Osteoporosis Care Plan

Patient Information	
Name: Madeline Lewis	
Date of Birth: January 15, 1955	Gender: Female
Medical History: History of osteoporotic fractures (vertebral and wrist fractures), postmenopausal, hypertension	
Current Medications: " Alendronate 70 mg once weekly " Calcium carbonate 1200 mg with vitamin D 800 IU daily	
Treatment Goals	
1. Improve bone density and strength.	
2. Reduce fracture risk.	
3. Optimize overall health.	
Care Plan Components	
A. Lifestyle Recommendations	
1. Engage in weight-bearing exercises, such as walking or strength training, for at least 30 minutes most days of the week.	
2. Maintain a balanced diet rich in calcium and vitamin D, including dairy products, leafy greens, fortified foods, and supplements.	
3. Implement fall prevention strategies, including removing tripping hazards and using assistive devices as necessary.	

B. Medication Management	
1.	Prescribe Alendronate 70 mg once weekly to promote bone formation and reduce fracture risk.
2.	Monitor for potential side effects, including gastrointestinal upset, and adjust dosage or medication regimen as needed.
C. Bone Density and Fall Care Strategies	
1.	Schedule bone density testing (DXA) every 2 years to assess treatment response and adjust management strategies as needed.
2.	Conduct medication reviews annually to evaluate efficacy, adherence, and potential interactions with other medications.
Documentation and Communication	
1.	Maintain thorough documentation of patient encounters, including progress notes, assessment findings, and treatment plans, within the electronic medical record (EMR).
2.	Share the osteoporosis care plan electronically with other members of the healthcare team to facilitate coordinated care and communication.
Patient Education and Engagement	
1.	Provide educational resources and information about osteoporosis management, including the importance of medication adherence, lifestyle modifications, and fall prevention strategies.
2.	Encourage active participation in treatment decisions and self-management strategies to empower the patient in their care.