Executive Summary

Knowledge/competence increased significantly:
- Overall 32.3% relative increase in correct answers to 8 knowledge/case questions from pre (46%) to post (65%) with a medium to large effect size (Cohen’s d = 0.70).

Current (n=7,974) to planned (n=9,774) frequency of use of 2 optimal patient care strategies increased significantly:
- Evaluate height changes during an annual physical exam: 62% vs 77% (n=7,974) vs (n=9,774), respectively (P<0.001).
- Consider a DXA scan on patients <65 years of age with a recent non-fragility fracture: 17% vs 33% (n=7,974) vs (n=9,774), respectively (P<0.001).

Results

60-Day Follow-up (n=139)

Over the past 60 days, have you used the information from this activity for any of the following? (n=137)
- Individual patient care: 92%
- Preventing osteoporotic fractures: 87%
- Patient education: 52%
- Nurse practitioner education: 15%
- Practice changes: 10%

Future Educational Needs

Practice Changes

As a result of this activity, have you changed your practice setting? (n=137)
- Yes (100%)
- No

Over the past 60 days you have implemented any of the following? (Select all that apply)
- Inquired about previous fractures in patients over 50: 95%
- Discussed fracture prevention: 85%
- Evaluated height changes during an annual exam: 77%
- Considered a DXA scan on patients <65 years of age with a recent non-fragility fracture: 32%
- Created a comprehensive osteoporosis treatment strategy: 21%
- Identified an at-risk patient: 20%
- Discussed the risk factors for osteoporotic fracture: 18%
- Discussed treatment options for patients who are at-risk for fragility fractures: 18%
- Discussed prevention strategies: 17%
- Discussed the importance of DXA on a patient over 65: 16%
- Discussed fractured risk factors: 15%
- Discussed all of these: 14%

Knowledge of osteoporosis:
- Knowledge of the common risk factors (See Table A.1 in the appendix) increased in participants from 46% (n=7,974) to 59% (n=9,774) with a small to medium effect size (Cohen’s d = 0.20).
- Knowledge of appropriate patient care recommendations for patients at risk for osteoporosis (See Table A.2 in the appendix) increased from 17% (n=7,974) to 52% (n=9,774) with a large effect size (Cohen’s d = 0.80).
- Knowledge of appropriate patient care recommendations for patients at risk for fragility fractures (See Table A.3 in the appendix) increased from 11% (n=7,974) to 32% (n=9,774) with a small to medium effect size (Cohen’s d = 0.50).
- Knowledge of DXA scan indications increased from 1% (n=7,974) to 21% (n=9,774) with a large effect size (Cohen’s d = 0.80).