the end of the year. There is also great news from New Zealand in the implementation update. Finally, a summary of this year's World Osteoporosis Day activities is provided.

Update on implementation in Australia

The Australian Hip Fracture Registry is now live. You can only access the site if you have completed all your ethics and governance approvals. States and Territories that have ethics approval are Queensland, New South Wales, Victoria (on a site by site basis), South Australia and Western Australia. An application for Darwin is pending. The number of sites that have Site Specific Approval (SSA) approval are:

- **QLD:** Logan, Ipswich, Nambour, Prince Charles, Princess Alexandra, Toowoomba and Townsville. In addition, Public Health Application/SSA is ongoing at Gold Coast.
- **NSW:** Bankstown-Lidcombe, Blacktown, Campbelltown, Concord, John Hunter, Liverpool, Nepean, Prince of Wales, St George, Sutherland and Westmead. In addition, Bowral, Royal North Shore, RPAH and Wagga Wagga are at various stages of SSA.
- **VIC:** Dandenong, The Northern and Western Health Footscray.
- **SA:** The Royal Adelaide.
- **WA:** Sir Charles Gairdner and Fiona Stanley.

So, in Australia, 24 hospitals have all approvals completed and a further 7 hospitals are in the process of obtaining approvals. Hospitals that have entered data into the

Australian Hip Fracture Registry up to October 2015 are:

- Bankstown-Lidcombe Hospital
- Blacktown Hospital
- Concord Hospital
- Dandenong Hospital
- John Hunter Hospital
- Liverpool Hospital
- Logan Hospital
- Nambour Hospital
- Nepean Hospital
- Prince Charles Hospital
- Prince of Wales Hospital
- Princess Alexandra Hospital
- Sir Charles Gairdner Hospital
- St. George Hospital
- Sutherland Hospital
- The Northern Hospital
- Toowoomba Hospital
- Townsville Hospital
- Westmead Hospital

To date, the Australian Hip Fracture Registry has 1,459 records. Fifty demonstration accounts have been set up. For hospitals where ethics and SSA has been granted, the live website can be accessed at www.hipfracture.com.au.

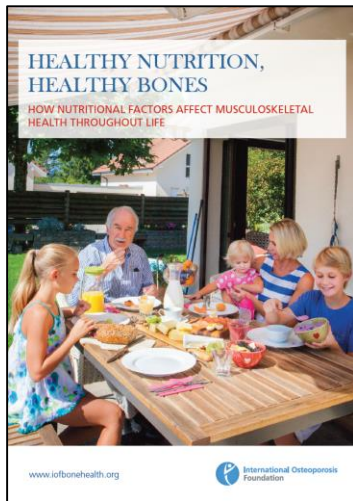
Update on implementation in New Zealand



October has been a significant month in New Zealand. The Accident Compensation Corporation (ACC) is supporting the New Zealand arm of the ANZHFR as part of a programme of work to improve services for older people. The NZ Orthopaedic Association has also made a major contribution in the form of hosting the registry, contributing staff time to support nationwide participation and facilitating meetings. More details available from Osteoporosis New Zealand.



World Osteoporosis Day: 20 October 2015



Since 1997, the International Osteoporosis Foundation (IOF) has organized World Osteoporosis Day (WOD) - marked on October 20 - which celebrates a year-long campaign dedicated to the prevention, diagnosis and management of osteoporosis. It aims to put the spotlight on the global burden caused by bone, muscle and joint diseases. A centrepiece of the campaign is a thematic report published in early October, which is intended to engage policymakers and generalists within the healthcare setting. The 2015 WOD Report is focused on the role of nutrition throughout the life-course.

In the run up to WOD, the authors of the thematic report also published a narrative review on the same subject in *Osteoporosis International*. The primary objectives proposed for good bone health at the various stages of life are:

- **Children and adolescents:** Achieve genetic potential for peak bone mass
- **Adults:** Avoid premature bone loss and maintain a healthy skeleton
- **Seniors:** Prevention and treatment of osteoporosis

The review considered findings from cohort studies, randomized controlled trials, systematic review and meta-analyses. Dietary guidelines from leading organisations were also summarized.

The review concluded by outlining the role of nutrition in a broader systematic approach to fragility fracture care and prevention. The importance of delivering best practice in hip fracture care was highlighted in the cited 'pyramid' from the National Osteoporosis Foundation in the United States below. This approach was originally advocated by the Department of Health in England in 2009. Since, groups in Australia (NSW ACI), Canada, New Zealand and the U.S., and the IOF and Fragility Fracture Network, have adopted or adapted this approach. Development of national hip fracture registries which enable benchmarking of care against quality standards is advocated as 'Programme 1'.

The WOD Report and a suite of other resources is available for download from www.worldosteoporosisday.org. The narrative review is available for free download via PubMed:

Life-course approach to nutrition. Mitchell PJ et al. *Osteoporos Int*. 2015 Sep 28 [e-pub]. [PubMed ID 26412214](https://pubmed.ncbi.nlm.nih.gov/26412214/).

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