

# Osteoporosis Care

Pharmacist-led Clinic





# Osteoporosis Care at Alexandra Hospital

Osteoporosis Care, under the **Chronic Care programme of Alexandra Hospital**, specializes in the diagnosis and management of osteoporosis and other bone disorders. Our programme provides comprehensive assessment on the risk of osteoporosis and fractures. We will advise on measures to optimise bone health, treat osteoporosis, and reduce the risk for fractures in a holistic manner.

## About Osteoporosis

Osteoporosis is a condition that causes your bones to gradually thin and weaken leaving them susceptible to fractures. There is currently no cure for osteoporosis. However, you can improve your bone health and reduce fracture risk by adopting healthy lifestyle habits and with drug treatment. Osteoporosis can be treated with medications as well as injections. Your treatment may vary, depending on how severe your condition is. A Bone Mineral Density (BMD) scan is performed to assess your bone strength and diagnose osteoporosis, as well as to assess response to treatment during follow-up.

# Pharmacist-Led Osteoporosis Care

Our hospital pharmacists play a key role in helping patients manage their osteoporosis.

## Our Pharmacist



Provides holistic assessment of your osteoporosis and risk for fracture.



Explains the results of the Bone Mineral Density (BMD) scan and other blood tests performed to evaluate your bone health.



Provides comprehensive disease education on osteoporosis and how to manage it.



Explains the different drug treatment options and advises on the one that is best suited for your condition. We can get you started on treatment from your first visit.



Assists with referring you for further evaluation if required, for example, to undergo dental review prior to starting medications.



Provides tele-consult after your clinic visits to follow up on your treatment progress, and to help resolve any medication-related issues you may experience.



# Patient Care Journey



## Referral

Patient gets referred from polyclinic/outpatient clinic/GP.



## Before Your First Visit

Doctor will review your medical record and arrange for necessary blood tests and scans to be done before the visit, if they have not been done.



## At Your First Visit

Pharmacist will assess your condition as well as the results of your blood tests and scans, and advise on treatment plan together with the doctor. You may be able to get started on your osteoporosis treatment immediately.



## TeleConsult

Our pharmacist will call you to check on your response to treatment, and whether you are experiencing any medication-related side effects.



## At Your Next Visit

Pharmacist will review your condition along with the doctor and continue or change your treatment appropriately.

# Benefits to Patients

## Fast Tracked Treatment

Your doctor will make arrangements for your clinical investigations such as blood tests and scans before your first visit, to facilitate your consultation and treatment process.



## Specialised Counselling

You will receive specialised counselling from our pharmacist on your osteoporosis medications, advice on how you should modify your lifestyle and your available treatment options. Our pharmacist can also answer any questions you have on osteoporosis.



## Better Adherence to your Medications

Our pharmacist will remind you about your medications!



## Convenient Teleconsultation

Convenient teleconsult by our pharmacist to follow up on your condition and to address any drug-related problems. During this teleconsult, medication side-effects can be picked up early.



# Osteoporosis Package



The one-time charge for the Osteoporosis Pharmacist-led Clinic package includes:

First consultation

One repeat consultation. Subsequent consultations will be charged according to prevailing specialist outpatient clinics consultation fees subjected to eligible subsidy.

Teleconsultations as required.

## Where To Find Us

The Osteoporosis Care Pharmacist-led Clinic is being offered under the Chronic Care programme of Alexandra Hospital at:

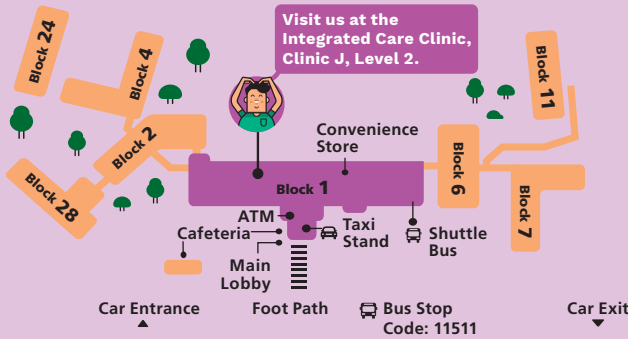
### Clinic J, Integrated Care Clinic

Location : Block 1, Level 2

Contact Number : +65 6472 2000

Email : [AH\\_Enquiries@nuhs.edu.sg](mailto:AH_Enquiries@nuhs.edu.sg)

# How to get to Osteoporosis Care Pharmacist-Led Service at Clinic J



## By Public Bus

**Alight At Alexandra Hospital**  
 Bus Stop Code: 11511  
 Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197

**Alight Opposite Queensway Shopping Centre**  
 Bus Stop Code: 11519  
 Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197



## By MRT

**From Queenstown MRT Station,**  
 Exit A: Take bus 51  
 Exit B: Take bus 195

**From Commonwealth MRT Station,**  
 Exit B: Take bus 100

**From Redhill MRT Station,**  
 Exit A: Take buses 33, 120



## By Shuttle Bus

**From Queenstown MRT Station To Alexandra Hospital**

Weekdays excluding Public Holidays

- Queenstown MRT Station, Exit B  
 First bus: 6.40am  
 Last bus: 8.25pm
- Block 158, Mei Ling Street  
 Bus Stop Code: 11579
- Block 153, Mei Ling Street  
 Bus Stop Code: 11599
- Block 163, Mei Chin Road  
 Bus Stop Code: 11609
- Alexandra Hospital Block 28
- Alexandra Hospital Main Lobby  
 First bus: 6.40am  
 Last bus: 8.15pm

Saturday, Sunday and Public Holiday

- Queenstown MRT Station, Exit B  
 First bus: 10.00am  
 Last bus: 7.40pm
- Alexandra Hospital Main Lobby  
 First bus: 10.10am  
 Last bus: 7.50pm

**From Commonwealth MRT Station To Alexandra Hospital**

Weekdays excluding Public Holidays

- Commonwealth MRT Station, Exit A  
 First bus: 6.45am  
 Last bus: 8.10pm
- Block 50, Commonwealth Drive  
 Bus Stop Code: 11459
- Block 37B, Commonwealth Drive  
 Bus Stop Code: 11449
- Queenstown Polyclinic  
 Bus Stop Code: 11059
- Alexandra Hospital Block 28
- Alexandra Hospital Main Lobby  
 First bus: 6.45am  
 Last bus: 8.20pm

Saturday, Sunday and Public Holiday

- Commonwealth MRT Station, Exit A  
 First bus: 10.05am  
 Last bus: 7.45pm
- Alexandra Hospital  
 First bus: 10.15am  
 Last bus: 7.55pm

**From National University Hospital To Alexandra Hospital**

Weekdays excluding Public Holidays

- NUHS Tower Block  
 First bus: 10.00am  
 Last bus: 5.00pm
- National University Hospital (NUH), Medical Centre, Outside Burger King
- National University Hospital (NUH) Main Building, Lobby A
- Alexandra Hospital Main Lobby  
 First bus: 10.25am  
 Last bus: 5.25pm

**Frequency: Approximately every 10-20 min (Queenstown and Commonwealth route).  
 Approximately every 1 hour (NUH route).**

**Schedules and stops may change during a pandemic. For updated information on shuttle bus timings and designated stops, please visit [www.ah.com.sg](http://www.ah.com.sg).**



## Main Line

Call 6472 2000 to schedule an appointment or make enquiries.



## Email

For Appointments: [AH\\_Appointment@nuhs.edu.sg](mailto:AH_Appointment@nuhs.edu.sg)  
 For Enquiries: [AH\\_Enquiries@nuhs.edu.sg](mailto:AH_Enquiries@nuhs.edu.sg)  
 For Feedback: [AH\\_Feedback@nuhs.edu.sg](mailto:AH_Feedback@nuhs.edu.sg)

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.  
 Main Line: +65 6472 2000 | Fax: +65 6379 4339  
[www.ah.com.sg](http://www.ah.com.sg) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [LinkedIn](#) | [YouTube](#) | [AlexandraHospitalSG](#)