Quality Care Begins With You

Let’s make a difference together.
According to the National Osteoporosis foundation, as many as one in two women over age 50 will suffer a broken bone as a result of osteoporosis. Often the first symptom of osteoporosis in Medicare-eligible patients is a broken bone. Because seniors, especially women, are susceptible to osteoporosis, it is important to schedule a bone density test for anyone who has suffered a fracture.

What is the quality measure?
This quality measure focuses on female patients between the ages of 67-85 who have had a fracture. These patients should receive either a bone density test or long-acting osteoporosis therapy during the inpatient stay, or an outpatient bone density test or dispensed prescription to treat osteoporosis within six months after the fracture.

What can you do to improve this quality measure?
Fractures can be a symptom of undiagnosed osteoporosis. You can help patients at risk for osteoporosis stay healthy by:

+ Advise your patients to eat a diet that includes adequate amounts of calcium and vitamin D.
+ Discuss the importance of physical activity and recommend appropriate regular weight-bearing exercises.
+ Conduct a fall evaluation and talk to your patients about risk factors for future fall risks.
+ Perform a bone mineral density test on women 67-85 who have had a fracture within the last six months and/or prescribe and encourage fill of a medication to treat osteoporosis.

Coding and Documentation Tips:

+ Submit claims and encounter data in a timely and accurate manner.
+ Complete and submit the Provider Assessment Form (PAF).
+ Complete the self-report section online within the Physician Quality Care Rewards tool in BlueAccess®
Sample CPT® Codes:

76977 - Ultrasound bone density measurement and interpretation, peripheral site(s), any method
77078 - Computed tomography, bone mineral density study, one or more sites; axial skeleton (e.g., hips, pelvis, spine)
77080 - Dual-energy X-ray absorptiometry (DXA), bone density study, one or more sites; axial skeleton (e.g., hips, pelvis, spine)

Sample CPT® Codes:

77081 - Dual-energy X-ray absorptiometry (DXA), bone density study, one or more sites; appendicular skeleton (peripheral) (e.g., radius, wrist, heel)
77082 - Dual-energy X-ray absorptiometry (DXA), bone density study, one or more sites; appendicular skeleton (peripheral) (e.g., radius, wrist, heel)

SAMPLE ICD-10-PCS CODES:

BP48ZZ1 - Ultrasonography of Right Shoulder, Densitometry
BP4PZZ1 - Ultrasonography of Left Hand, Densitometry
BR07ZZ1 - Plain Radiography of Thoracic Spine, Densitometry

Sample HCPCS Codes:

Diagnostic
G0130 - Single-energy X-ray absorptiometry (SEXA) bone density study, one or more sites; appendicular skeleton (peripheral) (e.g., radius, wrist, heel)

Therapeutic
J1740 - Ibandronate
J3489 - Zoledronic acid
J0630 - Calcitonin
J0897 - Denosumab
J3110 - Teriparatide

Osteoporosis medications Included in the BlueCross Medicare Advantage Formulary:

Alendronate (oral solution, tablets) – Tier 2
Calcitonin (nasal spray, non-aerosol) – Tier 4
Forteo® (brand only) – Tier 5
Ibandronate (IV solution) – Tier 3
Ibandronate (tablet) – Tier 4
Prolia® (brand only) – Tier 3
Raloxifene (tablet) – Tier 2
Zoledronic Acid – Tier 4