

ABSTRAKT

Charles University in Prague

Faculty of Pharmacy in Hradec Králové

Department of Social and Clinical pharmacy

Candidate: Štěpánka Bechyňová

Supervisor: Prof. RNDr. Vlček CSc., MUDr. Tomáš Hála

Title of diploma thesis: Secondary prevention and pharmacotherapy after fragility hip fracture.

Osteoporosis is a global healthy problem. The incidence of fractures increases with increasing age. In particular, hip fractures are the most serious of all osteoporotic fractures. It is not only due to healthy problems, but also because of social isolation. Hip fractures are also associated with high mortality.

The secondary prevention tries to prevent further fractures. This includes pharmacological and non-pharmacological approaches. The non-pharmacological approach includes prevention of falls, hip protectors, nutrition and lifestyle. The Ground of pharmacological treatment is calcium and vitamin D. At present we are able to treat osteoporosis with calcitonin, selective estrogen receptor modulators (for women), bisphosphonates, parathyroid hormone and strontium ranelate. In order to prevent further fractures, the patient should be sent to the bone mineral density, and according to it the patient should be treated.

Our study includes patients who are over 50 years old, who have suffered a fractured neck of femur between 2006 and 2007, and were hospitalized in the Pardubice Regional Hospital. In total there were hospitalized 178 patients. In the group there were 27% men and 73% women. In total there was sent directly to examine the BMD from orthopedist 1.12% and 14% of respondents overall. The treatment in the secondary prevention of orthopedic doctors was received by 0.56% patients. These results are very disappointing, because there are available osteoporosis drugs that improve prognosis. Similar studies were done abroad and the results were astonishing as well.

Key words: osteoporosis, secondary prevention, hip fractures, osteoporosis treatment