



## Summary of NICE Guidelines

Title	Osteoporosis: assessing the risk of fragility fracture
NICE Reference	CG146
Date of Review:	October 2017
Date of Publication	August 2012
Summary of Guidance (Max 250 words)	<p>Guideline offers best practice advice on assessing the risk of fragility fracture in adults with osteoporosis.</p> <p><b>Consider fracture risk assessment:</b></p> <ul style="list-style-type: none"><li>• In women <math>\geq 65</math>-years and men <math>\geq 75</math>-years.</li><li>• In women <math>&lt; 65</math> and men <math>&lt; 75</math> in the presence of risk factors.</li></ul> <p>Do not routinely assess fracture risk in those <math>&lt; 50</math> unless they have major risk factors.</p> <p><b>Methods of Risk Assessment:</b></p> <ul style="list-style-type: none"><li>• Use either FRAX (with or without bone mineral density [BMD]) or QFracture to estimate 10-year predicted absolute fracture risk.</li><li>• Consider those aged above the upper age limits defined by the tools as high risk. Interpret those aged <math>&gt; 80</math>-years with caution, because predicted 10-year fracture risk may be underestimated.</li><li>• Do not routinely measure BMD without prior risk assessment with FRAX or QFracture. Consider measuring BMD in those with a fracture risk in the intervention threshold. Re-calculate risk using FRAX and BMD.</li><li>• Consider measuring BMD before starting treatment that may have a rapid adverse effect on bone density.</li><li>• Measure BMD to assess fracture risk in those aged <math>&lt; 40</math>-years who have a major risk factor.</li></ul> <p><b>Re-calculate Fracture risk in the future:</b></p> <ul style="list-style-type: none"><li>• if original risk was in the intervention threshold and only after 2-years, or</li><li>• When there has been a change in the person's risk factors.</li></ul> <p>Note: risk assessment tools may underestimate fracture risk in certain circumstances (e.g. history of multiple fractures, previous vertebral fracture, high alcohol intake, taking high dose glucocorticoids, or, has other causes of secondary osteoporosis). Fracture risk can be also be affected by factors that may not be included in the risk tool.</p>
Impact on Lab (See below)	<input checked="" type="checkbox"/> None
Lab professionals to be made aware	<input checked="" type="checkbox"/> Chemical Pathologist <input checked="" type="checkbox"/> Clinical Scientist
Please detail the impact of this guideline (Max 150 words)	CG146 provides guidance on assessing fracture risk in those with osteoporosis or suspected osteoporosis. The guideline offers no advice on laboratory testing.

### **Impact on Lab**

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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