



Knowledge regarding prevention of osteoporosis among women in Dakkilivaripalem, at Nellore

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Abstract

Back Ground: Our bones contain collagen calcium salt and other minerals. Each bone is made up of a thick outer shell. Known as cortical bone and A strong inner mesh of trabecular bone. Which looks like honey comb with blood and bone marrow between the struts of bones. Osteoporosis occurs when the struts that make up this structure become thin cause in up bones to become fragile and break easily.

Objective 1: To assess the knowledge regarding prevention of Osteoporosis among women. 2. To find out association between the level of knowledge regarding prevention of Osteoporosis among women with their selected socio-demographic variables.

Materials and Methods: The descriptive research design was used to conduct research study. The 30 samples were selected by using non probability convenience sampling technique among women in Dakkilivaripalem at Nellore.

Result: The results revealed that with reference to prevention of Osteoporosis among women, out of 30 women 12 (40%) had adequate knowledge, 18 (60%) had poor knowledge.

Keywords: knowledge, prevention, osteoporosis, women

Introduction

Osteoporosis is commonly linked to post menopausal women. However men younger women children and pregnant women can also be affected. Two types of cell are constantly at work in our bone building. New bone and breaking down up to our mid 20s the construction cell work border building strength in to our skeleton from our 40s on wards. The demolition cell becomes more active and bones GRA dually lose their density women lose bone density faster in the year's following the menopause when estrogen level drops. This can leads to osteoporosis and broke bones consequences osteoporosis.

Osteoporosis causes bones to broken following a minor bump of fall. Theses broken bones commonly referred to a fragility fractures are most common in the wrist hip and spine although other parts of the body. Can also affected compressed bones in the back lead to loss of height and spinal curvature.

Osteoporosis is estimated that over 200 million people worldwide have osteoporosis. The prevalence of osteoporosis is continuing to escaping of with the increasingly elderly population. The major complication of osteoporosis is an increase in fragility fractures leading to mortality and morbidity and decreased quality of osteoporotic fractures was estimated.

Objective

1. To assess the knowledge regarding prevention of Osteoporosis among women.
2. To find out association between the level of knowledge regarding prevention of Osteoporosis among women with their selected socio-demographic variables.

Materials and Methods

Research Approaches: Quantitative approach was adopted to assess the knowledge regarding prevention of osteoporosis among women.

Research Design: Descriptive research design was used in this study.

Setting of the study: The study was conducted in Dakkilivaripalem at Nellore.

Target Population: The target population of the study was the prevalence of knowledge regarding prevention of Osteoporosis among women

Accessible Population: The present study includes women who are residing in Dakkilivaripalem at Nellore.

Sampling Technique: Non-probability convenience sampling technique is adopted for the selection of sample.

Sample Size: The sample size for this study was 30

Table 1: Frequency and percentage distribution of level of knowledge regarding prevention of Osteoporosis among women (n=30)

Level of Knowledge	Frequency	Percentage
Adequate	12	40
Poor	18	60

Table No -1: The results revealed that with reference to prevention of Osteoporosis among women, out of 30 women 12 (40%) had adequate knowledge, 18 (60%) had poor knowledge.

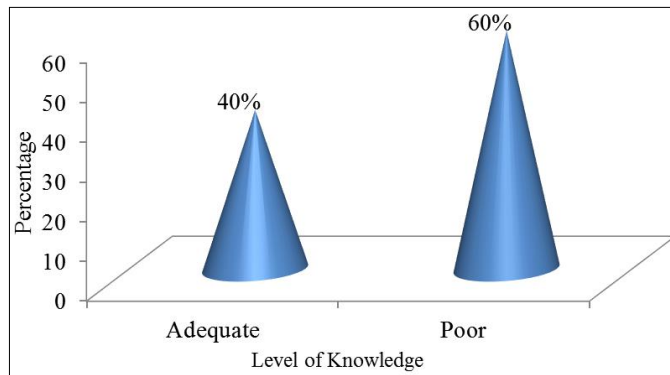


Fig 1: Percentage distribution of Level of knowledge regarding prevention of osteoporosis among women

Table 2: Mean and standard deviation of Knowledge regarding prevention of osteoporosis among women

Criteria	Mean	Standard deviation
Level of knowledge	7.13	2.67

Table No-2: Shows that the level of knowledge regarding prevention of Osteoporosis among women, mean score was 7.13 with standard deviation of 2.67.

Association Between the knowledge regarding prevention of osteoporosis among women with their selected socio demographic variables: There is a significant association between the level of knowledge regarding prevention of Osteoporosis among women like age, religion, education, occupation, Marital status, Family income, types of family, Type of Diet, source of information at the level of $P < 0.05$.

Nursing Implications

Nursing Education: The present nursing curriculum emphasis this placed on theory and level of knowledge in prevention of osteoporosis. Need to conduct workshops/C.N.E programmes for improve their Knowledge.

Nursing Administration: The nurse administrator can organize in service education regarding prevention of Osteoporosis among women.

Nursing Research: Extensive research can be carried out to assess the Knowledge regarding Prevention of Osteoporosis among women.

Research on Prevention of Osteoporosis among women can be conducted in various community setting.

Nursing Practice: In the present study, the nurse should have the responsibility to educate the women regarding the signs and symptoms of Osteoporosis.

Conclusion

The study concluded that majority of the women had poor Knowledge about the prevention of Osteoporosis, as a

community health nurse need to improve their Knowledge to manage Osteoporosis.

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