

# Catch a Break

## FAQs for Primary Care Networks (PCNs)

### What is the Catch a Break Program?

Catch a Break identifies Albertans who have suffered a low-trauma fragility fracture. Catch a Break is a prevention program to encourage Albertans to talk to their doctors about bone health. The program is offered by Alberta Health Services through Health Link. The goal of the program is to help Albertans prevent future bone fractures caused by bone weakness that may be related to osteoporosis.

### How does the program work?

Health Link staff review information from emergency departments and cast clinics to identify patients who have had a low-trauma fracture that could be associated with osteoporosis. Patients and their family physicians are sent an information package, which includes details about the program and information from Osteoporosis Canada on bone health.

### Where is Catch a Break being offered?

Catch a Break was expanded across all of Alberta in December 2014. In 2017, it was operationalized by Alberta Health Services and is now a permanent program.

### Does Catch a Break support the medical home model?

Primary Care Networks are laying the groundwork for every Albertan to have a medical or health 'home' anchored by a physician, with the support of a broader healthcare team for improved access, increased services and ultimately better care. The Catch a Break program supports the medical home model. Catch a Break is designed to help patients become an active participant in their own healthcare by providing scheduled reminders to patients to follow up with their family physician. This ensures patients continue to be connected to their PCN and family physician for the coordination of their care.

### What should the family physician do with the information from Health Link? Should anyone be contacted?

Although patients are advised to contact their family physician to discuss their bone health, some may delay or not take this important step toward prevention and treatment. We encourage PCN offices to contact patients upon receiving the information letter from Catch a Break to arrange follow-up.

### Who can I contact if I have medical questions regarding patients in the Catch a Break program?

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