

Patient information factsheet

Southampton fracture liaison service (FLS)

We have given you this factsheet because you have recently sustained an injury and have been referred to the Southampton fracture liaison service (FLS) for an assessment. It explains what the Southampton FLS is, why you have been referred to this service and what happens next. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

What is the Southampton FLS?

The following services have joined together to form the Southampton FLS:

- University Hospital Southampton (UHS) NHS Foundation Trust's fracture prevention service
- Southampton Primary Care Limited community wellbeing service
- Hampshire and Isle of Wight Healthcare NHS Foundation Trust community independence service

Southampton FLS helps identify people in the Southampton area who are at risk of osteoporosis (a condition where the bones are weaker and more likely to break) and brings these people into the system so they can be assessed and treated, if appropriate, to reduce the risk of them having further fractures.

Why have I been referred to this service?

You have been referred to this service because you have recently sustained a fragility fracture (broken bones that are caused by low-energy trauma, such as a fall from standing height), and we would like to assess your bone health to look for signs of osteoporosis. If we find that you are at risk of osteoporosis, we can offer you treatment to help strengthen your bones and prevent further fractures.

What happens next?

Fracture prevention service assessment

To assess your bone health, we will ask you some questions about your medical history, the medications you are currently taking and your lifestyle. This information will help us to decide if you are at higher risk of osteoporosis. We will assess this during a telephone or face-to-face clinic appointment.

DEXA scan

Depending on our assessment, we may then ask you to come to our osteoporosis centre at University Hospital Southampton (UHS) to have a bone density scan (also known as a DEXA scan). A DEXA scan is a quick and painless procedure that measures your bone mineral density (how strong your bones are). The scan is like a standard x-ray, but it uses a special type of x-ray technology called 'dual energy x-ray absorptiometry'.

Blood test

We may also ask you to have a blood test so we can check your calcium and vitamin D levels. You can arrange to have your blood test at your GP surgery or at your local clinic or hospital. Please be aware that you will need to book a blood test appointment.

The results from these tests will help us to decide whether you need treatment to help strengthen your bones, and if you do, what type of treatment will work best for you.

When will I receive my results?

You should have had all your assessments and received your results within 12 weeks of sustaining your fracture. We will send you an appointment for either a telephone or face-to-face clinic to discuss your results.

If we think that you need any treatment, this should be started within 16 weeks of your injury being identified.

Will I need any follow-up care?

Community independence service (CIS)

If you broke a bone as a result of a fall, the community independence service (CIS) will arrange to visit you at your home to perform a comprehensive falls assessment. They may also recommend a home exercise programme to help improve your strength and balance, and they may provide you with contact details for local exercise groups. This is to try to prevent the fall and fracture happening again.

The CIS work with people in their own homes and care settings to help them stay as independent as possible. They accept referrals for people aged 18 and over who are registered with a Southampton city GP and live within the Southampton city boundary.

The service is run by a team of health and social care staff, including:

- physiotherapists
- occupational therapists and occupational therapy assistants
- associate practitioners
- support workers
- consultants in older people's medicine
- administrative staff

Community wellbeing service

As part of the FLS pathway, a member of the community wellbeing team (trained nurses and healthcare assistants) will contact you by telephone. This should happen approximately 16 weeks after your injury was identified and again approximately one year after your injury was identified.

They will ask you about:

- any bone protection medication you are taking
- your general health and wellbeing

During these reviews you can discuss any issues that you may have. Based on your conversation, the team will decide whether you need any further follow-up support.

Contact us

Fragility fracture service (UHS)

Telephone: **023 8120 2182** (Monday to Friday, 8am to 4pm).

An answer machine is available outside of these times.

Community wellbeing service (Southampton Primary Care Limited)

Telephone: **023 8017 0620** (Monday to Friday, 8am to 6.30pm)

Community independence service (Hampshire and Isle of Wight Healthcare NHS Foundation Trust)

West

Telephone: **0300 1234 027** (Monday to Friday, 8.30am to 5pm)

Central

Telephone: **0300 1234 028** (Monday to Friday, 8.30am to 5pm)

East

Telephone: **0300 1234 026** (Monday to Friday, 8.30am to 5pm)

Royal Osteoporosis Society

The Southampton FLS works in partnership with The Royal Osteoporosis Society (ROS) to offer information and support to those living with osteoporosis.

For more information about looking after your bones and living with osteoporosis, please visit the ROS website: www.theros.org.uk/information-and-support

Telephone: **0808 800 0035**

This information has been developed by University Hospital Southampton NHS Foundation Trust, Solent NHS Trust and Solent Medical Services.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport

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