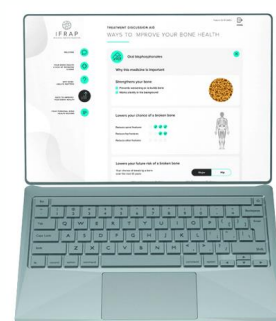


# The iFraP study

Being involved and informed: Improving appointments about your bone health

## What is the iFraP study?

- Many people who have broken a bone tell us they do not feel confident making decisions about their bone health or treatment
- The iFraP study developed **new resources** to help Fracture Liaison Service (FLS) healthcare professionals:
  - explain bone health more clearly
  - talk through treatment options
  - support patients to feel more involved in decisions
- The iFraP resources included a computer-based tool and written information
- The aim of this study was to help people feel more informed and involved when making decisions about their bone health and treatments



## A reminder about the study

- You took part in the study because:
  - You had a Fracture Liaison Service appointment between April 2023 and November 2024
  - Your appointment took place in Stoke, Oxford, Wolverhampton, or Portsmouth on the telephone or at the hospital
- There was a 50:50 chance your healthcare professional used the new iFraP resources during your appointment. This means that half of people who took part received the iFraP resources. These included:
  - Extra training for the healthcare professional in consultation skills
  - A computer-based decision tool
  - A printed summary of your appointment called "My Bone Health Record"
- The other half of people received a standard NHS Fracture Liaison Service appointment.
- Everyone in the study was asked to complete questionnaires to help us learn more about their bone health and their appointment.

347<sup>+</sup>  
people took  
part in the  
study  
Thank you!

# The iFraP study



Being involved and informed: Improving appointments about your bone health

## Summary of people who took part



**84%**  
female  
**67**  
years old  
*(on average)*



**81%**  
Returned a 3-  
month  
questionnaire



**168**  
Received the new  
iFraP resources  
**179**  
Received NHS  
usual care

## Summary of study results

Compared with people who had a usual NHS appointment,  
people who received the iFraP resources reported:



Finding decisions  
about bone  
strengthening  
medicines easier



Feeling more  
involved in  
their care



Greater  
satisfaction with  
the information  
they were given



More worry  
about future  
falls and  
broken bones



No greater rate of  
starting or continuing  
bone strengthening  
medicines

More worry may be because people had a better understanding of their increased chance of future broken bones

The iFraP resources are now available for health professionals to use across the UK. We are making additional versions to ensure more patients have the opportunity to access and benefit from them.



## Thank you

Your contribution will help to improve care for bone health in the NHS

Any questions? Contact Keele Clinical Trials Unit | 01782 732950 | [ifrap.ctu@keele.ac.uk](mailto:ifrap.ctu@keele.ac.uk)

FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

This study was National Institute for Health and Care Research (NIHR) [Clinician Scientist Award (CS-2018-18-ST2-010)/NIHR Academy]. The views expressed are those of the author(s) and not necessarily those of the NIHR, NHS or the Department of Health and Social Care.