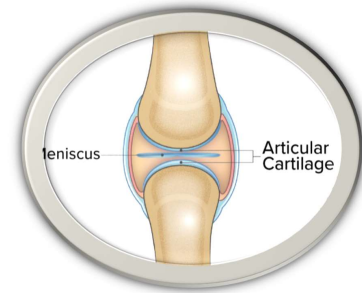




NMS Medicines List - Pharmacy staff guide

Please ensure you have familiarised yourselves with the new categories of drugs that have been added to the NMS as part of the NMS expansion scheme from September 2021. Some of these medications have multiple uses. The pharmacist will discuss with the patient regarding what they are using it for.

Osteoporosis



The following are the most common drugs for osteoporosis that you will see being highlighted by the PMR:

The following are the most common drugs for Osteoporosis that you will see being highlighted.

Alendronic acid

Ibandronic acid

Risedronate sodium

Denosumab

Sodium Clodronate

Strontium Ranelate

Alendronic Acid & Colecalciferol

NMS Medicines List - Pharmacy staff guide

Self-help counselling points

- Getting more exercise, specific types of exercise can help
- eating a balanced diet rich in calcium and vitamin D
- reducing unhealthy habits like smoking or excessive drinking
- reduce chances of a fall

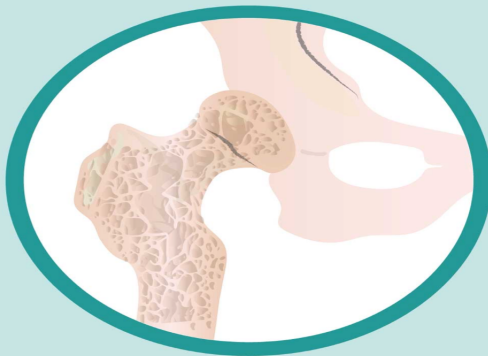
If recovering from fall or fracture





- hot and cold treatments such as warm baths and cold packs
- TENS
- relaxation techniques



Self-help counselling points

Exercises to Avoid with Osteoporosis



-  **High-impact exercise**
-  **Excessive bending**
-  **Activities that require twisting**
-  **Certain Pilates or yoga moves**