

New Projects Highlighted at USBJD Board Meeting

The United States Bone and Joint Decade's board of directors met May 30 to report on ongoing initiatives and determine which new projects will best increase awareness of the Decade and musculoskeletal conditions. Research was a primary area of concentration for this meeting.

Project 100

The goal of Project 100, to include musculoskeletal education in all allopathic medical schools, continues to be a priority for the research arm of the USBJD. A meeting is planned for October to develop an application to present to the Objectives Project Committee of the American Academy of Medical Colleges (AAMC). If the AAMC approves the application, it will establish a process to develop a course curriculum for acceptance by schools.

Hosted by the AAOS, the meeting will include representatives from various associations participating in the Decade.

New Research Sub-Committees Named

In an effort to address relevant issues and reach its goals as efficiently as

possible, the 27-member Research Committee will be divided into four sub-groups.

A Resources sub-committee will identify, collect and share research information and educational documents among participating associations. A Young Investigators sub-committee will concentrate on the flow of investigators and increasing the number of awards granted. A Musculoskeletal Education group will work on Project 100, as well as other initiatives related to improved awareness and curriculum at the undergraduate and secondary school levels. And finally, a Finance sub-committee will explore the needs of specific research projects and help secure funding.

Research Projects

The USBJD board voted to form a task force to create materials for policy makers and the public that will support efforts for research funding. The materials will be used for lecture programs, video newscasts and patient education.

The board also voted to develop consensus conferences to validate the Decade's goals from a scientific

perspective and to provide direction on potential areas of improvement in the provision of health care and research. Ten to 20 clinicians, practitioners, scientists and patients will present at each conference and will provide position papers on their chosen topics. The papers will be compiled in a booklet that will be distributed post-meeting. Toby King, USBJD



Dr. Stuart Weinstein accepts a plaque of appreciation for his years of service to the U.S. Bone and Joint Decade.

executive director, will work with board members to prioritize topics and develop funding proposals.

Finally, in an effort to educate the public and get the attention of policy makers, the board decided to pursue the development of editorials on musculoskeletal conditions for leading publications.

New members

At the board meeting, three new members-at-large were elected.

- John Dormans, MD
- Kenneth Koval, MD
- Andrea McConville, RN

Michael Condit, MD was elected as Decade treasurer. Regis O'Keefe, MD, PhD, was elected as President, replacing Stuart Weinstein, MD.

At the close of the meeting, Boyd W. Bowden II, DO, outlined the tremendous contributions Dr. Weinstein has made in developing the Decade. He presented Dr. Weinstein with a framed certificate and two books on behalf of the Decade in thanks for his leadership as President of the USBJD.



(L to R) Toby King, Dr. Regis O'Keefe and Dr. Phil Osdoby discuss the Decade at the board meeting in Chicago.

Orthopaedic Surgeons Address Osteoporosis Neglect

A multinational study of orthopaedic surgeons finds that these specialists often do not recognize osteoporosis as a cause of fractures, nor do they consistently offer appropriate treatment or referrals. The study was presented in Helsinki, Finland, at the annual congress of the European Federation of Orthopaedic Surgeons and Traumatologists (EFORT), which devoted a special symposium to the findings.

"It is vital for orthopaedic surgeons to understand that the occurrence of a fragility fracture increases two- to five-fold the risk of another fracture within the next year," said professor Lars Lidgren, chairman of the international steering committee for the Bone and Joint Decade, which co-sponsored the study with the International Osteoporosis Foundation (IOF).

Also presented at the symposium - entitled *Orthopaedic surgeons ARE missing the fracture opportunity. Can we change this?* - was a rapid response from the World Orthopaedic Osteoporosis Organization (WOOO), which issued a set of recommendations for how orthopaedic surgeons should approach fracture patients in order to identify and treat those with osteoporosis.

Worldwide, the lifetime risk for osteoporotic fractures is 13% for men and between 30% and 40% for women. Although there is no cure for osteoporosis, there are treatments and lifestyle changes that can stop further bone loss and reduce the risk of fractures.

"Since orthopaedic surgeons/traumatologists are often the first and only physicians to see fracture patients, they are in a unique position to identify untreated cases of osteoporosis," said Professor Olof Johnell of the IOF, who led the development of the WOOO guidelines.

Multinational Survey of Orthopaedic Surgeons

Mounting evidence that orthopaedic surgeons are not attuned to osteoporosis led the BJD and IOF to survey 3500 orthopaedic surgeons in France, Germany, Italy, Spain, the United Kingdom and New Zealand.

Among the key findings of the study, presented by Dr. Karsten Dreinhöfer of the BJD:

- About half the orthopaedic surgeons surveyed said they received no or insufficient training in osteoporosis.
- Only about one in four orthopaedic surgeons in France and the UK feel knowledgeable about managing osteoporosis in their patients.
- Only in Germany are the vast majority of fracture patients referred for a bone density test.

In another striking example of national differences, German, Italian and Spanish surgeons were likely to diagnose and treat osteoporosis themselves, whereas their counterparts in France, the UK and New Zealand were more likely to refer patients to a general practitioner or osteoporosis specialist.

"However, the most important thing is not which specialist diagnoses and treats osteoporosis-related fractures, but rather that patients are adequately served," said professor Nikolaus Boehler, president of EFORT.

Perhaps the most encouraging finding was that the majority of orthopaedic surgeons in all the countries surveyed felt that orthopaedic surgeons/traumatologists had a responsibility to identify and initiate evaluation of patients with fragility fractures. Similarly, most of the survey respondents wanted to learn more about the diagnosis and management of osteoporosis-related fractures.

Beyond Fixing the Fracture

The key recommendation of the WOOO panel was that all fracture patients between the ages of 50 and 80 years of age should, if possible, have their bone density measured. In their opinion, the evaluation for osteoporosis can be performed either by a knowledgeable orthopaedic surgeon/traumatologist, or by a physician specializing in osteoporosis.

For national associations of orthopaedic surgeons, many of which are already developing country-specific guidelines and educational measures to improve care, a particularly important feature of

the WOOO guidelines is a treatment algorithm that condenses the assessment and treatment of fracture patients down to a simple flow chart, including options for diagnostic tests, referral, and therapeutic interventions to reduce the risk of subsequent fractures.

Finland has taken some of the most far-reaching steps to identify osteoporosis among fragility fracture patients.

"The Finnish Ministry of Health is actively supporting the training of health care professionals to improve the care of patients with fragility fractures. In addition, we recommend that every hospital and health centre have a trained nurse dedicated to the diagnosis and management of patients with fragility fractures," said Dr. Liisa Hyssälä DSc, MSocSc, Finnish Minister of Health.

The concept of a fragility fracture nurse is one that has been tried with much success in several countries. By having primary responsibility for this process, the nurse is able to develop productive working relationships with the various health care professionals who are needed to ensure that the individual with a fragility fracture is diagnosed and receives appropriate treatment and care.

But orthopaedic surgeons agree that this innovation should not relieve the surgeon of overall responsibility in the process.

"Just as we routinely prevent problems such as deep vein thrombosis after surgery, we have to prevent new fractures after we treat the first fracture in patients with osteoporosis," said Professor Jean-Marc Féron of France, who participated in the EFORT symposium on behalf of La Société Française de Chirurgie Orthopédique et Traumatologie.

Acknowledgements

Special acknowledgement is due to Dr. John Kaufman and the Osteoporosis Interest Group of the American Academy of Orthopaedic Surgeons for providing the survey questionnaire prototype, and the WOOO for developing the recommendations for fracture care.

New USBJD Members Welcomed

New Participating Members
AAOS - Board of Councilors

AAOS - Corporate Advisory Council

American Association of
Occupational Health Nurses

American College of
Foot and Ankle Surgeons

American Orthopaedic Society
for Sports Medicine

American Shoulder and Elbow Surgeons

Hip Society

J. Robert Gladden Society

Limb Lengthening and
Reconstruction Society

Mid-America Orthopaedic Association

North American Spine Society

Ruth Jackson Orthopaedic Society

Saint Alphonsus Regional Medical Center

The Paget Foundation for Paget's Disease
of Bone and Related Disorders

New Associate Member
Wright Medical Technology

Unified Research Agenda Available

Decade featured prominently in new AAOS resource

At its May 30 meeting, the USBJD board of directors discussed the American Association of Orthopaedic Surgeons (AAOS) Unified Research Agenda. The document was developed by the group's Council on Research and Scientific Affairs and approved by the AAOS board in June.

The goal of this project was to provide a resource to members of the orthopaedic research community who are involved in advocacy efforts designed to improve funding for musculoskeletal research.

The intent was to provide broad and inclusive information on the wide array of relevant research topics, while having sufficient specificity to stimulate the interest of policy makers and philanthropic sources.

The 15-page Agenda includes information on research priorities such as osteoarthritis, spinal disorders, soft tissue

injuries, major limb trauma and childhood musculoskeletal disorders. It offers examples of the burden of disease, directions for future research and links to relevant Web sites. The Agenda is a living document, meaning it will grow and change over time.

The Agenda's priorities are in line with those of the Decade, and the initiative is part of the AAOS Council's contribution to the Decade. The Council is asking other organizations participating in the Decade to provide comments on the Agenda.

The Decade is featured prominently on the front page and in additional coverage on page two of the document.

Any group affiliated with the Decade can obtain a copy of the Agenda online at www.usbjd.org/research/index.cfm?pg=curr_research.cfm.

AMA Adopts Resolution to Improve Education

At its June meeting, the American Medical Association House of Delegates passed Resolution 310. The resolution focuses on improving musculoskeletal knowledge of students in medical education programs.

The resolution describes the lack of adequate training for medical students in the area of musculoskeletal education and

encourages medical schools to take various steps to strengthen their curriculum in this area. Its acceptance by the AMA is a great step forward for the Decade and for Project 100.

Those interested in viewing the resolution in its entirety can do so online at <http://search.ama-assn.org>.

ASBMR to Host 25th Annual Meeting and Anniversary Celebration

The USBJD congratulates the American Society for Bone and Mineral Research (ASBMR) on its upcoming 25th anniversary Annual Meeting.

The Society will host the Annual Meeting and Anniversary Celebration September 19-23, 2003 in Minneapolis. Participants can earn up to 48 CME credit hours at the premier medical and scientific meeting in bone and mineral science.

Highlights include:

- The Louis V. Avioli Memorial Lecture, entitled "*The Pathogenesis of Osteoporosis: Concepts, Conflicts and Prospects*," presented by Lawrence G. Raisz.

- The Gerald Aurbach Memorial Lecture, entitled "*Launching a New Era in Genome Research*," presented by Francis Collins, Director of the National Human Genome Research Institute (NHGRI).
- Remarks by six NIH Institute directors.
- Plenary Symposia: "*Estrogen, Bones and the Heart*" and "*Adipocytes and Bone*."
- State-of-the-Art Lectures: "*Optimizing Peak Bone Mass*," "*Glucocorticoid Action*," "*Osteoimmunology*" and "*Biology of the Growth Plate*."

- Mini-symposia focusing on genomics, proteomics, bioinformatics; clinical aspects of fracture; regulation of gene expression; and advances in aromatase.
- A joint symposium with The American Society of Nephrology (ASN) on renal disorders of mineral homeostasis.

Visit www.asbmr.org to view the ASBMR Annual Meeting Official Scientific Program, register online or make hotel reservations.

AJAO Hosts National Conference

Arthritis is one of the five key focus areas of USBJD efforts. The American Juvenile Arthritis Organization (AJAO), which has been actively involved in the Decade, promoted awareness of musculoskeletal disease and the Decade itself with activities at its 2002 national conference.

Nearly 1,000 attendees and 200 volunteers from across the United States gathered in the Twin Cities to *Cast for a Cure* at the 2002 National Conference. AJAO is a council of the Arthritis Foundation that leads the effort to improve the quality of life for those affected by childhood arthritis and related diseases.

The conference theme was based on one of Minnesota's favorite pastimes - fishing. Parent and young adult sessions included *Get Hooked on Physical Fitness; Fin Splints: Adaptive Equipment for Children; and Reel Relief: Rehab Therapy*. Children enjoyed games, scavenger hunts, crafts and educational discussions on arthritis. They had the opportunity to ask questions of a doctor and "play doctor" with donated stuffed animals. Eighty families from the North Central chapter area of Minnesota, North Dakota and South Dakota attended and 450 families nationally were new to the conference.

An opening ceremony took place the first night. The evening included visits from several Camp Snoopy characters, clowns, a cartoon artist, Native American dancers, a magician and a 14-year-old country singer who has JRA (Juvenile Rheumatoid Arthritis). Ed and Peggy Bonach and Dr. Ann Reed, Planning Committee co-chairs, and Marcia Imbrescia, AJAO Board Chair welcomed attendees to the conference.

The children attending the conference had a lot of fun, but they also learned about arthritis and how to manage their conditions. Mari, a six-year-old from Waconia, MN was diagnosed with JRA at 16 months. She participated in a "plush therapy" session at which each child was given a teddy bear and instructed to talk the teddy bear through situations they themselves experienced. Mari talked to her teddy bear while she

pretended to give him a shot. Janet, Mari's mom, gives Mari a weekly shot.

"Giving Mari her weekly shot has always been a huge, long, drawn-out, ordeal that involves lots of crying. Mari has so much anxiety about taking the shot," said Janet.

Mari participated in the "plush therapy" session on a Saturday morning. That afternoon she was scheduled to have her shot. "It was amazing! Mari gave herself the shot without any fuss. After she gave herself the shot, she turned to her teddy bear and pretended to give him one too," exclaimed Janet. Janet remembers Mari saying, "My bear is strong and brave and takes shots. Just like me." Janet explained, "The 'plush therapy' session gave Mari control and empowered her."

Parents and young adults had the opportunity to listen and learn from each other. In a support session for moms, the mother of a newly diagnosed child received affirmation from her peers that her child and family are in a period of uncertainty, and that it is "normal" to feel insecure and frightened about treatment approaches and the future course for her child. Parents also learned how to work with their school districts and to be advocates for their children in the school environment.

Allison Hillenbrand, mother of a twelve-year-old daughter who was diagnosed with JRA at age eleven said, "It's nice to find so many others who have the same concerns and worries that I do, especially on school concerns and new medications."

More than 250 attendees signed on to be Arthritis Advocates for the Arthritis Foundation, working together to carry messages to key legislators when support is needed for arthritis legislation in Congress.

The North Central Chapter hosted this year's event. Ed Bonach, conference



Children with JRA created this quilt for the Arthritis Foundation, in honor of the Decade.

planning committee co-chair said, "I think for parents, the opportunity to meet other parents who have experienced similar issues was especially gratifying and special." The Bonachs attended their first conference in 1982 when their daughter Ann Marie was first diagnosed with juvenile arthritis. When asked what value was found in attending an AJAO conference, Ann Kunkel, mother of four children with juvenile arthritis said, "We went to our first AJAO Conference in 1987. Attending the conference helped our family feel not so alone. Our family was able to share personal experiences, hear the latest on research and learn of other educational resources. The Arthritis Foundation gives ways for children with JRA to participate and overcome daily obstacles."

During the children's activity sessions, Renee Thomas, AJAO immediate past chair and her daughter, Brooke, organized a children's handprint activity. Children used fabric paint to place their handprints on fabric squares that were later assembled into a quilt. The quilt (pictured above) will be given to the Arthritis Foundation National Office as a gift from the children in honor of the Bone and Joint Decade.

Three regional AJAO conferences are scheduled for 2003. Please contact the national office of the Arthritis Foundation with any questions (404-872-7100).

Letter from the President

I would like to inform you and your board of my recent election following the completion of Dr. Stuart Weinstein's term as president of the United States Bone and Joint Decade (USBJD). All of the members of the board are extremely grateful for the tremendous leadership and insight that Dr. Weinstein provided during his tenure as president. His energy invigorated this organization and its existence is due in large measure to his activities. Dr. Weinstein remains firmly committed to the Decade. He has recently been elected to the presidential-line of the American Academy of Orthopaedic Surgeons. His leadership in that organization will be critical to the goals of the USBJD and he will remain an active participant in our activities.

I also recently replaced Dr. Weinstein as the American Academy of Orthopaedic Surgeons representative to the USBJD. I have had the opportunity to work closely with Dr. Weinstein and other Decade leaders over the last several months and am firmly committed to the goals of the organization. We plan to continue the outstanding work that was provided under the leadership of Dr. Weinstein.

At our recent Board meeting on May 30, we developed some goals and initiatives to advance our strategic plan. I would like to briefly present some of the highlights.

A highly organized Research Committee has been formed under the leadership of co-chairs Dr. Edward Puzas of the Orthopaedic Research Society and Dr. Philip Osdoby of the American Society for Bone and Mineral Research. Under their leadership, four sub-committees will be formed to oversee several important projects. One important project is the development of a yearly consensus conference that will comprehensively investigate a critical musculoskeletal problem. For each problem the burden of disease will be considered, along with the scientific understanding of the disease, current treatments and treatment advances, long-term consequences and future goals to reduce the burden of disease.

In addition, the research committee will produce pamphlets that can be used by advocacy groups to advance the cause of the Bone and Joint Decade. These pamphlets will provide information concerning the burden of musculoskeletal disease in our society and the need for all future changes to increase funding for scientific discovery, medical education, patient education and policy changes. The research committee will work closely with the various member organizations to gather critical data to support the need for advances in musculoskeletal care. Another sub-committee will focus on gathering this data in order to build on existing knowledge and to seek out opportunities for partnership activity.

An Advocacy Oversight Committee has been formalized and is chaired by Dr. Kenneth Koval of the Orthopaedic Trauma Association. This committee will work closely with the Research Committee and with representatives from each of the member organizations. The Advocacy Oversight Committee will transmit materials and information to be used by advocacy groups from various member organizations during their visits to Washington, DC as well as various state and local legislatures. The goal will be for each organization to present a similar message regarding the importance of the Decade, consisting of the critical nature of musculoskeletal diseases in our society and the tremendous burden they represent for our population. Presentation of a consistent message by all organizations involved in musculoskeletal care will heighten awareness of the critical nature of musculoskeletal disease and will in turn advance the cause of each individual organization. Thus, we are now requesting that each organization present their musculoskeletal advocacy message in the context of the Bone and Joint Decade, using some common messages developed by the Decade coalition. We would like the advocacy arm of your organization to work closely with the USBJD to both develop and present a unified theme concerning the problem of musculoskeletal disease. By working together, the various organizations

have the ability to markedly strengthen this important message and to increase the total support for musculoskeletal diseases.

The Communications and Education Committee remains very active under co-chairs Larry Commons of the National Athletic Trainers' Association, and Lynne Dowling of the American Academy of Orthopaedic Surgeons. The committee continues to produce the newsletter that is known for its outstanding quality. October 12-20, 2003 is Bone and Joint Decade National Awareness Week and numerous announcements and initiatives will occur in conjunction with this event. The Communications and Education Committee wants to work very closely with each of the individual organizations and is developing a standing initiative to publicize the USBJD and to highlight the importance of musculoskeletal disease to the general population.

As you know, all 50 states as well as President Bush have recognized and proclaimed this as the Bone and Joint Decade. As such, we are in a unique position to raise awareness of the importance of musculoskeletal disease, and more importantly, to increase the resources available to promote musculoskeletal health for future generations of Americans. Clearly this is dependent upon the active participation and commitment of all of the member organizations and our ability to develop a coherent and unified message.

I am personally extremely committed to this cause and look forward to working with your organization as we move forward together.

Sincerely,



Regis J. O'Keefe, M.D., Ph.D.
President

National Awareness Week Submissions Sought

With National Awareness Week (NAW) only three months away (October 12-20), the Bone and Joint Decade is eager to know what various organizations are planning to do in recognition of this special week. For that, we need your help.

Please let us know by September 1 what your organization has planned. This can include special events; local community talks; Decade references in magazines, newsletter and other printed materials; or any other project your group is undertaking to improve public awareness of musculoskeletal health conditions and patient education.

Submissions should be sent to RachaelO@nata.org. Information will be published in the October issue of the newsletter.

New brochures will be available in time for NAW - one for patients and another for health care professionals. Copies can be obtained by contacting Toby King at tobyking@usbjd.org.

About the Newsletter

The U.S. Bone and Joint Decade Newsletter serves as a means of communication between the members of the U.S. National Action Network (NAN) and other affiliated organizations. To submit a story idea or an article, or if you have comments, please contact:

U.S. Bone and Joint Decade Office
847.384.4010
usbjd@usbjd.org
www.boneandjointdecade.org/usa

The USBJD Newsletter is created courtesy of the National Athletic Trainers' Association.

USBJD Web Site Upgraded to Attract Users Seeking Patient Information

Over the summer, significant improvements were made to the USBJD Web site. The most noteworthy development is the upgraded *For Patients, Conditions and Resources* section - the most visited part of the site. All participating organizations, industry and other relevant sites are now listed together and linked from this section. An explanation on the differences between the sites is provided for users.

Ultimately, the USBJD expects to provide a comprehensive hub of the best musculoskeletal patient information sites. For users who cannot find the answer to a question by visiting the sites listed, a form is available that allows the user to submit a question. His/her question is then forwarded by the USBJD to relevant participating organizations for a response.

The U.S. Web site is online at www.boneandjointdecade.org/usa.

NACDSF and USBJD Explore Future Projects

Members of the USBJD and representatives from the National Association of Chain Drug Stores Foundation (NACDSF) recently have been exploring ways in which the two organizations might work together to benefit their respective constituencies and general public at large with regard to musculoskeletal health, injuries, and well-being, and to raise the awareness about the Bone and Joint Decade.

NACDSF have indicated pharmacists will appreciate access to new patient information brochures when they become available later this summer, and also in downloadable one page patient information sheets that pharmacists can print in-store for patients enquiring about particular musculoskeletal problems and treatments.

They envision additional opportunities to work together in the future, including possibly on in-store information and awareness campaigns.

The USBJD thanks the following sponsors for their generous support of the Decade:



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