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One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

## Osteoporosis Management in Women Who Had a Fracture (OMW)

Effectiveness of Care HEDIS® Measure

### Measure description

The percentage of women who suffered a fracture and received appropriate testing or treatment for osteoporosis.

### Measure population (denominator)

Female patients ages 67–85 who suffered a fracture from July 1 of the year prior through June 30 of the measurement year.

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

### Measure compliance (numerator)

Received appropriate treatment or testing within six months after the fracture, as defined by either of the below:

- A bone mineral density (BMD) test on the fracture date or within 180 days (six months) after the fracture
  - BMD tests during an inpatient stay are acceptable.
- A prescription to treat osteoporosis that's filled on the fracture date or within 180 days (six months) after the fracture. Patients must use their pharmacy benefit to close this measure
  - Long-acting osteoporosis medications used during an inpatient stay are acceptable

### Did you know?

- The U.S. Preventive Services Task Force recommends BMD screening for women starting at age 65 to reduce the risk of fractures and postmenopausal women < 65 if they are at high risk.
- Osteoporosis is a bone disease characterized by low bone mass, which leads to bone fragility and increased susceptibility to fractures.
- Osteoporotic fractures, particularly hip fractures, are associated with chronic pain and disability, loss of independence, decreased quality of life and increased mortality.

Category	Prescription
<b>Bisphosphonates</b>	<ul style="list-style-type: none"> <li>• Alendronate</li> <li>• Alendronate-cholecalciferol</li> <li>• Ibandronate</li> <li>• Risedronate</li> <li>• Zoledronic acid</li> </ul>
<b>Others</b>	<ul style="list-style-type: none"> <li>• Abaloparatide</li> <li>• Denosumab</li> <li>• Raloxifene</li> <li>• Romosozumab</li> <li>• Teriparatide</li> </ul>

## Exclusions

- Received hospice services anytime during the measurement year
- Received palliative care from July 1 of the prior year through December 31 of the measurement year
- Are deceased during the measurement year
- Are age 67–80 with advanced illness and frailty (for additional definition information, see the *Advanced Illness and Frailty Guide*)
- Are age 81 or older with frailty diagnoses from July 1 of the year prior through December 31 of the measurement year (for additional definition information, see the *Advanced Illness and Frailty Guide*)

## Helpful HEDIS hints

- Discuss osteoporosis prevention including calcium and vitamin D supplements, weight-bearing exercises and modifiable risk factors.
- Ask patients if they've had any recent falls or fractures, since treatment may have been received elsewhere.
- If virtual care is used instead of in-person visits, discuss the need for a bone mineral density test or medication therapy.
- Discuss fall prevention such as:
  - The need for assistive devices (e.g., cane, walker)
  - Removing trip hazards, using night lights and installing grab bars
- Promote exercise, physical therapy, strengthening and balance activities (e.g., yoga, tai chi).
- **Bone Mineral Density Testing**
  - Discuss the need and mail an order to patients that includes the location and phone number of a testing site.
  - Encourage patients to complete the screening and follow up to ensure the test was performed.
- **Medication Therapy**
  - Mail or e-Scribe a prescription to treat or prevent osteoporosis if applicable.
  - Patients should fill prescriptions using their pharmacy benefit.
  - Gap closure is dependent on pharmacy claims.
  - Discount programs, VA benefits, cash claims and medication samples will not count.

## Tips for coding

- Document and bill exclusions annually (see the *Advanced Illness and Frailty Guide* for details).
- Bill the ICD-10 code to identify how the fracture happened (e.g., fall).

## Resources

1. National Institutes of Health (NIH). 2022. "Osteoporosis."  
[Niams.nih.gov/health-topics/osteoporosis](https://niams.nih.gov/health-topics/osteoporosis)
2. Office on Women's Health (OASH). 2021. "Osteoporosis."  
[womenshealth.gov/a-z-topics/osteoporosis](https://womenshealth.gov/a-z-topics/osteoporosis)

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