



Healthy Bones Mobile Bone Densitometry Service

**Patient Experience Network National Awards
Thursday 1st March 2018**

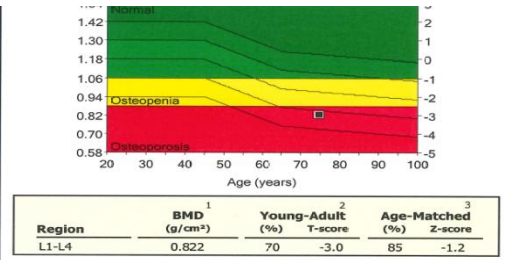
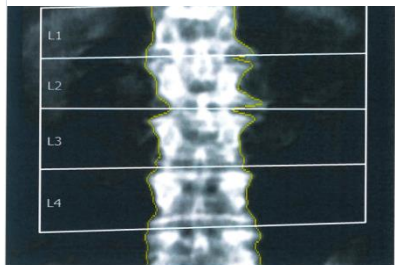
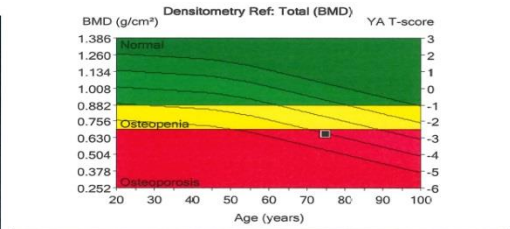
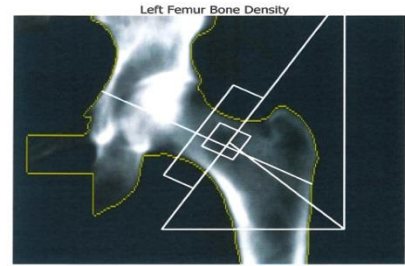
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'Healthy Bones for Healthy Lives'



Background- Why are we Here?

- Healthy Bones Service provides DXA bone density scans to assess bone health and diagnose osteoporosis.
- Osteoporosis is the thinning of the bones which increases the risk of fragility fracture
- 35% of people over the age of 50 in the UK will have a fracture mainly due to osteoporosis- more than 1/4 will be NOF
- 20% of all patients with a osteoporotic neck of femur fracture die within 6 months, a further 30% within 12 months



- Bone Densitometry (DXA) scans are the gold standard WHO test for osteoporosis

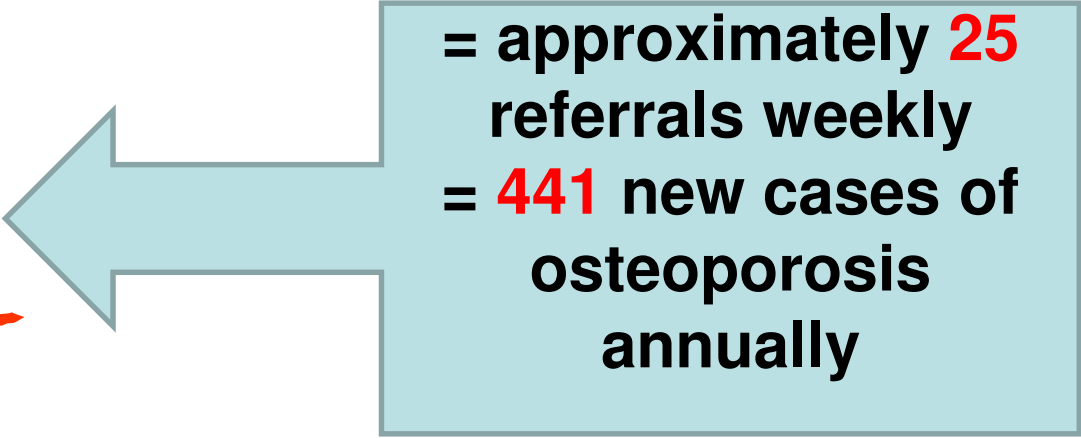


BHB - Before Healthy Bones

Number of scans per year before HB
project:

2007/08:

1,325



= approximately **25**
referrals weekly
= **441** new cases of
osteoporosis
annually

- **Approx 1% of the population requires a scan/yr** (NOS primary Care Strategy for Osteoporosis and Falls, 2002; Kanis et al)
- **PHNT covers a population of >500,000 = 5,000 DXA scans per year**



The Healthy Bones Project

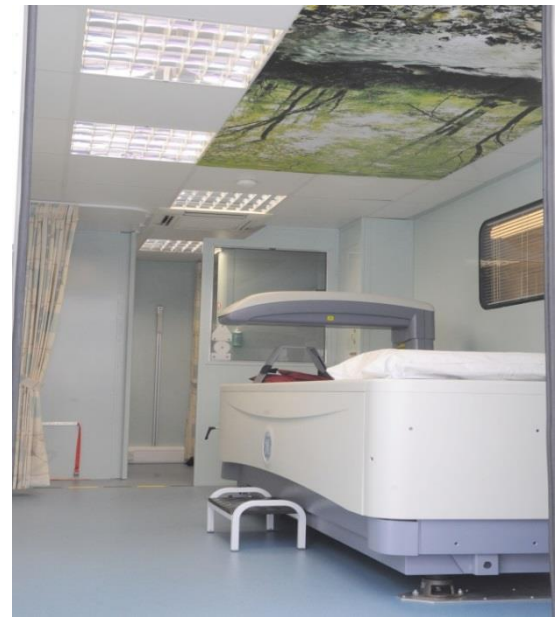
- Design and implement patient pathways from primary and secondary care allowing ease of access to DXA scans
- Bring DXA scanning services closer to patients across a large rural region with a mobile DXA unit
- Provide education and support to those referring and caring for patients with low bone mass and osteoporosis
 - Funding via a grant from National Osteoporosis Society



The Healthy Bones Project

Objective TWO

Spring 2009 - The truck arrived



The Healthy Bones Project

Officially launched by HRH the Duchess of Cornwall in June 2009



The Healthy Bones Project

Mobile Service Pilot - Autumn 2009
- *A lesson in logistics*

321 patients

9 GP practices

3 PCT's

61% of these patients had a
low bone mass

21% needed treatment



The Healthy Bones Project

2011/12

Consolidation and embedding of Mobile DXA service into community:

- Regular clinics at **5** host locations
Across 2500 square miles
- Healthy Bones training delivered to practices
- Support with case finding
- News letter updates
- Less miles for patients to travel
- Less traffic on site at Derriford

Healthy Bones Service
Derriford Hospital

Plymouth Hospitals NHS Trust

“Healthy Bones for Healthy Lives”
 News update for primary care: November 2011

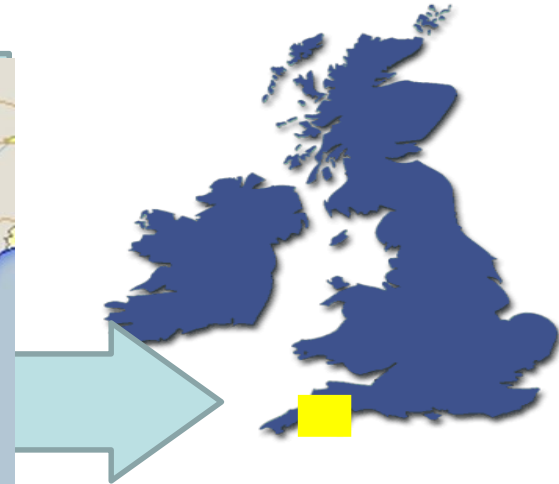
Following the announcement that osteoporosis is to be included on the 2012/13 GOF it seems timely to update our primary care colleagues about access arrangements for bone densitometry (DXA) scans, training and support on offer by the Healthy Bones Service.

<p>Local Mobile DXA Clinics</p> <p>In addition to the permanent scanner at Derriford Hospital our mobile scanning unit has allowed us to offer DXA scans to patients referred by their GP or hospital consultant in their own community.</p> <p>This service is a regular feature at: Liskeard Community Hospital, Liskeard, South Hams Hospital, Kingsbridge, Okehampton Hospital, Okehampton, Launceston Hospital, Launceston.</p> <p>We are very pleased to announce that in collaboration with Tavistock Health Centre we can now offer regular scanning sessions in Tavistock.</p> <p>To refer your patients for any of the above clinics or for a scan at Derriford Hospital, simply forward your referral form to us in the normal way, by post or fax.</p> <p>If you would like to talk with us about hosting a clinic at your surgery please contact us.</p>	<p>Improved referral form</p> <p>Our referral form is changing. Out with the cluttered tick boxes and in with the simple form allowing you to tell us the information you need us to know.</p> <p>To comply with RHEMER each referral must be signed by a medical Doctor or an approved Non-medical referrer. The form must contain three patient identifiers such as name, date of birth, address or NHS number and must contain a valid and accurate clinical reason for referral. If you or your team feel an update on current referral criteria would be useful please let us know.</p> <p>Healthy Bones training package</p> <p>Our training package is available FREE to health care professionals within the NHS caring for and identifying those at risk of osteoporosis. This has shown to be useful in case finding exercises for evidence based requirements and new GOF.</p> <p>Typically 25 in 1000 patients registered with a GP will have risk factors for osteoporosis.</p> <p>“In the UK, 1 in 20 women and 1 in 17 men over the age of 50 will have a fracture mainly due to osteoporosis” (NHS)</p>
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The Healthy Bones Project



Healthy Bones- Today

Since launching in 2010; over 5500 scans have been performed, at 5 host locations. This has resulted in:

- Reduced environmental impact of journeys to Plymouth,
- Reduced patient travel times,
- Improved attendance
- Reduced patients anxiety
- Improved and consistent quality
- Improved access to assessment and treatment
- Reduction in preventable fractures.



Healthy Bones- Today

Number of scans per year:

2016/17:

3,428

= approximately **68**
referrals weekly
= **1142** patients with
osteoporosis
annually

- **Approx 1% of the population requires a scan/yr** (NOS primary Care Strategy for Osteoporosis and Falls, 2002; Kanis et al)
- **PHNT covers a population of >500,000 = 5,000 DXA scans per year**



Healthy Bones- *Today*

Improved attendance

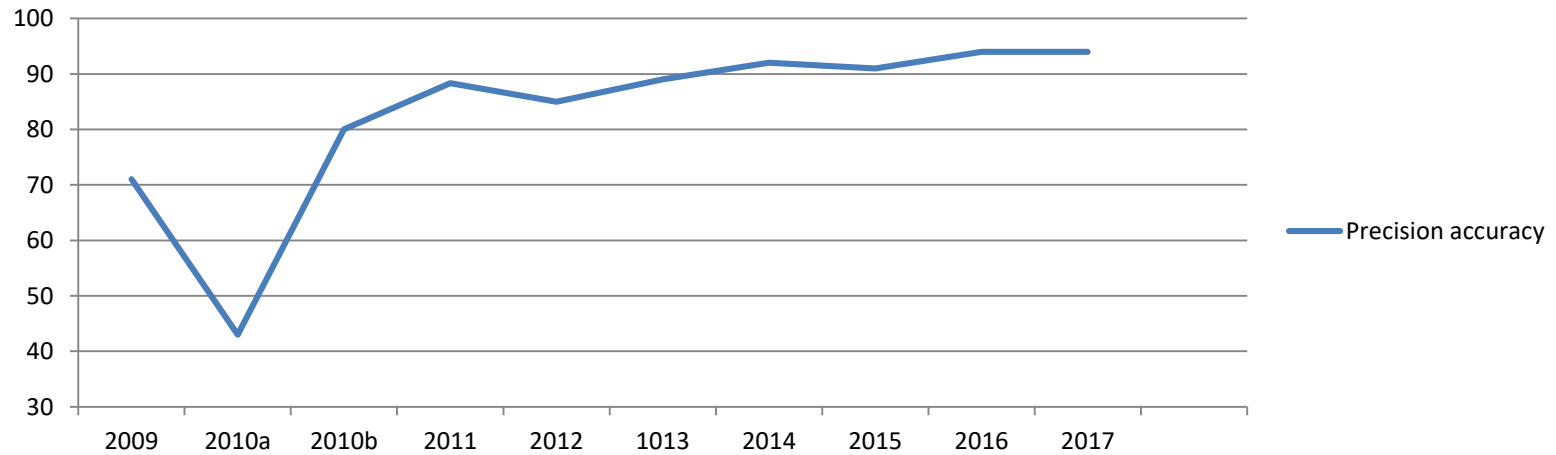
	DNA rate
2010/11	7%*
2014/15	1.5%
2017/18	0.5%



Healthy Bones- Today

Improved quality

Precision accuracy



Healthy Bones- Today

Influential in roll out of new mobile DXA services nationally



Making YOUR mobile project work

- **A clear goal** is paramount- have a real understanding of your population, service delivery needs, capacity/demand and evidence to support a robust business case that demonstrates financial and less tangible benefits such as patient cooperation.
- Plan how your service might look, have **a vision**. We started out with one idea and adapted at as we rolled the service out to suit the demand.
- **Collaboration** is hugely important- in order to successfully launch a service like ours there must be good relationships between the service provider and the hosts.
- Consider a charitable funds grant to pump prime a service development and **engage** with your commissioners
- Get to know your lorry really well and **be involved** in all aspects of the set-up of the equipment- by running our pilot we were able to write robust user manuals for the operation and delivery of the logistics aspects- such as how many parking spaces the lorry takes up, how narrow a gate the driver can manoeuvre the lorry etc

