

# A Study to Assess the Effectiveness of structured Teaching Programme on the Knowledge Regarding Prevention of Osteoporosis among Postmenopausal Women Employed at Y.C.M Hospital of Pune

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**Abstract:** *Osteoporosis is a disease characterized by bone fragility due to low bone mass and a break down in the skeletal framework. It is a major public health problem affecting millions of people worldwide, with significant physical, psychosocial and financial consequences for the patient and the health care system. Women are at higher risk of getting osteoporosis due to attainment of lower peak bone mass early in life and hormonal changes that occur at the menopause. While osteoporosis is a disease with a strong genetic predisposition, calcium intake and physical activity are well-established modifiable risk factors operating through the maintenance of bone mass and skeletal integrity. Evidence suggests that physical activity and calcium intake can affect not just bone mineral density, but also risk of osteoporotic fractures. Prospective longitudinal studies have estimated that 23% of osteoporosis is attributable to physical inactivity and that almost 10% of osteoporotic fractures are attributable to low dietary calcium intake*

**Keywords:** Post menopausal women, DUB

## 1. Introduction

Osteoporosis is often known as the silent thief because bone loss occurs without symptoms; one in four women over the age of 50 has osteoporosis. One in eight men over 50 also has the disease. However, the disease can strike at any age. More women die each year as a result of osteoporotic fractures than from breast and ovarian cancer. Before a woman reaches 30 years of age her body gains more bone than it loses. Around age 30, this process balances out. However, the onset of menopause around 50 years of age may speed up the rate of bone loss. If bone loss becomes severe, a woman may develop osteoporosis. The condition can be prevented by exercising regularly and making some other lifestyle changes.

## 2. Literature Survey

A study was conducted to assess the prevalence of osteoporosis in Saudi women. 110 radio graphs of calcaneum were reviewed for post-menopausal osteoporosis. The patients had come with unrelated complaints. The age of this patient group was in the range of 45-80 years. Of these 76 percent patient had osteoporosis, of these 42 had mild osteoporosis, 31 had frank osteoporosis and 11 were diagnosed to have severe osteoporosis. This study showed high prevalence of post-menopausal osteoporosis.<sup>9</sup>

A study was conducted in china to assess the prevalence of osteoporosis and to find low bone mass of healthy adult and its risk factors among 881 participants. Among these, 498 were women and 383 were men aged 50 and above were analyzed in this study. A self administered questionnaire was used to assess their demographic characteristics, diet, life styles and medical history. The prevalence of osteoporosis was high in women (47 percent) compared to men (15.5 percent).<sup>10</sup>

## 3. Methodology

In a research study the researcher moves from the beginning of the study (posing a question) to the end (obtaining an answer) in a logical sequence of pre-determined steps that is similar across studies. There is a general flow of activities that is typical of Pre Experimental one group pre test post test design. The data collection was scheduled for the month of February and March 2013. Before the data collection the investigator obtained consent from the sample and the tool was administered.

## 4. Result

This assessment was done using Fisher's exact test. Following is the summary of the results of Fisher's exact test. The null hypothesis is rejected. The demographic variables which were found to have significant association with knowledge.

## 5. Conclusion

Findings of the study showed that most of the subjects were above 40 years with primary educational background all of the clients are married, Most of the subjects had good knowledge regarding prevention of osteoporosis and had a positive attitude towards the treatment and prevention. Study showed that there was a positive statistical significant relationship between knowledge score and demographic variables. Since all the sample belong to medical profession so they are more concentrated towards health related issues and are aware regarding the osteoporosis treatment and prevention as well.

## 6. Future Scope

### 1) Nursing Practice

With the help of standard teaching programme regarding prevention of osteoporosis, the staff nurses, student nurse can improve their knowledge on prevention of osteoporosis & implement it in the clinical field while giving health education

### 2) Nursing Education

Nursing education should emphasize on preparation of nurses with proper knowledge regarding prevention of osteoporosis in order to improve their knowledge. Arrange workshops or health programmes for students. The findings of the study should be used as a basis of in-service education programs for nurses so as to make them aware of the impact of osteoporosis and its complications.

### 3) Nursing Administration

Nurses play the role of efficient administrator and managers and hence she can contribute to decision making at higher level. She can spread information about prevention of osteoporosis among post menopausal women. She also contributes in planning the supply of needed assistance (standard teaching programme) in order to reduce the risk of osteoporosis.

### 4) Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. More researches should be conducted on the various problems that post menopausal women face in their life. The research design, findings and the tool can be used as avenues for further research. The finding of the study will serve as a basis for the professional and student nurse to conduct further interventional studies prevention of osteoporosis.

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