



How to manage fracture risk in patients with Chronic Obstructive Pulmonary Disease (COPD): Building a consensus through healthcare professionals and patients engagement

Page 1: Project Information

Dear all,

My name is Dr Leah Jayes, I'm a postdoctoral fellow at the University of Nottingham. Alongside colleagues, Dr Charlotte Bolton and Dr Tricia McKeever, I am currently running a British Lung Foundation project into clinical aspects of osteoporosis and fracture risk in patients with COPD.

This is an area that the team at Nottingham, along with several colleagues, have had a research interest in for several years. They now want to take this area forward and reach widespread consensus on several clinical aspects, as well as identify gaps in both knowledge and processes to implementation. The first stage is this online questionnaire which takes 10-15 minute to complete. All responses are anonymous. The results of this questionnaire will then feed into a round the table style session with stakeholders and healthcare professionals to gather clinical consensus on managing fracture risk in patients with COPD.

We appreciate you are asked to complete many questionnaires but would be really grateful if you could help in completing this one. Please feel free to forward this link on to any other healthcare professions working in this area. If you do wish to be involved in this study further or would be interested in hearing about the findings, please do not hesitate to pass your contact details on to the research team (leah.jayes@nottingham.ac.uk).

Page 2: About you

1. Gender? * Required

- Male
- Female
- Other
- Prefer not to say

2. Region? * Required

- | | | |
|-------------------------------------|-------------------------------------|--|
| <input type="radio"/> North East | <input type="radio"/> North West | <input type="radio"/> Yorkshire and the Humber |
| <input type="radio"/> East Midlands | <input type="radio"/> West Midlands | <input type="radio"/> Wales |
| <input type="radio"/> South West | <input type="radio"/> South East | <input type="radio"/> East of England |
| <input type="radio"/> London | <input type="radio"/> Scotland | <input type="radio"/> Northern Ireland |
| <input type="radio"/> Other | | |

2.a. If you selected Other, please specify:

3. What is your current job role? * Required

- | | | |
|---|--|---|
| <input type="radio"/> Advanced Nurse practitioner | <input type="radio"/> Allied healthcare professional | <input type="radio"/> GP |
| <input type="radio"/> GP trainee | <input type="radio"/> Hospital Doctor – Consultant | <input type="radio"/> Hospital Doctor – trainee |
| <input type="radio"/> Integrated Physician | <input type="radio"/> Pharmacist | <input type="radio"/> Physiotherapist |
| <input type="radio"/> Practice Nurse | <input type="radio"/> Retired | <input type="radio"/> Specialist Nurse |
| <input type="radio"/> Ward Nurse | <input type="radio"/> Other | |

3.a. If you selected Other, please specify:

4. Are you a prescriber of medicines? * Required

- Yes – restricted to disease area
- Yes – no restrictions
- No

5. Please select your main specialty? * Required

- Respiratory
- Respiratory Primary Care
- Osteoporosis
- Other
- General Hospital Medicine
- Healthcare of the Older Person
- Endocrinology
- Primary Care
- Acute Medicine
- Cardiology

5.a. If you selected Other, please specify:

6. How long have you been employed within a healthcare setting? * Required

- 0-1 year
- 1-5 years
- 5-10 years
- 10 years or longer

7. As part of your current role, do you see patients with COPD? * Required

- Yes
- No

7.a. If yes, roughly what percentage of your patients have a COPD diagnosis?

- Less than 25%
- Between 25%-50%
- Between 50%-75%
- Over 75%

7.b. If yes, where do you see patients with COPD? You can select more than one option

- At time of their hospital admission
- Hospital out-patient clinics
- Primary care assessments
- Pulmonary rehab
- Within their home
- Other

7.b.i. If you selected Other, please specify:

8. Please say how you heard about this questionnaire * *Required*

- Direct message
- Via a colleague
- On a website
- Via a society
- Other

8.a. If you selected Other, please specify: *Optional*

Page 3: Knowledge

9. Roughly what proportion of patients with COPD, would you consider, are at risk of osteoporosis? * Required

- <5%
- 6-20%
- 21-40%
- 41-60%
- 61-75%
- >76%

10. What factors would you consider make osteoporosis more likely for a patient with COPD?

11. Besides osteoporosis, what other factors do you consider to increase risk of a fragility fracture in patients with COPD?

12. Are you aware of FRAX® or QFRacture®? * Required

- Yes
- No

12.a. If yes, what are they

Page 4: Beliefs and attitudes

13. I believe that it is within my professional responsibility to discuss bone health and fracture risk with the patients with COPD that I see. * Required

- Yes, with all patients with COPD
- Yes, with some patients with COPD
- No, it is not my role

13.a. If you answered - 'Yes, with some patients with COPD', please indicate which patients

14. On a scale from 1-10, how important is it to discuss the potential bone health and fracture risk with all patients with COPD? * Required

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	1	2	3	4	5	6	7	8	9	10	
1 = least important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10 = most important

15. If you believe there is a role for discussion on bone health and fracture risk with COPD patients, where do you see that best addressed? You can select more than one option.

- In primary care at a consultation
- In primary care at their COPD annual assessment
- During their hospital stay with an exacerbation
- At follow-up after an exacerbation
- At a hospital COPD consultation out-patient
- At a separate consultation to discuss long-term conditions and comorbidities
- Other

15.a. If you selected Other, please specify: Optional

16. Do you believe fracture risk in patients with COPD is currently under- or over- addressed or about right? * Required

- Under addressed
- About right
- Over addressed

Don't know

Page 5: Practice

17. How regularly do you discuss the following long term conditions with your patients with COPD? * Required

Please don't select more than 1 answer(s) per row.

Please select exactly 15 answer(s).

	Routinely	Occasionally	Rarely	Never
1. Anxiety management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Bone Health and Fracture risk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Cardiovascular health and risk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. End of Life Care and Advance Care planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Exacerbations frequency and management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Healthy diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Inhaler techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Keeping active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Medicines optimisation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Oxygen therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Referral to Pulmonary rehabilitation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Self-management strategies to help breathlessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Smoking cessation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Telemedicine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Vaccinations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. If you discuss bone health or fracture risk routinely or occasionally, which of the following do you do?

- Discuss broadly in consultation
- Give a leaflet on bone health/fracture risk
- Refer for a Bone DEXA scan
- Assess the patients Fracture risk
- N/A
- Other

18.a. If you selected Other, please specify: *Optional*

19. How often do you complete a validated fracture risk assessment with patients with COPD? * Required

- Routinely
- Occasionally
- Rarely

- Never
- N/A

20. How often do you refer patients with COPD for a bone scan (DEXA scan)? * Required

- Routinely
- Occasionally
- Rarely
- Never
- N/A

21. I feel comfortable talking to my patients with COPD about bone health and fracture risk * Required

- Always
- Often
- Sometimes
- Rarely
- Never
- N/A

22. Do you think patients with COPD are receptive to advice given on bone health and fracture risk * Required

- Very receptive
- Often receptive
- Occasionally receptive
- Not receptive
- Don't know
- N/A

23. Do you document discussions with patients with COPD relating to bone health and fracture risk in their clinical records? * Required

- Always
- Often
- Sometimes
- Rarely
- Never
- N/A

Page 6: Practice continued...

24. What would you offer patients with COPD at high fracture risk? You can select more than one option. * Required

- Brief advice
- Printed guidance (leaflet)
- Therapy – Calcium and Vitamin D
- Therapy – such as bisphosphonates
- A bone DEXA scan
- Increase physical activity
- Diet advice
- Referral to a specialist
- Other

24.a. If you selected Other, please specify: Optional

25. On a scale of 1-10, how confident are you in managing bone health and fracture risk? * Required

Please don't select more than 1 answer(s) per row.

Please select at least 1 answer(s).

	1	2	3	4	5	6	7	8	9	10	
1 = least confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10 = most confident

26. Have you received any information or formal training on the links between COPD and fracture risk? * Required

- Yes
- No

26.a. If yes, please provide further information

27. What do you believe are the barriers for you in providing advice or follow-up support on bone health and fracture risk to patients with COPD?

28. What do you believe could facilitate you in providing advice or follow-up support on bone health and fracture risk to patients with COPD?

29. Please say what you believe would improve practice around highlighting bone health and fracture risk in patients with COPD

30. We would be interested in hearing about your clinical experience of this area in patients with COPD. If you would like to share your experience, comments, or suggestions regarding this group of patients (anonymised) within your experience, please use the box below

Page 7: Thank you!

Thank you for completing the survey. Please contact the research team if you have any further questions, wish to be involved in any future work or would like to receive a copy of the findings in the future (leah.jayes@nottingham.ac.uk).
