



Mobile Learning Unit
Melbourne Medical School

Osteosarcopenia: Preventing falls and fractures in older persons

The world's population is ageing and common chronic diseases affecting our older population, such as osteoporosis and sarcopenia, place a significant burden on the individual as well as the healthcare system.

Osteoporosis is a condition characterised by reduced bone mineral density (BMD) and bone quality, which leads to brittle and weak bones and increases the risk of fracture, particularly of the hip, spine and wrist.

Sarcopenia is the progressive and generalised loss of skeletal muscle mass and strength or function. Both conditions share common risk factors and biological pathways, and are associated with significant physical disability, poor quality of life, and higher morbidity and mortality.

Osteosarcopenia, a combination of osteoporosis and sarcopenia, is where individuals experience a synchronic loss of BMD and muscle mass, strength, and function which represents a huge threat to a loss of independence.

The course provides knowledge and skills, readily assimilated into daily clinical practice, on:

- Bone and muscle biology
- Pathophysiology of osteoporosis and sarcopenia
- Risk factors and clinical assessment
- Diagnostic methods
- Treatment options



Convenience

Fully online. Study on iOS, Android and Windows devices or on web



Reinforcement

6 interactive tutorials and 12 online case studies to practise interpretation



Recognition

Certificate of Completion issued upon course completion



Course Outline

This course is comprised of 6 interactive tutorials, 12 case studies and 6 self-assessments.

Course units

- Pathophysiology
- Risk factors and risk algorithms
- Clinical assessment 1
- Clinical assessment 2
- Diagnosis
- Treatment

Assessment

The assessment is submission of the eLearning self-assessment and case study. A Certificate of Completion is provided upon satisfactory completion of the course.

Delivery mode

Fully Online (approximately 15 hours of learning)

Accreditation

Royal Australian College of General Practitioners (RACGP)

This course meets the requirement for 2017 - 2019 triennium, which is a Category 1 (40 points) QI&CPD program.

Course fees

AUD \$550 (Including GST)

AUD \$275 For nurses, medical students, doctors in training and allied health professionals.

How to apply

▶ Go to go.unimelb.edu.au/ej76

Get in touch

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