

# Endocrinology prioritisation guide during COVID-19

## Quick reference guide 4: bone mineral density

This guide details the factors and health conditions that are recommended for deferral, virtual and face-to-face care during the amber and green COVID-19 pandemic phases.

For specific COVID-19 precautions in the amber and green COVID-19 pandemic phases, refer to the general principles in the [Endocrinology prioritisation guide during COVID-19](#).

### Recommendations

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#### Low priority

- Routine bone density scans to evaluate effects of established treatments in patients with stable osteoporosis, in the absence of recent minimal trauma fracture.
- Patients experiencing fractures under minimal trauma in locations typical of osteoporosis, for example, the hip, vertebra or wrist. In these individuals, starting osteoporosis treatment is necessary regardless of a bone-density measurement.

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#### Intermediate priority

- Patients experiencing fractures that are not clearly related to osteoporosis, for example, more than minimal trauma or a fracture location not typical of an osteoporotic location, such as an ankle or the humerus. In these patients, bone mineral density may influence the decision to begin osteoporosis treatment.
- Patients who are discontinuing denosumab and in whom a possible rebound increase in bone turnover and reduction in bone density may be seen.

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#### High priority

- Patients experiencing new minimal trauma fractures despite receiving osteoporosis treatments. Bone density assessment may facilitate an escalation in treatment, such as the commencement of an osteoanabolic drug.
  - Patients exposed to a treatment or condition known to affect bone density, such as glucocorticoid therapy or aromatase inhibitor therapy. Measurement of baseline bone density may influence the start of treatments or strategies to reduce bone loss in these patients.
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## References

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2. Black DM, Rosen CJ. Clinical practice. Postmenopausal osteoporosis. *N Engl J Med* [Internet]. 2016 [cited 14 June 2020];374(3):254-62. Available from: <https://pubmed.ncbi.nlm.nih.gov/26789873/> doi: 10.1056/NEJMcp1513724
3. Eastell R, Rosen CJ, Black DM, Cheung AM, Murad MH, Shoback D. Pharmacological management of osteoporosis in postmenopausal women: an endocrine society clinical practice guideline. *J Clin Endocrinol Metab*. 2019 [cited 15 June 2020]; 104(5):1595-1622. Available from: <https://pubmed.ncbi.nlm.nih.gov/30907953/> doi: 10.1210/jc.2019-00221