



### Improving Health Care Quality

## Osteoporosis Management in Women Who Had a Fracture

Blue Cross and Blue Shield of Texas collects quality data from our providers to measure and improve the quality of care our members receive. Osteoporosis Management in Women Who Had a Fracture is one aspect of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

### What We Measure

This measure captures the percentage of female members ages 67 to 85 during the measurement year who meet both criteria:

- Fracture diagnosis between July 1 of the prior year through June 30 of the current year
- Bone mineral density testing or dispensed prescription therapy to treat osteoporosis within 180 days after the fracture

The Index Episode Start Date is the earliest date of service for any encounter during the intake period with diagnosis of fracture.

OMW is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the [National Committee for Quality Assurance \(NCQA\) website](#) for more details.

## Why It Matters

Osteoporosis is characterized by low bone mass, which leads to bone fragility and increased susceptibility to fractures of the hip, spine and wrist. Osteoporotic fractures, particularly hip fractures, are associated with chronic pain and disability, loss of independence, decreased quality of life and increased mortality. Appropriate screening and treatment can reduce the risk of osteoporosis-related fractures. Learn more from [NCQA](#).

## Eligible Population

Women ages 67 to 85 during the measurement year are included in this measure.

**Exclusions:** Members who meet any of the following are excluded from this measure:

- Were ages 67 and older during the measurement year with both frailty and advanced illness.
- Were Medicare member ages 67 and older and enrolled in an Institutional Special Needs Plan or living long-term in an institution during the measurement year.
- Received hospice or palliative care during the measurement year

**Note:** Fractures of the finger, toe, face and skull are not included in this measure.

## Tips to Consider

- Urge members to alert you if they have a fracture to allow for timely intervention.
- Educate members about BMD testing, a non-invasive procedure.
- Be aware that BMD testing in the inpatient setting satisfies this measure. Obtain hospital discharge summaries for your records and for ongoing treatment planning and medication reconciliation.
- Let members know that pharmacists can also be a resource for questions about medications.

## How to Document

OMW data is collected through claims data.

For more information, see [NCQA's HEDIS Measures and Technical Resources](#).



## Questions?

Contact your BCBSTX Network Representative.

The above material is for informational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Physicians and other health care providers are encouraged to use their own medical judgment based upon all available information and the condition of the patient in determining the appropriate course of treatment. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

HEDIS is a registered trademark of NCQA. Use of this resource is subject to NCQA's copyright, [found here](#). The NCQA HEDIS measure specification has been adjusted pursuant to NCQA's Rules for Allowable Adjustments of HEDIS. The adjusted measure specification may be used only for quality improvement purposes.

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.