Osteoporosis and Metabolic Bone Disease Referrals

Referring for a DXA scan

To refer a patient for a DXA scan, **please complete the referral form on ICE**. Our current DXA referral criteria are shown below for reference. Please include as much information as possible, particularly details of previous osteoporosis treatments with dates.

For GP surgeries without access to ICE only, a PDF copy of the referral form can be found here.

The following patients should be referred via ERS to the osteoporosis service rather than via direct access:

- Those who do not qualify for a DXA using FRAX, but in whom a scan is felt to be indicated
- Those under 40 years with significant risk factors such as long term corticosteroid use, untreated premature menopause or fragility fractures

These referrals will then be reviewed and triaged appropriately (this may result in clinical advice only, a direct access DXA scan or an appointment in the osteoporosis clinic).

Referring to the osteoporosis clinic

These clinics are held several times per week. To refer a patient to the osteoporosis clinic, please make a referral via ERS. Patients suitable for review in clinic include:

- Patients intolerant of oral treatment (bisphosphonates), for consideration of alternatives
- Patients with poor renal function unable to receive bisphosphonates
- Patients whose DXA scan report has recommended referral to clinic
- Younger patients, or those with complex comorbidities
- Patients in whom a DXA scan is felt to be indicated, but who do not meet our DXA referral criteria
- Patients with an eating disorder requiring a DXA scan

Referring to the metabolic bone disease clinic

This clinic is held once per month. Patients can be referred via ERS, and will be triaged to the most suitable clinic slot. Examples of conditions seen in the clinic include (but are not limited to):

- Paget's disease
- Osteogenesis imperfecta
- Renal bone disease
- X-linked hypophosphataemia
- Hypophosphatasia
- Bone marrow oedema syndromes

Our department is a member of the UK NHS adult rare bone disease collaborative network (www.metabolicsupportuk.org/information-and-advice/imd-info-hub/adult-rare-bone-disease-network/). We are also recognised by the Paget's Association as a UK centre of excellence for the treatment of Paget's disease (www.paget.org.uk/find.support/centres-of-excellence/)

We are a prescribing centre for Burosumab for patients with X-linked hypophosphataemia. For referral information, please see here

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