



Osteoporosis: Promoting wise healthcare

Healthcare is often described as ‘high value’ or ‘low value’¹. Both are important to know about so you can get the right care, not care that is risky or has little benefit.

| High value care is | Low value care is |
|--|---|
| <ul style="list-style-type: none"> ✓ Effective – evidence suggests that it works to produce a positive effect ✓ Safe – there is low risk of harm ✓ Cost effective – despite cost, the care provides benefit relative to alternative options | <ul style="list-style-type: none"> ✗ Ineffective – evidence suggests that the care will provide no or very little benefit ✗ Potentially harmful – the risk of harm is greater than any likely benefit ✗ Not cost effective – since the care is unlikely to provide benefit, the cost associated with care delivery could be used on other care options |

High value care for osteoporosis:

- ✓ A personalised management plan made with you that focuses on:
 - Accurate education about your osteoporosis including learning about bone health to help you better manage and improve your condition
 - Developing a bone health and pain management plan tailored to you and your needs and goals. This plan includes appropriate use of medicines, exercise (resistance exercise, balance exercise, aerobic exercise) and positive lifestyle habits (optimising nutrition, minimising alcohol, smoking and caffeine intake).
 - How to stay active, safely exercise and increase your physical activity and load using a paced approach (not too much/not too little), how often and how much (“dose”), and how to manage if pain increases
 - Strategies to help you manage your pain (pacing exercise and activity)
 - Check-ups to monitor your bone health and make sure any risk factors for breaks (fractures) are identified early and well managed.

Low value care for osteoporosis:

- ✗ Relying on medications and passive treatments (things being done to you)
- ✗ Avoiding physical activity or being advised not to exercise or be active
- ✗ Exercise that is not sufficient “dose” (load) to help manage your bone health

¹ Scott IA, Duckett SJ In search of professional consensus in defining and reducing low-value care Med J Aust 2015; 203 (4): 179-181. || doi: 10.5694/mja14.01664



Important questions to ask your health professional

Here are [5 important questions](#) (available in 12 different languages) from the [Choosing Wisely](#) initiative. These are the recommended questions that you should ask your health professional about your osteoporosis to help you decide what the right care is for you.

5 important question to ask your health professional(s)

1. Do I really need this test, treatment or procedure?
2. What are the risks?
3. Are there simpler, safer options?
4. What happens if I don't do anything?
5. What are the costs?