



Osteoporosis and Other Metabolic Bone Diseases 2021 Online Course - March & April

Monday 22 March 2021 – INTRODUCTION

16.00-17.00

16:00 – 16:15	Introduction to the Online Course and general housekeeping notes	<i>Jon Tobias</i>
16:15 – 16:45	Programme overview and questions	<i>Tash Masud</i>
16:45 – 17:00	Introduction to next week's content; OSTEOPOROSIS 1	<i>Jon Tobias</i>

PRE-RECORDED CONTENT

Osteoporosis 1 - to view by week 1, Monday 29 March

Epidemiology and clinical sub-types session

- Epidemiology of osteoporosis, *Cyrus Cooper*
- Secondary osteoporosis, *Nicola Peel*
- Early onset osteoporosis, including anorexia, *Emma Clark*

Fractures session

- Bone fragility, *Jon Tobias*
- Vertebral Fractures, *Emma Clark*
- Fracture Liaison services, *Kassim Javaid*

Falls/ Frailty/ Sarcopenia/ Non-pharmacological treatments for osteoporosis session

- Sarcopenia, frailty, nutrition and non-pharmacological treatments of Osteoporosis, *Tash Masud*
- Falls prevention, assessment and management strategies, *Adam Darowski*
- In patient management of hip fractures, *Celia Gregson*



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Monday 29 March 2021 - WEEK 1 - Osteoporosis 1

16.00-18.30

16:00 – 16:05	Welcome	<i>Tash Masud</i>
16:05 – 17:15	Feedback on OSTEOPOROSIS 1 pre-recorded content	<i>Tash Masud Jon Tobias Richard Keen</i>
17:15 – 17:45	Lifestyle factors in osteoporosis	<i>Tash Masud</i>
17:45 – 18:15	Use and abuse of fracture prediction tools	<i>Richard Keen</i>
18:15 – 18:30	Introduction to next week's content; OSTEOPOROSIS 2	<i>Jon Tobias</i>

PRE-RECORDED CONTENT

Osteoporosis 2 – to view by week 2, Monday 12 April

Investigations Session

- Radiology, *David Wilson*
- Interpreting DXA Scans, *Jon Tobias*
- Bone turnover markers, *Nicky Peel*

Treatment Session

- Osteoblast and osteoclast biology, *Jon Tobias*
- Overview of pharmacological treatments for osteoporosis, *Tash Masud*
- Recent advances in anabolic therapy for osteoporosis, *Jon Tobias*
- Safety issues with osteoporosis treatments, *Bo Abrahamsen*
- Practical issues in treating osteoporosis, *Richard Keen*
- The benefits and harm of calcium and vitamin D in treating osteoporosis, *Bo Abrahamsen*



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Monday 12 April 2021 - WEEK 2 - Osteoporosis 2

16.00-18.30

16:00 – 16:05	Welcome	<i>Jon Tobias</i>
16:05 – 17:15	Feedback on OSTEOPOROSIS 2 pre-recorded content	<i>Tash Masud Jon Tobias Nicola Peel Kassim Javaid</i>
17:15 – 18:15	Case Based Discussion Session: Discussion of case scenarios related to osteoporosis <ul style="list-style-type: none"> • Atypical femoral fracture while taking alendronate • Hip fracture requiring anti-osteoporosis therapy with risk factors for ONJ • Patient developing hypocalcaemia after denosumab • Very low BMD and multiple vertebral fractures requiring anabolic therapy as first line treatment 	<i>Kassim Javaid Tash Masud Nicola Peel Jon Tobias</i>
18:15 – 18:30	Introduction to next week's content; METABOLIC BONE DISEASE	<i>Tash Masud</i>

PRE-RECORDED CONTENT

Metabolic Bone Disease Session – to view by week 3, Monday 19 April

- Calcium and phosphate homeostasis, *Jon Tobias*
- Osteomalacia, *Kassim Javaid*
- Renal bone disease, *Mike Stone*
- Other metabolic bone diseases, including Paget's disease, *Richard Keen*
- Management of hypercalcaemia and hyperparathyroidism, *Mike Stone*



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Monday 19 April 2021 - WEEK 3 - Metabolic Bone Disease

16.00-18.30

16:00 – 16:05	Welcome	<i>Tash Masud</i>
16:05 – 17:15	Feedback on METABOLIC BONE DISEASE pre-recorded content	<i>Richard Keen Mike Stone Bo Abrahamsen</i>
17:15 – 17:45	Case based discussion in metabolic bone disease - Fracture management in CKD 4/5	<i>Richard Keen</i>
17:45 – 18:15	Expect the unexpected in your clinic	<i>Bo Abrahamsen</i>
18:15 – 18:30	Close	<i>Jon Tobias Tash Masud</i>