Osteoporosis Application 4

Integrated Team-Based Learning (iTBL)

# Application Exercise:

You are a P4 student on an APPE at a drug information center. You receive an inquiry from a local physician regarding bisphosphonate therapy for a patient. The physician is managing a 67-year-old woman who discontinued menopausal hormone therapy (HT) 6 years ago, and she developed bone deterioration 1 year afterwards. At that time (1 year after stopping HT), she suffered a forearm fracture when she fell getting out of bed. She had a central DXA scan that showed a BMD T-score of −2.8 at the femoral neck (the BMD and T-scores at other sites is unavailable). The physician started the patient on alendronate 70 mg weekly, and she has taken the medication for the last 5 years. Within the last week, she had a follow-up central DXA that showed a BMD increase of 4.2%. She has not had subsequent fractures. The physician would like to know how to proceed with her osteoporosis therapy.

Using your stellar drug information skills, you find the Fracture Intervention Trial Long-term Extension (FLEX).

1. What is your recommendation for the physician?
   1. Change to ibandronate 150 mg PO monthly for 5 more years
   2. Change to teriparatide 20 mcg SC injection daily for 2 years
   3. Continue alendronate 70 mg PO weekly for 5 more years
   4. Discontinue alendronate 70 mg forever, this patient does not have osteoporosis
   5. Discontinue alendronate 70 mg, additional benefit for 5 more years may not exist

*Each Team Member Sign Below*

Team Member\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Member\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Black DM, et al. *JAMA*. 2006;296:2927-2938