

Unique Response Number	Out of Scope Original uncertainties
241951-241944-19280815	Why do they happen? should that be researched
241951-241944-19289091	Efficacy of exercise in reducing fractures rates (not improving bone mineral density etc)
241951-241944-19289091	Comparison of exercise in reducing falls rates to other interventions
241951-241944-19289091	What types of exercise reduce fracture rates.
241951-241944-19356591	What are the best preventative measures and how can we people in these before they sustain a fracture?
241951-241944-19359483	Is there anything I can do e.g. My diet or gentle exercise which could strengthen my bones?
241951-241944-19358456	Prevention. Outdoor "gym" equipment in parks suitable for older adults. I have seen it in Hyde Park. Does it help? Could there be funding for more activity centers in Parks suitable for this age group.
241951-241944-19358456	What are the factors that prevent outdoor activity centers being built? Insurance, cost, maintenance, suitable locations? How could these be over come?
241951-241944-19358456	Could there be funding for more activity centers in Parks suitable for this age group. There is private funding for outdoor parks for children and adults.
241951-241944-19373013	Why does ageing of bones make them more fragile, regardless of how much bone tissue has been lost (or gained)?
241951-241944-19373013	Does making bone tissue younger with modern upcoming and existing treatments restore the lost strength of youth
241951-241944-19373013	Does hopping on one leg 50 times a day prevent fractures of the hip since it increases femoral neck bone density?
241951-241944-19373118	Can gait therapy reduce risk of fragility fractures in older people?
241951-241944-19384880	what is the best diet for women to have to prevent brittle bones
241951-241944-19384880	what is the best form of exercrise to strenthen bones
241951-241944-19393265	the link between diets (in our earlier life) and risk of fractures
241951-241944-19393265	role that exercise plays in reducing the risk
241951-241944-19393265	role of smoking in contributing to the causes of osteoporosis
241951-241944-19427535	3. lessons to prevent future falls, especially to increase her balance
241951-241944-19471974	I suspect a major challenge to falls prevention is older people understanding and accepting when they need to be using a walking aid and/or engaging in physical training to strengthen skills and physical capacity before a fall occurs. However, I cannot see a clear medical research question that could be posed to address this issue.
241951-241944-19497813	Once a fracture heals is it more at risk of fracturing again?
241951-241944-19509751	As a carer of someone with osteoporosis I had concerns about how to handle my mother not to cause a fracture. I would like to know if there has been any area that has offered courses and what the outcome was.
241951-241944-19509751	I'm interested in the area of falls prevention after a fracture as im aware that concerns of falling changes the way they walk that tend to cause future falls. would like research on good practice that could extend throughout UK.
241951-241944-19511587	Any medical breakthroughs
241951-241944-19611481	an the tendency for fragility be determined before the age of 60 either genetically or by other means so it can be prevented
241951-241944-19611481	what kind of nutrition could prevent the fragility
241951-241944-19615784	How can care homes / residential settings be best designed to prevent lower limb fragility fractures?
241951-241944-19615920	Pain relief for osteoarthritis in hips/knees
241951-241944-19615920	More falls prevention clinics
241951-241944-19616448	paedictric research? (growing bones)
241951-241944-19617310	understanding why people get these injuries (genetics/enviroment)
241951-241944-19618104	Bisphosphonates / bone density increasing drugs presribed to older patients at risk of osteoprosis
241951-241944-19664525	Prevention of falls injuries in elderly
241951-241944-19664525	Growth + development issues around lower limb, specifically knees, in young people/children. Impact on adult life.

241951-241944-19664525	Importance of prevention - healthy lifestyle, educating general public
241951-241944-19782213	I think prevention is important. Older people should be encouraged not to have loose mats and rugs anywhere in their homes as they can and do cause falls.
241951-241944-19815452	Can we develop a quick, simple, and cheap test to identify those people at higher risk of experiencing a fracture?
241951-241944-19917402	safe and sustainable treatment of Osteoporosis
241951-241944-19917402	Role of Vitamin D in mid life and its effect on later osteoporosis
241951-241944-19917402	Possibilities of activities amidst busy schedule, which is proven treatment of delaying osteoporosis and the ways of achieving them
241951-241944-19969007	where do the fractures occur - at home or where
241951-241944-19969007	If we can identify the where (where fractures occur) - can we then look at why
241951-241944-19991392	causes of fragility fractures - age - cause - ethnic group
241951-241944-19991392	can living conditions be changed/improved to avoid prevent this?
241951-241944-19991919	Can we reduce elderly ankle fracture incidence with bone health approach like hips?
241951-241944-19992596	how prevent falls at home to stop fracture
241951-241944-19992663	What simple changes to diet can reduce the risk of fragility fractures?
241951-241944-20036685	How often are pathological fractures the cause of fragility fractures
241951-241944-20097519	Do falls and balance classes reduce the risk of further fractures after NOF?
241951-241944-20219920	Why are patients who have a fracture elsewhere such as wrist, assessed for osteoporosis routinely
241951-241944-20219920	GP's are not doing enough decades scans for those at risk of low bmd
241951-241944-20224678	How to prevent broken bones - exercise, how helpful is it?
241951-241944-20296114	How can we change attitudes to exs
241951-241944-20296242	Does increasing an individual's activity levels reduce risk of further fragility fractures.
241951-241944-20297173	How can we prevent falls in the first place.
241951-241944-20301053	Bone fragility in relation to living space. In other words, the dimensions of the area within which people move on a daily basis.
241951-241944-20301053	Bone fragility in relation to stamina.
241951-241944-20305464	How can we effectively predict patient population at risk of falls
241951-241944-20305464	What is the role of nutritional supplements, diet and exercise in reducing risk of fragility fractures
241951-241944-20324444	Can we still strengthen bones at >60 years and if so, how?
241951-241944-20328605	Would improving the general fitness and flexibility levels of older people before they fall help to reduce fractures if they fall?
241951-241944-20331305	Is there a link between the types of occupations people have and the types of musculoskeletal conditions that they may suffer in later life?
241951-241944-20331627	1.Should more be done to prevent bone fragility in people at greater risk e.g. people on long term epilepsy medication or non weight bearing through multi disability (Learning Disability) .If so what by whom.
241951-241944-20375196	effect of exercise to prevent further fractures
241951-241944-20375196	We need more coordinated falls prevention work and communication if someone falls but also has a fear of falling. what is the effect of dementia on outcomes of fractures and surgery?
241951-241944-20397978	Does spasticity in the lower limb have an impact on fracture occurrence and subsequent healing?
241951-241944-20404696	What is the value of a self-administered risk evaluation tool that prompts routine screening of bone density in women or men
241951-241944-20404696	Is it possible to prevent the first fragility in people through appropriate screening and bone density evaluation
241951-241944-20407285	Is there a consensus to frequency and intensity of exercise rehabilitation in preventing /minimising fragility fractures in this population.
241951-241944-20430174	Access to preventative opportunities for exercise
241951-241944-20443898	Should there be an evaluation/survey of the population to find out how many suffer from osteopenia and osteoporosis.? Osteopenia frequently progresses to osteoporosis.
241951-241944-20465894	At what point post fracture, and in what setting, are falls prevention programmes best implemented?

241951-241944-20542692	Many patients refer that they feel the hip bone 'breaking' before falling. What is the incidence or prevalence of spontaneous hip fracture resulting in a fall? How can we prevent this from pharmacological or physical therapy point of view?
241951-241944-20578506	Can eating an appropriate diet really improve bone density to significantly reduced the risk of fracture?
241951-241944-20578506	What type and frequency of exercise is required to significantly raise bone density and reduce the fracture risk?
241951-241944-20606342	How can we prevent these fractures from occurring?
241951-241944-20610298	prevention and rehabilitation
241951-241944-20666772	Can we predict who will develop osteoporosis, get the general population to self test and then offer reliable preventative treatment/advice clinics?
241951-241944-20674239	How can a fainting fit be a consideration for braking bones in foot. (This is how broke two smaller toes in my foot, whereas big toes was overlooked despite this was also broke and has healed bent) All of these were dismissed due to recent breavements and led to further ill health.
241951-241944-20674239	How can head injury (chipped bone) along with concussion be dismissed, interlinked with question one (This is what happened to me)
241951-241944-20682832	Is the incidence of lower limb fracture in patients aged 50+ years reduced by widespread calcium supplementation?
241951-241944-20840735	How can future injuries be avoided? Personalized advice and public health campaigns . Osteoporosis - e.g. diet, exercise, nutritional supplements.
241951-241944-20874562	Ultimately, the golden bullet is an effective treatment for o'porosis and so that is where research emphasis should ultimately be.
241951-241944-20945139	Who needs to be involved and when in the prevention of falls?
241951-241944-20975449	Arthritis - the effects it has cut the independance of patients
241951-241944-21131809	I am concerned at 56 after having this disease for 20 years which just seemed to appear,aged 30 something why does it affect my hips all of my spine feet shoulders ankles eye sockets,jaw and what seems like most of my body bone wise
241951-241944-21131809	What is causing the deformities in my feet toes ankles lower limbs
241951-241944-21131809	I am not over weight never have been,always walked excersied and did yoga and so on so forth so I do not understand why my muscles also are wasting
241951-241944-21162550	Can the illness make muscle waste away because my partner hips and waist are thinner than normal.
241951-241944-21162550	Does the illness caused hair thinning and other health problems like having hot sweats, feeling cold and blocked ears. Because my partner got these problems he is 48.
241951-241944-21166331	Prevention of future fractures - efficacy of group exercise
241951-241944-21166331	Falls prevention efficacy of a group exercise programme
241951-241944-21180933	What measures can be taken in the community setting to reduce the incidence of falls in elderly?
241951-241944-21225476	Why does osteoporosis advance so quickly even if no other metabolic causes are involved and if the person involved has had optimum nutrition AND tailored bone and muscle building exercise?
241951-241944-21390111	Apart from the known factors like Bone mineral density, are there other factos like nutrition or hereditary propensity to fragility fractures
241951-241944-21463322	When assessing the efficacy of hip protectors - have force attenuation tests been performed on the shield like the tests at Simon Fraser University in British Columbia by Feldman and Robinovitch?
241951-241944-21463322	When assessing the efficacy of hip protectors - have tests been performed on the shield's appropriate orientation to the greater trochanter like the tests at Simon Fraser University in British Columbia by Feldman and Robinovitch?
241951-241944-21463322	When the number of fractures is so high, the cost to the medical system is so high and the ability to actually prevent a good percentage of fractures exists IF the correct hip protector is utilized - why is there not more governmental collaboration with companies like BlueTree and SafeHip - proven hip protectors that work?
241951-241944-21463322	SafeHip and Bluetree Hip Protectors will attenuate enough force and are oriented properly to the greater trochanter - and they reduce hip fractures and save lives.

241951-241944-21586337	Is there a more accurate fracture prediction tool, other than FRAX or Q Fracture to be had?
241951-241944-21586337	Should we be recommending an individual's family is also tested once diagnosis of osteoporosis is reached?
241951-241944-21646286	How to prevent fractures in the future
241951-241944-21670548	What can you do to best prevent this type of injury with regards to diet and dietary supplements.
241951-241944-21699989	how can osteoporosis be avoided - effective communications
241951-241944-21699989	what lifestyle changes can reduce risk
241951-241944-21792195	Why/how do hip bones become so easily broken when elderly people fall?
241951-241944-21811219	Is osteoporosis inevitable as we age?
241951-241944-22148757	Could fracture have been prevented ie. - previous ambulance calls - falls? Was a falls rehearsal previously undertaking.
241951-241944-22149302	Does care education on reducing falls, reduce falls in the elderly people they care for
241951-241944-22149482	What prevention mechanisms are effective in reducing falls in the elderly?
241951-241944-22149482	What are the barriers & facilitators to delivering falls prevention. Ability of patient to engage with falls prevention schemes.
241951-241944-22149600	How can mechanical falls be prevented in people >60
241951-241944-22151026	Do bisphosphonates reduce the long-term risk of fragility fractures
241951-241944-22151026	Does administration of FRAX reduce the risk of fragility fractures in patients attending for osteopathic care
241951-241944-22174934	New treatments the next generations treatments? New Innovations and ideas
241951-241944-22264841	I spent nearly 4 years in the forces involved, doing physical exercise. Did exercise help strengthen my bones?
241951-241944-22264841	I am 91 years old and have not yet had a fracture. I was breast fed until i was 13 years old, the only beverages I had were milk and water. In infants school we were given dairy a small bottle of milk. did milk help strengthen my bones?
238265-238258-18663757	What are beneficial preventative foods.
238265-238258-18663757	Preventative exercises.
238265-238258-18800569	How effective are falls prevention programmes? Can we identify case studies of good practice?
238265-238258-18834397	What are community services doing to monitor older peoples health
238265-238258-18834397	More needs to be done with health promotion in older people
241951-241944-20296811	Does giving patients easier access to effective, evidence-based (i.e. not just token services where frequency/duration of treatment is cut to an ineffective minimum) physiotherapy and other rehabilitation opportunities after any illness/when there is a risk of frailty prevent fragility fractures in the future?
241951-241944-20296811	How can we best ensure that vulnerable old people, especially those who do not easily use medical services (due to social anxiety, lack of social support etc.) have adequate access to pain control, and does that help to prevent them getting fragility fractures later in their life (or extend the time that they are fracture free)?
238265-238258-18835967	Should vitamin d levels be monitored routinely by primary care /GPs?
241951-241944-21622471	I personally do not drink cow's milk anymore so wouldn't have a lot of dairy in my diet. I do however take almond milk and yoghurt, so am I doing my bones harm by not drinking cow's milk?
241951-241944-20658703	Should nutrition be on the national syllabus from an early age ?
241951-241944-20666772	What impact do vitamin D supplements have on our risk of developing osteoporosis?
271547-271539-22953252	How to prevent fractures from happening, what diet should I use to help?
271547-271539-22954754	How important is the diet at various stages of your life for bone strength?
271547-271539-22991485	Parents from as soon as a child is born should be encouraged to bring diary/milk foods into the childs diets to encourage healthy bones. Exercise too should be encouraged as well as all helps with a healthy diet to promote strong and healthy bones. Posters in surgeons clinics etc.
271547-271539-22835795	What are the main things that should be included in ones diet to lesser the weaken bones there by reducing hip fractures if you fall? * in diet and lifestyle

271547-271539-22990931	Research in to nutrition and supplements that can help to prevent the bones from becoming weaker with age. Free supplements for over 50s to strengthen bones.
241951-241944-19993174	Rib fracture studies. 5 day rehab units
241951-241944-19992451	proximal humerus fractures: randomised trial of reverse shoulder arthroplasty vs non-operative treatment
241951-241944-21092060	Can the initial x-ray in patients with distal radial fractures and other patient factors reliably predict which patients require surgery and so potentially reduce time to definitive treatment by avoiding failed MUA (manipulation under local anaesthetic) and fracture clinic follow ups.
241951-241944-22243544	Are their trials for stem cell surgery for osteoporosis?
241951-241944-19815452	Replacement hips have a well-defined expected lifetime. Is there any way to monitor (perhaps annually) how a specific replacement hip experiences wear over time? This would lead to better advice on when (or if) to undergo a second replacement.
241951-241944-20874562	Is there a role for prophylactic fixation of the contralateral hip after fractured neck of femur
241951-241944-19616282	Can we introduce robotic surgery to see the outcome
241951-241944-19616338	Can robotic surgery improve patient outcomes -specifically in knee surgery?
241951-241944-19989038	Is there a way of quantifying fracture displacement?
241951-241944-20975449	Arthritis - the effects of it have cut the independance of patients
241951-241944-21811219	I had chemotherapy for breast cancer, in 2008. I take medications for reducing stomach acid and hypertension, as a result of this treatment. I am concerned that this has resulted in my getting osteoporosis. I was fit and well previous to this, taking no medication.
241951-241944-20819861	Medication? Especially for osteoporosis
241951-241944-21167837	Educate the general medical profession about Osteoporosis...medication given to patients for ailments who are at severe risk of OP without checking if contra indications.
241951-241944-21811219	Are there any medications which exacerbate osteoporosis?
241951-241944-20578506	I am a physio who when volunteering for a research project was found to have osteopenia at age 40 . The level stayed static despite trying exercise , nutrition and medication , followed by only exercise and nutrition, to compare the two. This was my own initiative independant from the research programme which was looking at genetic inheritance as I didn't have any obvious predisposing factors for low bone density. Now I am 61 the latest dexa scan showed a drop in bone density despite taking medication. I've had no significant fractures other than ribs, which do seem to be vulnerable! So now debating whether to take meds again. I came off previously as side effects could be hip fracture which seemed rather to defeat the object of taking medication!
271547-271539-22990514	Why do bones become porous and weaken and is there enough emphasis on preventative drugs?
241951-241944-21094631	What is the most effective support to help improve medication adherence and persistence?
241951-241944-21171975	I'm 58 & found out I'd osteo when I was about 50 no pains except when I broke my Wrist. So as long as nothing hurts, why do I have to take tablets I can not afford?
241951-241944-19954598	Is a fragility fracture a natural or unnatural death? Should it be something a coroner should be informed about?
271547-271539-22990640	general practice and surgeries
271547-271539-22954754	What is the one most important factor in preventing bone fracture
271547-271539-22953787	Why is there no alternative to knee replacement ie. cartalidge replacement surgery this would be less invasive and cheaper
241951-241944-19989702	Postoperative physiotherapy after hammertoe corrections
241951-241944-20305274	Do TLSO braces adherence effect osteoporotic spinal fracture outcomes.
271547-271539-22991485	If more funding available then aids to help people who struggle with mobility
241951-241944-20297246	Post-operative hip fracture weight bearing recommendations vary greatly depending on individual surgeons, fracture configuration, bone quality and fixation. How much force is transmitted across the hip joint area when a person is NON weight bearing on that side? I read somewhere (years ago) that it can be as much as seven times body weight.

241951-241944-19968068	Which groups of elderly patients require acute care in a major trauma centre? And which do not?
271547-271539-22953252	What are the best exercises post knee replacement surgery?
271547-271539-22954754	Can weight bearing exercise in older age make your bones stronger and reduce the risk of fracture?
241951-241944-20397978	Is there a link with how much walking a person does to how likely they will have fracture?
241951-241944-20296114	How can we change attitudes to exercise
241951-241944-22264841	Why do people fall?
241951-241944-19642170	Does shoe type affect the likelihood of falling
241951-241944-19642170	Type and condition of surface ie uneven paving, wet bathroom /kitchen floor
241951-241944-20117644	What can be done to instill in the brain of those who have fallen, that if they do not take advice and drink plenty of fluids, they will fall again!
241951-241944-20425318	how do we reduce the incidents of frail elderly falling
241951-241944-21579139	Hospital beds - my mother fell at home & broke her hip. The night of the operation she managed to get out of bed & fall. This was due to the anesthetic we think. Luckily no damage. Is there any other type of bed or other measure to help or prevent this as having a nurse 24/7 is very expensive.
241951-241944-21650850	fall clinic in the community
241951-241944-22150154	How can we prevent falls in older people?
241951-241944-22149878	Are there digital health tools that might help prevent falls, diagnose fractures and/or direct/target emergency services?
241951-241944-19615920	More patient education on falls, prevention
241951-241944-19289091	Comparison of exercise in reducing falls rates to other interventions
241951-241944-19509751	I'm interested in the area of falls prevention after a fracture as im aware that concerns of falling changes the way they walk that tend to cause future falls. would like research on good practice that could extend throughout UK.
241951-241944-20097519	Do falls and balance classes reduce the risk of further fractures after NOF?
241951-241944-20465894	At what point post fracture, and in what setting, are falls prevention programmes best implemented?
241951-241944-20840735	How can future injuries be avoided? Personalized advice and public health campaigns . Osteoporosis - e.g. diet, exercise, nutritional supplements.
271547-271539-22954273	Rehabilitation -will physiotherapy + improved strength prevent further falls
271547-271539-22990514	Wear and tear on joints can cause instability inbalance joint wear should be treated sooner rather than later.
271547-271539-22990395	could equipping elderly people who live in their own homes with extra handles and grips in key accident prone areas be a preventative measure?
271547-271539-22835795	A lot of elderly people who fall and fracture/break a hip go into hospital. Many do not come out How do you reduce the number of fragilities?
241951-241944-22151026	Is urinary incontinence a risk factor for night-time falls
241951-241944-19642170	Are some people more susceptible to falls - how many times does a person fall
241951-241944-22126691	Should a specific fall assessment tool be used on this population to decrease future risk of falling
271547-271539-22990514	There should be more research into circumstances which led to the break. Causes should be categorised into accidental and preventable.
271547-271539-22990931	Research on assessing the levels of mobility in over 50/60's to see if falls could be prevented to do walking style or if they may need assistance such as a crutch/stick/frame to walk with.
241951-241944-19470686	If repairs were done to roads and pavements wouldn't it help to remove fear of falling
271547-271539-22953787	Why does it take 3 weeks to get results of MRI scans
241951-241944-19511587	Current updates on fragility fractures
241951-241944-20674239	At this time above was considered elderly at 56 by A & E and informed had claw foot never had any follow up on this or informed about this my elderly mother had this condition not informed if heiraditary
241951-241944-20305274	Can a osteoporotic spinal fracture pathway improve the standardisation of care delivered compared to current care delivered.

241951-241944-20305274	I find the level of care patients receive following a osteoporotic spinal fracture vastly ranging, analgesia poorly optimised, differentiating views on TLSO braces and feel a pathway would standardise and improve the level of care delivered. This ranges from acute episodes in hospital with consultants saying yes/no to the use a TLSO brace to manage unstable osteoporotic fracture. And GP's referring for Physiotherapy when it's obvious the patients pain is the main barrier and not addressing it.
241951-241944-19779811	Why is the Department for Education not involved from the beginning?
241951-241944-20800459	how to persuade hospital staff to take measures that meet primarily the patient's needs rather than theirs eg catheterising the patient
241951-241944-22149878	Is the current situation/ response economically unsustainable or is it the 'best' way to provide GMS