

Metabolic Bone Disorder Specialist Clinics at Western Health:

Western Health provides the following Specialist Clinics for patients who require assessment and management of Metabolic Bone Disorders. Patients will be triaged by medical professionals into management pathways according to specific clinical requirements:

Conditions not seen by Metabolic Bone Disorder Specialists at Western Health:

- Osteopenia without minimal trauma fracture(s).*
- DXA defined Osteoporosis (T score <-2.5) **without** minimal trauma fracture(s) in adults >50 years who have not already undertaken three years of osteoporosis treatment* (unless treatment not tolerated).
- DXA defined Osteoporosis and T-score >3.0 **with** one minimal trauma fracture in adults >50 years who have not already undertaken three years of osteoporosis therapy*.

*Refer to RACGP-Healthy Bones Australia **Osteoporosis risk assessment, diagnosis and management flow chart** (<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/osteoporosis/osteoporosis-risk-assess-diagnosis-and-management>)

Metabolic Bone Disorder Alarm Symptoms:

- Declining bone density despite treatment.
- Fragility fracture on >12months of osteoporosis treatment.
- Severe osteoporosis with T-score <-3.0 and a minimal trauma fracture.
- Aromatase Inhibitor Therapy with T-score <-1.5.
- Androgen Deprivation Therapy with T-score <-1.5

Access & Referral Priority Metabolic Bone Disorder:

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

<p style="text-align: center;">URGENT</p> <p style="text-align: center;">Appointment timeframe 30 days.</p>	<p style="text-align: center;">ROUTINE</p> <p style="text-align: center;">Appointment timeframe greater than 30 days, depending on clinical need.</p>
<ul style="list-style-type: none"> ● Hypercalcaemia ● Hypocalcaemia ● Hypophosphataemia 	<ul style="list-style-type: none"> ● Suspected metabolic bone disease that is not osteoporosis. I.e: <ul style="list-style-type: none"> – Paget’s disease – Fibrous Dysplasia – Osteomalacia – Osteogenesis imperfecta – X-linked Hypophosphataemia – Hypophosphatasia – Recurrent renal stones ● Osteoporosis associated with: <ul style="list-style-type: none"> – Treatment with glucocorticoids – Chronic kidney disease – Post-transplant – Aromatase inhibitor therapy – Androgen deprivation therapy ● Osteoporosis

Condition Specific Referral Guidelines:

Key information enables Western Health to triage patients to the correct category and provide treatment with fewer visits to specialist clinics, creating more capacity for care. If key information is missing, you may be asked to return the referral with the required information.

Condition:	Key Information Points:	Clinical Investigations:
All Metabolic Bone Disorders	<ul style="list-style-type: none"> • Details of presentation and diagnosis • Details of all fractures and whether trauma related • Previous medical management including course & outcome of treatment • Current medication list • Past medical history 	<p>Recent (preferably in last 3 months):</p> <ul style="list-style-type: none"> ○ Serum calcium and phosphate ○ Serum 25-hydroxy vitamin D (25(OH)D) ○ Urea, creatinine and electrolytes ○ Serum Albumin ○ Alkaline phosphate (ALP) ○ Liver Function Tests <p>Bone density within last 12 months</p> <p><i>Provide if available:</i></p> <ul style="list-style-type: none"> • previous bone densitometry reports • radiological reports of current or past fractures • Parathyroid (PTH) hormone levels
Osteoporosis	<ul style="list-style-type: none"> • Details of presentation and diagnosis • Details of all fractures and whether trauma related • Previous medical management including course & outcome of treatment • Current medication list • Past medical history 	<p>Recent (preferably in last 3 months):</p> <ul style="list-style-type: none"> ○ Serum calcium and phosphate ○ Serum 25-hydroxy vitamin D (25(OH)D) ○ Urea Creatinine and electrolytes ○ Liver Function Tests ○ Serum Albumin <p>Bone density within last 12 months</p> <p><i>Provide if available:</i></p> <ul style="list-style-type: none"> • Previous bone densitometry reports • Radiological reports of current or past fractures