



# Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 12: Osteoporosis

*Beacon Health a division of HCPro, Cheryl McDaniel RN MSN*

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Osteoporosis is a disease that thins and weakens bones to the point that they become fragile and break easily. The risk of developing osteoporosis depends upon the amount of bone mass that is formed in younger years and how quickly it is lost in later years. For patients with osteoporosis, the goals for home health include fall safety prevention, since osteoporosis cause bones to become brittle and porous so that a fall or even mild stresses can cause a fracture. Osteoporosis-related fractures commonly occur in the wrist, hip or spine, but any bone can be affected. Since bone is living tissue, it is constantly being absorbed and replaced. When the creation of new bone does not keep up with the removal of old bone tissue, osteoporosis occurs.

## LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Identify three risk factors that predisposes patients for osteoporosis
- List the signs and symptoms that occur with patients predisposed for osteoporosis
- Describe three safety measures for patients with osteoporosis
- Recognize the important of vitamin D and calcium in bone health
- Identify treatment options for patients with osteoporosis

## Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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