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

Monday 22 March 2021 – INTRODUCTION
16.00-17.00

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:00 – 16:15</td>
<td>Introduction to the Online Course and general housekeeping notes</td>
<td>Jon Tobias</td>
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<tr>
<td>16:15 – 16:45</td>
<td>Programme overview and questions</td>
<td>Tash Masud</td>
</tr>
<tr>
<td>16:45 – 17:00</td>
<td>Introduction to next week’s content; <strong>OSTEOPOROSIS 1</strong></td>
<td>Jon Tobias</td>
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**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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Osteoporosis and Other Metabolic Bone Diseases 2021
Online Course - March & April

Monday 29 March 2021 - WEEK 1 - Osteoporosis 1
16.00-18.30

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<tr>
<td>16:00 – 16:05</td>
<td>Welcome</td>
<td>Tash Masud</td>
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<tr>
<td>16:05 – 17:15</td>
<td>Feedback on OSTEOPOROSIS 1 pre-recorded content</td>
<td>Tash Masud Jon Tobias Kassim Javaid Cyrus Cooper Emma Clark</td>
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<tr>
<td>17:15 – 17:45</td>
<td>Lifestyle factors in osteoporosis</td>
<td>Tash Masud</td>
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<tr>
<td>17:45 – 18:15</td>
<td>Use and abuse of fracture prediction tools</td>
<td>Richard Keen</td>
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<td>18:15 – 18:30</td>
<td>Introduction to next week’s content; OSTEOPOROSIS 2</td>
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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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# Osteoporosis and Other Metabolic Bone Diseases 2021

## Online Course - March & April

### Monday 12 April 2021 - WEEK 2 - Osteoporosis 2
16.00-18.30

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| 17:15 – 18:15| **Case Based Discussion Session:** Discussion of case scenarios related to osteoporosis  
- 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 | Kassim Javaid Tash Masud Nicola Peel Jon Tobias |
| 18:15 – 18:30| Introduction to next week’s content; **METABOLIC BONE DISEASE**         | Tash Masud                                       |

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

Monday 19 April 2021 - WEEK 3 - Metabolic Bone Disease
16.00-18.30

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