

UNC Pediatric Cystic Fibrosis Bone Health Screening Pathway

Patient Meets Criteria for DEXA Screening

DEXA Screening Criteria

>18 yo (all)

or

8yo and at least One Risk Factor

- **Bmi (<25%ile)**
- **Vitamin D status (<20)**
- **Corticosteroid use**
 - >30 days in the last 12 months
 - ABPA treatment within last 3 years
 - High-dose inhaled steroids
- **Fractures**
 - 1 or more non-traumatic
 - 3 or more traumatic

CF QI Team sends Epic Message to Patient's Nurse, Physician, and Dietitian

Order for DEXA scan placed by Patient's CF Nurse
Radiology Contacts Patient to Schedule

Dietitian to Provide Education on Bone Health and DEXA Screening and See Patient During Clinic

Physician Receives DEXA Report

DEXA Z-Score (Lumbar Spine)
> -1.0

Repeat DEXA in 5 years
Routine Care

DEXA Z-Score (Lumbar Spine)
< -1 and > -2.0*

Vit D Level**

< 30

Vit D Supplementation
Consider High Dose Vit D3 (STOSS)***

Repeat Vit D Level in 3 Months

< 30

Place Referral to Pediatric Endocrinology

≥ 30

Repeat Vit D Levels every 6-12 months

Repeat DEXA every 2-4 years

DEXA Z-Score (Lumbar Spine)
< -2.0*

Place Referral to Pediatric Endocrinology

Repeat DEXA Annually

Notes

*For all Z-scores <-1 - optimize medications with calcium, vit D, and minimizing PPI's

**Vit D Levels are not accurate during acute inflammation

***STOSS dosing guide available in Children's Clinical Care Portal