Research Paper

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Assess the Level of Knowledge on Prevention Osteoporosis Among Working Women in Selected Hospital Administration Department Kanchipuram District,Tamilnadu.

Nursing

KEYWORDS : Level of knowledge, prevention of osteoporosis, working women.

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ABSTRACT

Osteoporosis is a progressive bone disease that is characterized by a decrease in bone mass and density which can lead to an increased risk of fracture. In India the annual incidence rate of osteoporotic fracture in women is greater than the combined incidence rates of heart attack, stroke and breast cancer. Hence the researcher felt it is important to assess the level of knowledge on prevention of osteoporosis among working women in selected hospital administration department. The main aim of this study is to assess the level of knowledge on prevention of osteoporosis among working women in selected hospital administration department. The sample size was 30 working women's and Non probability convenient sampling technique was adopted for this study. An extensive review of literature and guidance by experts formed the foundation to the development of questionnaires. The collected data was tabulated and analyzed. Descriptive and inferential statistics were used. The mean and standard deviation value is 9.7 ± 3.460. The study result revealed that 40% of the Working women are having moderate knowledge and 37% of the Working women are having adequate knowledge. So the study state that the Working women are having moderate knowledge regarding prevention of osteoporosis.

INTRODUCTION

Osteoporosis is a progressive bone disease that is characterized by a decrease in bone mass and density which can lead to an increased risk of fracture. In India 1 in 3women over 50 will suffer a fracture due to osteoporosis. This increases since 2013. The biggest problem created by bone disease, especially osteoporosis, is fractures, which may be the first visible sign of disease in patients. Each year an estimated 1.5 million individuals suffer a fracture due to bone disease. According to Asia update the prevalence rate among female was 19.9%, which most commonly occur in the hip, wrist or spine. Osteoporosis is a disease characterized by abnormalities in the amount and architectural arrangement of bone tissue that lead to impaired skeletal strength and an undue susceptibility to fractures. The most frequent and important of the related fractures are those of the proximal femur, vertebrae, and distal forearm, but fractures commonly occur at many other locations as well. Before the onset of fractures, osteoporosis can be diagnosed by non invasive bone mineral measurements made at various sites. The magnitude of the problem, then, can be assessed both by the prevalence of low bone mass and by the frequency of fractures in a setting of low bone mass (established osteoporosis). This study is mainly intended to assess the level of knowledge towards prevention of osteoporosis among women working in hospital administration department in the selected hospital.

OBJECTIVES

- To assess the level of knowledge on prevention of osteoporosis among working women in selected hospital administration department.
- To associate the level of knowledge on prevention of osteoporosis among working women in selected hospital administration department with selected demographic variable.

METHODS

Quantitative Non- experimental descriptive design adopted for this study. Using non probability convenience sampling technique 30 working women in selected hospital administration department were selected from Chettinad Super Speciality Hospital, Kelambakkam, Tamil Nadu. The structured questionnaires was used to assess the demographic variables and knowledge on prevention of osteoporosis. The collected data was analyzed by using descriptive and inferential statistics.

DATA COLLECTION AND ANALYSIS

The research proposal was approved by the Institutional Human Ethical Committee of the Chettinad Academy of Research and Education, prior to the main study. The purpose of the study was explained to the subjects prior to the study. Descriptive statistical method such as frequency and percentage was used for describing demographic variables. Mean and Standard deviation is used to assess the knowledge. The association between the Knowledge scores with selected demographic variable among working women in selected hospital administration department was evaluated by inferential statistical method (i.e.) chi square test.

RESULTS AND DISCUSSION

In assessing the knowledge of working women regarding prevention of osteoporosis 40% of samples subjects had moderate knowledge, 37% sample subject had adequate knowledge, and the remaining 23% had least knowledge and comes in the category of inadequate knowledge. The mean and standard deviation knowledge score of the working women on prevention of osteoporosis was 9.7 ±3.460. In association with selected demographic variables the result shows no significant association between knowledge aspects with as age, educational status, occupation, monthly income, religion, Marital status, Dietary pattern, Habits, Family history of osteoporosis, Exposure to sunlight. Hence the results state that most of the work women have moderate knowledge on prevention of osteoporosis and there is no significant association at level of p value <0.05.

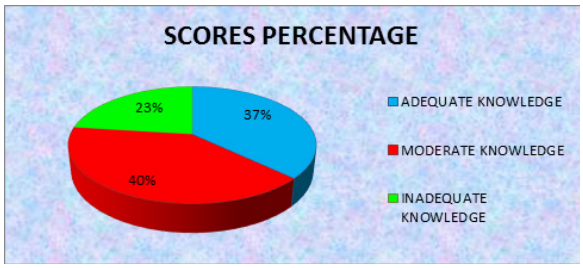

Figure.1 Frequency and Percentage distribution of knowledge score regarding prevention of osteoporosis

IMPLICATIONS FOR NURSING PRACTICE AND RESEARCH

The present study will enable nurses to assess the knowledge status of prevention of osteoporosis among women's. There is a need for extensive research in this area so that prevention of osteoporosis is still more assessed and strategies for early identification and prevention of complications can be implemented.

CONCLUSION

On the basis of conducted research it is concluded that the majority of working women have moderate knowledge regarding prevention of osteoporosis. The demographic variables have no significant association with knowledge score. It is important to for women to know much better about the prevention of osteoporosis. Further studies on health teaching on osteoporosis will help in improvement of knowledge among women's.

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