

## Clinical application of the 2022 Clinical Practice Guideline and Delphi Study on Management of Patients With Suspected or Confirmed Osteoporosis

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The Academy of Geriatric Physical Therapy (AGPT) and APTA charged our research group with the development of two evidence-based documents (EBD) on the management of osteoporosis, published in the April/June 2022 Journal of Geriatric Physical Therapy. EBDs are systematically developed products that direct clinical decision-making and reduce practice variation. This session will educate physical therapists on the application of this clinical practice guideline (CPG) which was focused on specific exercise for preserving or increasing bone density, together with our second document based on a Delphi survey the outcomes of which were to: (1) identify the range of examination and plan of care components considered important to physical therapists' care for patients with osteoporosis, (2) determine which components should be considered essential, and (3) achieve consensus on the final list of essential components and related operational definitions. Clinical implementation will be presented in the form of 2 case studies: one for a post-menopausal woman with a history of vertebral compression fractures, and one for a pre-menopausal woman. Application for men with osteoporosis will be discussed, although there is currently insufficient evidence to support a CPG for application to men with osteoporosis. It should be noted that while the CPG cannot address osteoporosis in transgender individuals due to insufficient evidence, a recent review concluded that treatment of osteoporosis in transgender persons follows the same guidelines as cisgender persons.

1. Understand the current body of evidence for the two osteoporosis projects:
  - a. Clinical practice guideline for the management of osteoporosis that focuses on interventions to maintain bone mass in premenopausal women, postmenopausal women, and men.
  - b. Delphi survey project on the management of osteoporosis beyond interventions directed at bone mass.
2. Understand the challenges surrounding implementation and clinical application.
3. Understand and apply examination and interventions to maintain or increase bone mass in adults"

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