

# Osteosarcopenia Scholars Program for GPs

**You are invited to join our Osteosarcopenia Scholars Program**

Course fees (\$550) will be waived for the first 100 GPs who register \*

As the population is rapidly ageing, we are seeing an increased prevalence in chronic diseases. This includes osteopenia/osteoporosis and sarcopenia, two conditions increasingly diagnosed in older patients, which place a significant burden on individuals and the community. Both conditions share common risk factors and are associated with significant physical disability, which represent a huge threat to loss of independence in later life.

**All clinicians need up to date knowledge on osteosarcopenia.**



**Register**



**Complete  
course**



**Lifetime  
access to content**

## Benefits of Participation

- Course fees (\$550) will be waived for first 100 GPs who register\*
- On successful completion
  - Participants receive a certificate of completion from the University of Melbourne
  - 40 RACGP points (this is an RACGP CPD accredited activity, formerly Category 1)
  - The first 100 GPs who register will receive:
    - A Quick Reference Summary Card
    - An AIMSS handbook summarising learnings
    - A free dynamometer (worth \$30) to test grip strength at your practice
- All Scholars have life access to the content

## Time Commitment

This online course takes 15 hours to complete. You can commence anytime and may complete this course in your own time and at your own pace. Once registered, you will have lifetime access to the course content. Before and after (six months) the course, you will be expected to complete two short surveys (anonymous and confidential) regarding your approach to osteosarcopenic patients.

## Learning outcomes

1. Understand the specific and common mechanisms of muscle and bone loss in older persons
2. Describe the pathophysiology of osteoporosis, sarcopenia and osteosarcopenia
3. Identify the risk factors for falls and fractures in older persons
4. Evaluate secondary causes of osteoporosis, sarcopenia and osteosarcopenia
5. Interpret a densitometry report, including bone mineral density and body composition analysis
6. Follow practical diagnostic and therapeutic algorithms applicable to osteoporotic and sarcopenic patients
7. Design an evidence-based integrated care plan for osteoporosis and sarcopenia including non-pharmacological and pharmacological interventions
8. Evaluate current and future therapeutic approaches for osteoporosis and sarcopenia

To register please visit: <https://www.surveymonkey.com/r/X7KBRGN>

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