



REGISTRATION of interest in the **BONE BASICS** Project:

This project aims to promote the importance of **healthy bones and osteoporosis prevention** through education and awareness programs. All registrations of interest will be acknowledged, and all eligible applicants will receive acceptance into the Project and further instructions on participation.

First Name: _____ Surname: _____

Postal Address: _____

Residential Suburb: _____ Postcode: _____

Mobile: _____ DOB: _____

Email Address: _____

Do you have any of the listed chronically ill conditions:

☐ NO ☐ YES (tick YES if any apply)

Cancer, cardiovascular condition, osteoporosis, chronic eye condition, diabetes, heart, stroke, endometriosis, kidney disease, COPD, musculoskeletal conditions, neurological conditions, rare diseases, lung and respiratory conditions, mental health, arthritis, asthma, back pain.

Do you come from a cultural background where English is not the main language spoken at home?:

☐ NO ☐ YES Please note some materials are available in different languages, so where possible these will be provided.

Please advise language (if not English): _____

The following conditions must be consented to in order to participate in the Project:

- ☐ To be an active part of the Bone Basics Project, AOTAS.
- ☐ To receive emailed invitations to progress to the next steps of the Project pathway.
- ☐ To receive follow-up contact via email and or telephone throughout the term of the Project.
- ☐ To your data/information being de-identified at end of Project (Feb 2027) and retained by AOTAS.

Please turn over to complete the OKAT quiz – this is required as part of your Registration.

RETURN: completed Registration Form + Quiz
TO: 19a Main Road MOONAH TAS 7009 or info@arthritistas.org.au

Participant ID: # _____

OFFICE USE ONLY (1/2)

ARTHRITIS INFOLINE: 1800 011 041





To be part of the Bone Basics Project we also ask that all interested people complete this knowledge quiz on osteoporosis providing a baseline of knowledge before participation in the Project. The OKAT quiz has 20 questions to be answered true or false or don't know. The result of the OKAT quiz does **not** determine your acceptance but completion of it **is required** for acceptance into the Project.

OKAT QUIZ

**PLEASE CHECK WHICH BOX
APPLIES FOR YOUR RESPONSE**

| | | | | |
|-----|--|-------------------------------|--------------------------------|-------------------------------------|
| 1. | Osteoporosis leads to an increased risk of bone fractures. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 2. | Osteoporosis usually causes symptoms (e.g. pain) before fractures occur. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 3. | Having a higher peak bone mass at the end of childhood gives no protection against the development of osteoporosis in later life. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 4. | Osteoporosis is more common in men. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 5. | Cigarette smoking can contribute to osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 6. | White women are at highest risk of fracture as compared to other races. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 7. | A fall is just as important as low bone strength in causing fractures. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 8. | By age 80, the majority of women have osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 9. | From age 50, most women can expect at least one fracture before they die. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 10. | Any time of physical activity is beneficial for osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 11. | It is easy to tell whether I am at risk of osteoporosis by my clinical risk factors. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 12. | Family history of osteoporosis strongly predisposes a person to osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 13. | An adequate calcium intake can be achieved from two glasses of milk a day. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 14. | Sardines and broccoli are good sources of calcium for people who cannot take dairy products. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 15. | Calcium supplements alone can prevent bone loss. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 16. | Alcohol in moderation has little effect on osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 17. | A high salt intake is a risk factor for osteoporosis. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 18. | There is a small amount of bone loss in the ten years following the onset of menopause. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 19. | Hormone therapy prevents further bone loss at any after menopause. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 20. | There are no effective treatments for osteoporosis available in Australia. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |

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SCORE: ____ / 20 (Noting 1 for a correct response and 0 for an incorrect or Don't Know response).

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