

# Primary Care Webinar: Vitamin D and Osteoporosis

On Wednesday 20th December at 8pm, Dr Kevin Fernando, GP, presented a Webinar for GPs masterclass, worth the equivalent of 1 CPD credit, on "**Vitamin D and Osteoporosis**".

The webinar was sponsored by the National Osteoporosis Society and Internis and you can **watch it for FREE** at:

<https://vimeo.com/simonwade/review/248224100/fa12ef82c8>

## The webinar covers:

- 1) Modifiable and non-modifiable risk factors for osteoporosis.
- 2) QFracture & FRAX for fracture risk assessment and who to refer for DXA.
- 3) Management of osteoporosis and prevention of fragility fractures using a case study. Who to treat?
- 4) The role of calcium & vitamin D in bone health.
- 5) Multimorbidity, frailty, bisphosphonates and vitamin D.

## About the Speaker: Dr Kevin Fernando FRCP (Edin) MRCP MSc Diabetes

Kevin is a part-time GP partner and GP educational supervisor with specialist interests in medical education and diabetes. Kevin is also writer & presenter for the NB Medical Education, Hot Topics GP Updates Courses, delivered throughout the UK and abroad.

## Points for clarification:

Please note the following in reference to the 'Vitamin D and Osteoporosis' webinar:

- **FRAX:** The University of Sheffield launched the [FRAX tool](#) in 2008. At that time the University hosted the The World Health Organisation (WHO) Collaborating Centre for Metabolic Bone Diseases (1991-2010), and the FRAX tool is based on data generated from that centre. However, FRAX was neither developed or endorsed by WHO. Any references to the 'WHO tool' or to the WHO Collaborating Centre after it finished its work in 2010 are incorrect
- **Teriparatide:** A monthly, rather than daily cost is quoted in the webinar. For costs of teriparatide, please refer to the [NICE Technology appraisal guidance \[TA161\]](#)
- Correct spelling is: **zoledronate**
- **Duration of Treatment:** for an in-depth discussion of how long patients should be on treatment for osteoporosis, drug holidays and the evidence behind such decisions, tune into our up and coming webinar on this topic on 7<sup>th</sup> February (see information below)
- **Hormone Replacement Therapy (HRT):** please refer to the National Osteoporosis Society's '[Hormone therapy and osteoporosis in men and women](#)' factsheet
- **Raloxifene:** please refer to the National Osteoporosis Society's '[Raloxifene](#)' factsheet

- **Atrial fibrillation and oral bisphosphonates:** Atrial Fibrillation is not a contra-indication to use of oral bisphosphonates.

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### **Osteoporosis Resources for Primary Care**

A comprehensive [online resource](#) for primary health care teams as well as webinar training for primary care health professionals. ORPC is the one-stop place to access online information about early diagnosis, treatment and management of osteoporosis as well as resources to use with your patients.

W: [www.nos.org.uk/orpc](http://www.nos.org.uk/orpc)

### **RCGP eLearning module**

Gain CPD accreditation by completing the BRAND NEW Royal College of General Practitioners (RCGP) and National Osteoporosis Society's e-learning osteoporosis module.

W: [www.nos.org.uk/rcgp](http://www.nos.org.uk/rcgp)

### **GP Webinar: Duration of Treatment**

The National Osteoporosis Society and Webinars for GPs will be hosting a webinar on Duration of Treatment for Osteoporosis on **Wednesday 7<sup>th</sup> February 8-9pm**. To register to receive information about this webinar and other health professional training courses, sign up to receive the National Osteoporosis Society health professional newsletter at [www.nos.org.uk](http://www.nos.org.uk)

### **Further information:**

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