

Screens 1-33 represent the main screens of the decision aid for osteoporosis.

Screen 1



Screen 2

Effective Health Care - Low Bone Density Decision Aid: Introduction - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=2&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

Introduction

Did you know that osteoporosis is one of the most common conditions among women over the age of 50? It causes over 1 million broken bones every year. There are many things you can do to keep your bones strong and healthy.

This program can help you:

- Learn about osteoporosis
- Learn about the risk of breaking a bone
- Learn about treatment options and which medicines are best for you.

- This program can tell you if you are at low or high risk for breaking a bone if you enter the results of a bone mineral density scan. If you have had this test, you might want to have the results on hand.
- Once you have visited a section of the Website, you can use the menu bar at the top of the screen to return to the beginning of that section and review information, or change the choices you made.
- At the end, there is a short survey to help us make the site better. Please let us know what you think about this program.



[<< Previous](#) [Next >>](#)

Done

Screen 3

Effective Health Care - Low Bone Density Decision Aid: What is osteoporosis? - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=38res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones


A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

What is osteoporosis?

Osteoporosis means that bones become less dense (or less solid). When bone density is low, bones become weak and are easier to break. Bone density that is low enough for bones to break easily is called osteoporosis.



normal bone

osteoporosis

Bone images used with permission from the International Osteoporosis Foundation

<< Previous

Next >>

Done

Screen 4

Effective Health Care - Low Bone Density Decision Aid: Who might break a bone? - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=4&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones


A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

Who might break a bone?

Some people have a higher risk of breaking a bone than others. Breaking some bones is more serious than breaking others. Click on any of the topics below to learn more.



[People who are more likely to have osteoporosis](#)

[People who are more likely to fall](#)

[Which bones break?](#)

[<< Previous](#) [Next >>](#)

Done

Screen 5

Effective Health Care - Low Bone Density Decision Aid: Keeping your bones strong - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=58res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

Keeping your bones strong

There are lots of things you can do to help keep your bones strong:

Get enough calcium and vitamin D

You need calcium to build new bones. You need vitamin D to help your bones absorb the calcium.


[How much calcium and vitamin D do you need?](#)

Get enough exercise

Exercise helps keep your bones strong and healthy. Walking, jogging, climbing stairs and dancing will keep your bones strong.

Take prescription medicines if you are at high risk

If you are at high risk of breaking a bone, you may want to consider taking a medicine. There are several prescription medicines available that can help protect your bones from losing strength.



<< Previous

Next >>

Done

Screen 6

Effective Health Care - Low Bone Density Decision Aid: How do I know if I have osteoporosis? - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=6&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

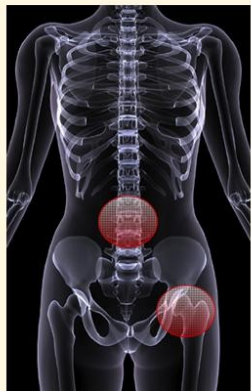
How do I know if I have osteoporosis?

To find out if you have osteoporosis, your doctor will do a bone density test. Often this is a special x-ray test that measures the thickness of your bones. It can tell if your bones are getting weak. It does not say for sure if your bones will break. Your doctor or nurse can tell you if your bone density is low enough to mean that you have osteoporosis.

The strength of your bones is usually measured at the hip or spine and the results are reported as T-scores. T-scores compare the strength of your bones to a healthy young woman.

[Who should have a bone density scan?](#)

[How often should you be tested?](#)



<< Previous

Next >>

Done

Screen 7

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

About you - Osteoporosis Medicines

We are interested in finding out if you are already getting a treatment for osteoporosis:

Are you currently taking any medicines for osteoporosis?

Yes
 No

Are you planning to start taking a medicine for osteoporosis?

Yes
 No
 Unsure

[<< Previous](#) [Save & Go to Next Page](#)

Done

Note: If respondents answer “yes” they are currently taking medicines for osteoporosis, the second question will read, “Are you planning to switch medicines?”.

Screen 8

Effective Health Care - Low Bone Density Decision Aid: About you - Your bones - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=8&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



About Osteoporosis **About You** Treatment Options Making a Decision Print Your Information

About you - Your bones

Please answer the following questions as best you can.

What is your current **AGE** (in years)? **Age:**

Have you ever been told that you have **Osteoporosis**? Yes | No

Have you had a broken bone after age 45? Yes | No

Do not count broken fingers, toes, nose, skull, ankle, or those due to major accidents — these are not due to osteoporosis.

Do you have a **parent** who has broken a hip? Yes | No

Have you had a **Bone Mineral Density** test? Yes | No

<< Previous Save & Go to Next Page

Done

Screen 9

The screenshot shows a Mozilla Firefox browser window displaying a decision aid titled "Healthy Bones: A Decision Aid for Women with Osteoporosis". The page is part of the Effective Health Care Program, managed by the Agency for Healthcare Research & Quality, under the U.S. Department of Health & Human Services. The browser's address bar shows the URL: <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=88p2=38res=Large>. The page features a navigation menu with links for "About Osteoporosis", "About You", "Treatment Options", "Making a Decision", and "Print Your Information". The main content area is titled "Protecting your bones" and includes the following text:

Women like you who have had a broken bone, have osteoporosis, or who have a parent who has broken a hip are at high risk for breaking a bone in the next ten years.

Most doctors recommend that people who are at high risk take an osteoporosis medicine in addition to getting enough calcium, vitamin D, and regular exercise. Avoiding smoking and avoiding drinking more than 2-3 alcoholic drinks per day will also help you avoid breaking a bone.

If you have osteoporosis, you should talk to your doctor or nurse about how often you should have a bone density scan (probably about every 2 years).

There are many treatments that can keep your bones strong and reduce the risk of fracture. We will ask you a few more questions to fill out your health history, and then the following section will help you understand your options.

[Find out more about the risk of broken bones for your age group.](#)

At the bottom of the content area, there are two buttons: "<< Previous" and "Next >>". On the right side, a "Your Health History" box displays "Your Age 70" and "Osteoporosis? Yes". The browser's status bar at the bottom indicates "Done".

Screen 10

The screenshot shows a Mozilla Firefox browser window with the address bar containing the URL <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=9&res=Large>. The browser tabs show "Effective Health Care - Low Bone Den..." and "Effective Health Care - Low Bone ...".

The webpage content includes the following elements:

- U.S. Department of Health & Human Services
- Agency for Healthcare Research & Quality
- Effective Health Care Program
- Logo for "Healthy Bones: A Decision Aid for Women with Osteoporosis"
- Navigation menu: [About Osteoporosis](#), [About You](#), [Treatment Options](#), [Making a Decision](#), [Print Your Information](#)
- Section title: **Preparing for a decision**
- Text: "There are 9 different medicines you can take. This guide may help you understand which medicines are more suited to you. As you read about each treatment, think about what the most important things are for **you** in making this decision."
- List of questions:
 - How would you like to take your medicine?
 - Has research shown that the medicine lowers your chance of having a broken hip?
 - How safe is it?
 - What are its known side effects?
- Image of an elderly woman in a floral shirt.
- Navigation buttons: "<< Previous" and "Next >>"

Done

Screen 11

Effective Health Care - Low Bone Density Decision Aid: Learning about the medicines - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=10&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis






[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

Learning about the medicines

There are four ways to take the medicines for osteoporosis:

1. [Pills](#)
2. [Injection](#) (self-administered at home)
3. [IV](#) (in a doctor's office)
4. [Nasal Spray](#)



<< Previous Next >>

Done

Screen 12

Effective Health Care - Low Bone Density Decision Aid: Possible negative effects of medicines - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=11&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis




[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

Possible negative effects of medicines

Some medicines may involve one or more of these negative effects.

- [Stomach and esophagus problems](#) such as heartburn, nausea, trouble swallowing; more serious problems include ulcers or bleeding
- Increased risk of [stroke](#)
- Increased risk of [blood clots in the legs, arms or lungs](#)
- Increased risk of [breast cancer](#)



<< Previous

Next >>

Done

Screen 13

Effective Health Care - Low Bone Density Decision Aid: About you - Your health conditions - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=12&res=Large&dt=3nnn

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) [Making a Decision](#) [Print Your Information](#)

About you - Your health conditions

As you just learned, there can be problems with some osteoporosis medicines. We will ask you some questions about your health to help you avoid medicines that would conflict with your personal history.

Have you ever had breast cancer?	<input type="radio"/> Yes	<input checked="" type="radio"/> No
Have you ever had a stroke?	<input type="radio"/> Yes	<input checked="" type="radio"/> No
Have you ever had a blood clot in your legs or arms (deep venous thrombosis) or a blood clot in your lungs (pulmonary embolism)?	<input type="radio"/> Yes	<input checked="" type="radio"/> No
Have you ever had a hysterectomy?	<input type="radio"/> Yes	<input checked="" type="radio"/> No

[<< Previous](#) [Save & Go to Next Page](#)

Done

Screen 14

Effective Health Care - Low Bone Density Decision Aid: Making choices about medicines - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=13&res=Large&dt=hysterectomy

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis




[About Osteoporosis](#) [About You](#) [Treatment Options](#) **[Making a Decision](#)** [Print Your Information](#)

Making choices about medicines

Some side effects are more serious than others. We want to help clarify which side effects you most want to avoid.

In the next few screens you will make choices to help you identify medicines that are best suited to you. You will first walk through an example.



<< Previous

Next >>

Done

Screen 15

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Tutorial

The position of the blue button below tells us how much you want to avoid certain side effects

Avoid stomach/esophagus pain *Is More Important* [More Info](#)

Avoid a stroke *Is More Important* [More Info](#)

Keeping the blue button in the middle means that both health concerns are **equally important** to you.

[Skip this tutorial](#)

[<< Previous](#) [Next >>](#)

Done

Screen 16

Effective Health Care - Low Bone Density Decision Aid: Slider Moved to the Left - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=14&p2=18&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Tutorial

The position of the blue button below tells us how much you want to avoid certain side effects

Avoid stomach/esophagus pain *Is More Important* [More Info](#)

Avoid a stroke *Is More Important* [More Info](#)

Moving the blue button to the left means that **avoiding stomach and esophagus pain** is more important to you.

[Skip this tutorial](#)

<< Previous [Next >>](#)

Done

Screen 17

The screenshot shows a Mozilla Firefox browser window with the following details:

- Title Bar:** Effective Health Care - Low Bone Density Decision Aid: Slider Moved to the Right - Mozilla Firefox
- Address Bar:** http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=14&p2=2&res=Large
- Navigation:** Getting Started, Latest Headlines, Effective Health Care - Low Bone Den..., Effective Health Care - Low Bone ...
- Header:** U.S. Department of Health & Human Services, Agency for Healthcare Research & Quality, Effective Health Care Program
- Logo:** Healthy Bones, A Decision Aid for Women with Osteoporosis
- Navigation Menu:** About Osteoporosis, About You, Treatment Options, Making a Decision (selected), Print Your Information
- Section:** Tutorial
- Text:** The position of the blue button below tells us how much you want to avoid certain side effects
- Diagram:** A horizontal line with a blue slider button. On the left is a green circle containing "Avoid stomach/esophagus pain" and "Is More Important" with a "More Info" button. On the right is a green circle containing "Avoid a stroke" and "Is More Important" with a "More Info" button. The slider button is positioned closer to the right side.
- Instructional Box:** Moving the blue button to the right means that **avoiding a stroke** is more important to you.
- Link:** Skip this tutorial
- Navigation:** << Previous, Next >>
- Footer:** Done

Screen 18

The screenshot shows a Mozilla Firefox browser window with the following elements:

- Browser Title Bar:** Effective Health Care - Low Bone Density Decision Aid: Let's Get Started! - Mozilla Firefox
- Address Bar:** http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=158res=Large
- Navigation Bar:** U.S. Department of Health & Human Services, Agency for Healthcare Research & Quality, Effective Health Care Program
- Header:** **Healthy Bones**
A Decision Aid for Women with Osteoporosis
- Image Strip:** Four small portraits of women.
- Navigation Menu:** About Osteoporosis, About You, Treatment Options, **Making a Decision**, Print Your Information
- Main Content Area:**
 - Section Header:** Let's Get Started!
 - Text:** If you are comfortable using the slider, click the "Let's Get Started" button below to begin. If you would like to review the slider tutorial, click the "Previous" button to go back.
 - Image:** A woman with her arms crossed.
 - Buttons:** << Previous (bottom left), Let's Get Started! >> (bottom right)
- Footer:** Done (bottom left), AHP_model_2.java - WordPad (bottom right)

Screen 19

Effective Health Care - Low Bone Density Decision Aid: Greater risk of digestive problems vs. stroke - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=16&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Which of these is more important to you:

Avoid stomach/esophagus pain
Is More Important
[More Info](#)

Avoid a stroke
Is More Important
[More Info](#)

[Save & Go to Previous Page](#) [Save & Go to Next Page](#)

Done

Screen 20

Effective Health Care - Low Bone Density Decision Aid: Greater risk of digestive problems vs. blood clots - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=17&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Which of these is more important to you:

Avoid blood clots
Is More Important
[More Info](#)

Avoid stomach/esophagus pain
Is More Important
[More Info](#)

[Save & Go to Previous Page](#) [Save & Go to Next Page](#)

Done

Screen 21

The screenshot shows a Mozilla Firefox browser window with the address bar containing the URL: <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=188res=Large>. The page title is "Effective Health Care - Low Bone Density Decision Aid: Greater risk of digestive problems vs. breast cancer".

The main content area features a header with the U.S. Department of Health & Human Services logo, the text "Agency for Healthcare Research & Quality", and "Effective Health Care Program". The main heading is "Healthy Bones" with the subtitle "A Decision Aid for Women with Osteoporosis". A navigation menu includes "About Osteoporosis", "About You", "Treatment Options", "Making a Decision" (which is highlighted), and "Print Your Information".

The central question is "Which of these is more important to you:". Below this, two green circular options are presented, each with a "More Info" button:

- Left circle: "Avoid stomach/esophagus pain" with the text "*Is More Important*".
- Right circle: "Avoid breast cancer" with the text "*Is More Important*".

A blue slider control is positioned between the two circles on a horizontal line. At the bottom of the interface, there are two buttons: "Save & Go to Previous Page" on the left and "Save & Go to Next Page" on the right.

Screen 22

The screenshot shows a Mozilla Firefox browser window with the following details:

- Page Title:** Effective Health Care - Low Bone Density Decision Aid: Greater risk of blood clots vs. breast cancer
- Address Bar:** http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=19&res=Large
- Page Header:** U.S. Department of Health & Human Services | Agency for Healthcare Research & Quality | Effective Health Care Program
- Section Header:** **Healthy Bones**
A Decision Aid for Women with Osteoporosis
- Navigation Menu:** About Osteoporosis | About You | Treatment Options | **Making a Decision** | Print Your Information
- Main Content:**

Which of these is more important to you:

Left side (green circle):
Avoid breast cancer
Is More Important
[More Info](#)

Right side (green circle):
Avoid blood clots
Is More Important
[More Info](#)

Bottom navigation:
[Save & Go to Previous Page](#) | [Save & Go to Next Page](#)

Screen 23

The screenshot shows a Mozilla Firefox browser window with the address bar containing the URL: <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=20&res=Large>. The browser tabs include "Effective Health Care - Low Bone Density Decision Aid: Greater risk of stroke vs. blood clots" and "Effective Health Care - Low Bone Den...".

The web page header features the U.S. Department of Health & Human Services logo, the Agency for Healthcare Research & Quality logo, and the Effective Health Care Program logo. The main title is "Healthy Bones: A Decision Aid for Women with Osteoporosis". Navigation links include "About Osteoporosis", "About You", "Treatment Options", "Making a Decision" (which is highlighted), and "Print Your Information".

The main content area asks the user: "Which of these is more important to you:". Below this question are two green circular options:

- Left circle: "Avoid a stroke" with the text "*Is More Important*" and a "More Info" button.
- Right circle: "Avoid blood clots" with the text "*Is More Important*" and a "More Info" button.

A horizontal line with a blue slider in the center connects the two circles, indicating a choice mechanism. At the bottom of the page, there are two buttons: "Save & Go to Previous Page" on the left and "Save & Go to Next Page" on the right.

Screen 24

The screenshot shows a web browser window with the following elements:

- Browser Title Bar:** Effective Health Care - Low Bone Density Decision Aid: Greater risk of stroke vs. breast cancer - Mozilla Firefox
- Address Bar:** http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=21&res=Large
- Page Header:** U.S. Department of Health & Human Services | Agency for Healthcare Research & Quality | Effective Health Care Program
- Section Header:** **Healthy Bones**
A Decision Aid for Women with Osteoporosis
- Navigation Menu:** About Osteoporosis | About You | Treatment Options | **Making a Decision** | Print Your Information
- Main Content:**

Which of these is more important to you:

Left side (green circle):
Avoid breast cancer
Is More Important
[More Info](#)

Right side (green circle):
Avoid a stroke
Is More Important
[More Info](#)

A horizontal line with a blue slider is positioned between the two circles.
- Footer Buttons:** [Save & Go to Previous Page](#) | [Save & Go to Next Page](#)
- Status Bar:** Done

Screen 25

Effective Health Care - Low Bone Density Decision Aid: Summary of your choices - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=22&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Summary of your choices

Based upon your responses, it is most important to you to **avoid a stroke**. In the graph below you will find a summary of your results. Items with longer bars are more important to you.

Avoid a stroke	
Avoid blood clots	
Avoid breast cancer	
Avoid stomach problems	

<< Previous

Next >>

Done

Screen 26

Effective Health Care - Low Bone Density Decision Aid: Research about where the medicines work well - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=238res=Large


Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

 **Healthy Bones**
A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) **[Making a Decision](#)** [Print Your Information](#)

Research about where the medicines work well


Research has shown that **all** of the medicines reduce the risk of a broken bone in the spine. **Only some** of the medicines have had enough research to know whether they lower the risk of a broken hip.

Osteoporosis drugs at the hip and spine*

Generic Name	Brand Name	Spine	Hip
Alendronate	Fosamax®	Yes	Yes
Ibandronate	Boniva®	Yes	Unknown
Risedronate	Actonel®	Yes	Yes
Zoledronic acid	Reclast®	Yes	Yes
Raloxifene	Evista®	Yes	Unknown
Estrogen	Premarin®	Yes	Yes
Estrogen plus progestin	Prempro, Premphase®	Yes	Yes
Teriparatide	Fortéo®	Yes	Unknown
Calcitonin	Miacalcin, Fortical®	Yes	Unknown

* View your risk of a broken bone based upon your age and history.

Pass your cursor over the medicines above and click on a medicine name to find out more information.



<< Previous Next >>

Done

Screen 27

The screenshot shows a Mozilla Firefox browser window with the address bar containing the URL: <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=24&res=Large>. The browser tabs show "Effective Health Care - Low Bone Den..." and "Effective Health Care - Low Bone ...".

The webpage content includes the following elements:

- Header: U.S. Department of Health & Human Services, Agency for Healthcare Research & Quality, Effective Health Care Program.
- Logo: Healthy Bones, A Decision Aid for Women with Osteoporosis.
- Navigation: About Osteoporosis, About You, Treatment Options, **Making a Decision**, Print Your Information.
- Section: Research on Preventing Broken Hips.
- Text: There are 9 medicines that you can take for osteoporosis. Five of the medicines have enough research to show that they lower the risk of a broken hip. The other four medicines do not have enough research.
- Text: You can click the "Previous" button below to review which medicines are known to be effective at preventing broken hips.
- Form: Would you like information on (check one):
 - All medicines (9 medicines)
 - Only medicines with enough research that shows that they lower the risk of a broken hip (5 medicines)
- Buttons: << Previous, Save & Go to Next Page.

Done

Screen 28

Effective Health Care - Low Bone Density Decision Aid: How the medicines are taken - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=25&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis




About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

How the medicines are taken

Are there ways of taking the medicine that you would **NOT** want to consider?

(Check all that apply)

- Pill (Daily, weekly, or monthly)
- Injection (Self-administered daily)
- IV (Administered every 3 months or yearly in your doctor's office)
- Nasal Spray (Daily)



<< Previous

Save & Go to Next Page

Done

Screen 29

The screenshot shows a Mozilla Firefox browser window displaying the 'Healthy Bones' decision aid. The browser's address bar shows the URL: <http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=26&res=Large>. The page header includes the U.S. Department of Health & Human Services, Agency for Healthcare Research & Quality, and Effective Health Care Program. The main heading is 'Healthy Bones: A Decision Aid for Women with Osteoporosis'. A navigation menu includes 'About Osteoporosis', 'About You', 'Treatment Options', 'Making a Decision' (which is highlighted), and 'Print Your Information'. The current screen is titled 'Feedback' and contains the text: 'Based on what you have told us, we will now give you a list of medicines that you may want to talk to your doctor about, and some that you may want to avoid.' To the right of this text is a photograph of a smiling woman with dark, curly hair wearing a white sleeveless top. At the bottom of the content area are two buttons: '<< Previous' on the left and 'Next >>' on the right. The browser's status bar at the bottom left shows 'Done'.

Screen 30

The screenshot shows a Mozilla Firefox browser window displaying a decision aid for osteoporosis medicines. The page header includes the U.S. Department of Health & Human Services logo, the Agency for Healthcare Research & Quality logo, and the Effective Health Care Program logo. The main heading is "Healthy Bones: A Decision Aid for Women with Osteoporosis". Below the heading are navigation tabs: "About Osteoporosis", "About You", "Treatment Options", "Making a Decision" (which is highlighted), and "Print Your Information".

The main content area is titled "Medicines to Consider". It contains a paragraph: "Because you want to avoid stroke and blood clots and are comfortable with medicines taken as IV or Pill, medicines you could take include the following:"

Medicine	How it is taken	Price	Research shows that it prevents broken hips
Alendronate (Fosamax [®])	Pill	\$85-\$95/month	Yes
Ibandronate (Boniva [®])	Pill	\$100/month	No
Risedronate (Actonel [®])	Pill	\$90-\$100/month	Yes
Ibandronate (Boniva [®])	IV	\$485/month	No
Zoledronic acid (Reclast [®])	IV	\$105/month	Yes

At the bottom of the content area are two buttons: "<< Previous" on the left and "Next >>" on the right.

Screen 31

The screenshot shows a Mozilla Firefox browser window displaying a decision aid page. The page header includes the U.S. Department of Health & Human Services logo, the Agency for Healthcare Research & Quality logo, and the Effective Health Care Program logo. The main heading is "Healthy Bones: A Decision Aid for Women with Osteoporosis". A navigation menu includes "About Osteoporosis", "About You", "Treatment Options", "Making a Decision" (which is highlighted), and "Print Your Information". Below the menu, a text block states: "The following medicines cause side effects you would like to avoid, or are given in ways that you are not comfortable with:". This is followed by a table with four columns: "Medicine", "How it is taken", "Price", and "Reason(s) to avoid". The table lists six medicines: Teriparatide (Fortéo), Calcitonin (Miacalcin), Calcitonin (Fortical), Estrogen (Premarin), Raloxifene (Evista), and Estrogen plus progestin (Prempro, Premphase). At the bottom of the table area, there are two buttons: "<< Previous" and "Next >>".

Medicine	How it is taken	Price	Reason(s) to avoid
Teriparatide (Fortéo [®])	Injection	\$845/month	method of administration (Injection)
Calcitonin (Miacalcin [®])	Injection	\$425/month	method of administration (Injection)
Calcitonin (Fortical [®])	Nasal spray	\$115/month	method of administration (Nasal spray)
Estrogen (Premarin [®])	Pill	\$35-\$40/month	you want to avoid stroke and blood clots
Raloxifene (Evista [®])	Pill	\$100/month	you want to avoid stroke and blood clots
Estrogen plus progestin (Prempro, Premphase [®])	Pill	\$40-\$50/month	you want to avoid stroke and blood clots

Screen 32a

Effective Health Care - Low Bone Density Decision Aid: Print out your information - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=29&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...


Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) **[Making a Decision](#)** [Print Your Information](#)

Print out your information

Generate a printable packet of information to take with you by clicking the button below.

The printed information will help you talk with your doctor or nurse about your treatment preferences.

[Print My Results](#)

[<< Previous](#) [Next >>](#)

Done

Tell Us Who You Are

Please choose ONE statement that best describes you:

I am a woman who has osteoporosis

I am the caregiver, family member or friend of a woman with osteoporosis

I am a health care professional who provides care to women with osteoporosis

I am a health care administrator or policymaker

Other → Please describe yourself

Responses to this question will be used to describe the types of people who view the decision aid, as well as to identify surveys from women with osteoporosis, the group from which we are primarily interested in obtaining feedback.

Note: This screen has not been added to the test version at the time of this submission. However, it will be added before the decision aid is finalized.

Screen 33

Effective Health Care - Low Bone Density Decision Aid: Survey - Mozilla Firefox


File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=30&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

 **Healthy Bones**
A Decision Aid for Women with Osteoporosis



About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

[Skip Navigation](#)

Survey

We hope this decision aid has been useful to you. We would like to know what you think about it so that we can improve this aid and others in the future. Would you be willing to spend about 5 minutes to give us some feedback about the Health Bones osteoporosis decision aid?

If you are willing to take the survey, click the **Next** button below. Otherwise, [Skip the Survey](#).



<< Previous

Next >>

Done

The next four screens (Screens 34-37) contain the feedback survey that can be done after completing the decision aid.

Screen 34

Effective Health Care - Low Bone Density Decision Aid: Survey - Page 1 - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=31&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones
A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Survey - Page 1

1. How long have you had osteoporosis?

- Less than 1 year
- 2 to 4 years
- 5 to 9 years
- 10 or more years
- I don't have osteoporosis
- Not sure

2. Do you feel that the decision aid gave you enough information about the benefits and side effects of the medicines for osteoporosis?

- Yes
- No → Please explain
- Not Sure →Please explain

3. Did the decision aid help you clarify which negative side effects you most want to avoid?

- Yes
- No →Please explain
- Not Sure →Please explain

4. After visiting the decision aid, do you feel that you have the information you need to make the best choice?

- Yes
- No →Please explain
- Not Sure →Please explain

<< Previous Save & Go to Next Page

Done

Screen 35

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

Healthy Bones

A Decision Aid for Women with Osteoporosis

About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Survey - Page 2

5. Do you feel that certain medicines were presented more negatively than others? Yes → In what way?
 No Not Sure → Please explain

6. After going through the decision aid, are you more likely to start taking an osteoporosis medicine? Yes No → Please explain
 Not Sure → Please explain

7. Do you expect to use this information when you visit a doctor or nurse? Yes No →Please explain
 Not Sure →Please explain

8. Would you recommend this decision aid to others? Yes No →Please explain
 Not Sure →Please explain

9. Is there any other information you need to make a decision about taking an osteoporosis medicine?

<< Previous Save & Go to Next Page

Note: If on screen 7 respondents answered “Yes” they were taking an osteoporosis medicine, question 6 in the feedback survey will be, “After going through the decision aid, are you planning to switch medicines?”

Screen 36

Effective Health Care - Low Bone Density Decision Aid: Survey - Page 3 - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=33&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Skip Navigation

Survey - Page 3

10. We welcome your comments. Please write any suggestions you may have to improve this decision aid.

11. Are you Hispanic or Latino/Latina? Yes No

12. What is your race? Please select one or more.

- American Indian or Alaska Native
- Asian
- Native Hawaiian or other Pacific Islander
- Black or African American
- White

13. What is the highest level of school you have completed?

- Some high school
- Graduated high school or GED
- Some college, no degree
- Associate's Degree
- Bachelor's Degree
- Master's Degree
- Professional Degree (MD, DDS, JD)
- Doctorate Degree (PhD, EdD)

<< Previous Save & Go to Next Page

Done

Screen 37

Effective Health Care - Low Bone Density Decision Aid: Survey - Page 4 - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=34&res=Large

Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program



Healthy Bones

A Decision Aid for Women with Osteoporosis



[About Osteoporosis](#) [About You](#) [Treatment Options](#) **[Making a Decision](#)** [Print Your Information](#)

[Skip Navigation](#)

Survey - Page 4

14. How did you find this decision aid?

- Internet search
- Link from another website — Which website?
- Clinic or hospital
- Community Center
- Friend or family member told me
- Magazine, journal or newsletter
- Health Fair
- Library
- Other — Please describe

15. During the past 30 days did you use the Internet or World Wide Web to get health information?

- Yes
- No

<< Previous

Save & Go to Next Page

Done

Screen 38

Effective Health Care - Low Bone Density Decision Aid: Thank You! - Mozilla Firefox

File Edit View History Bookmarks Tools Help


http://testacc.ohsu.edu/decisionAid/LBD/index.cfm?p=35&res=Large


Getting Started Latest Headlines

Effective Health Care - Low Bone Den... Effective Health Care - Low Bone ...

Skip Navigation

U.S. Department of Health & Human Services Agency for Healthcare Research & Quality Effective Health Care Program

 **Healthy Bones**
A Decision Aid for Women with Osteoporosis



About Osteoporosis About You Treatment Options **Making a Decision** Print Your Information

Thank You!

Thank you for using the **Healthy Bones** Decision Aid. We hope that it has been helpful in thinking about your treatment choices for Osteoporosis.

You can also visit the Effective Health Care Program's guide, [Osteoporosis Treatments That Help Prevent Broken Bones: A Guide for Women After Menopause](#). This guide is written for consumers, and is available as a webpage, a printable pdf, and as an audio file you can listen to online or download to your own computer.

For more information about how this Decision Aid was developed, visit the links below:

- [Resources](#)
- [References](#)
- [Methodology](#)

Return to the [Effective Health Care Website Homepage](#)

<< Previous

Return to Decision Aid Home

Done