

Osteoporosis Management in Women Who Had a Fracture

Important Information about the Stars Measure

Osteoporosis is a silent disease until it is complicated by fractures—fractures that can occur following minimal trauma. These fractures are common and place an enormous medical and personal burden on individuals during aging and a major economic toll on the nation. Osteoporosis can be prevented, diagnosed and treated before any fracture occurs. Importantly, even after the first fracture has occurred, there are effective treatments to decrease the risk of further fractures. Prevention, detection and treatment of osteoporosis should be a mandate of primary care providers.¹

While it is very important to prevent fractures, it is also critical that patients be effectively managed post fracture. According to National Osteoporosis Foundation Guidelines, unless a person is already taking an osteoporosis medication, a bone mineral density test (BMD) and/or an osteoporosis prevention prescription medication is recommended within 6 months after a fracture in women 65 years and older.

Proper coding is essential in correctly identifying patients who have recently suffered a fracture. Recent or new fractures are fractures that are not yet healed and should be coded as such. However, if a fracture is healed, coding should indicate that the patient has a history of fracture. In this case, providers are encouraged to use the appropriate v-code from the list below when coding for “History of Fracture”:

1. V 13.51: Pathologic fracture; healed pathologic fracture
2. V 13.52: Stress fracture; healed stress fracture
3. V 15.51: Traumatic fracture; healed traumatic fracture
4. V 54 Healed Fracture
5. V 67.4 Follow-up of Healed Fracture

Patient education materials for the Medicare Advantage population can be found on the Provider Resource Center. If you need assistance or would like more information, please feel free to contact your Highmark representative. Ask for a copy of the the newly revised “Osteoporosis” member brochure.

For the complete National Osteoporosis Foundation’s **2013 Clinician’s Guide to Prevention and Treatment of Osteoporosis**, visit: <http://www.nof.org/files/nof/public/content/file/950/upload/523.pdf>

¹ National Osteoporosis Foundation