



A Study To Assess The Knowledge on Prevention of Osteoporosis Among Postmenopausal Women in a Selected Area Of Coimbatore

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ABSTRACT

Menopause, also known as "the change or change of life", is a norms part of a woman's life. The silent thief, osteoporosis is a disease that can rob the skeleton bank of its resources. It slowly and quietly causes micro architectural deterioration of bone, especially in women as they enter their postmenopausal years. The study was undertaken to assess the knowledge on prevention of osteoporosis among post menopausal women in selected area of Coimbatore. Study was conducted in Chinnavedampatti rural area. Descriptive study design with quantitative approach was used. The researcher selected 30 samples using purposive sampling technique. Results were analyzed by descriptive and inferential statistics which revealed that the distribution scores on level of knowledge of postmenopausal women was 28(93%) had a inadequate knowledge, 2(7%) had a moderately adequate knowledge and one of them have a adequate knowledge. variables there was an association between diet pattern and the level of knowledge on prevention of osteoporosis among postmenopausal of women.

KEYWORDS : Osteoporosis, Post menopausal women

STATEMENT OF THE PROBLEM:

A Study To Assess The Knowledge On Prevention Of Osteoporosis Among Post Menopausal Women In a Selected Area Of Coimbatore.

OBJECTIVES

- To assess the level of knowledge on osteoporosis among menopausal women.
- To test the association between knowledge of women regarding prevention of osteoporosis with their selected demographic variables.

OPERATIONAL DEFINITION

ASSESS

Assess refers to judge or decide the amount, value, quality on importance of something.

knowledge

It refers to judge or decide the amount, value, quality or importance of something.

PREVENTION

The term "prevention" is reserved for that intervention that occurs before the initial onset of disorder.

OSTEOPOROSIS

The word literally means 'porous bone'. It is thinning of bones, with reduction in bone mass due to depletion of calcium and bone protein.

POSTMENOPAUSE

It is formally defined as the time after which a women has experienced 12 consecutive months of amenorrhea (lack of menstruation).

HYPOTHESIS

There will be significant association between the knowledge on prevention of osteoporosis and background variables among postmenopausal women.

METHODOLOGY

Descriptive study design was adopted and a quantitative research approach was used . The study was conducted in Chinnavedampatti, Coimbatore which is 4kms away from K.G.Institute of Health sciences, Saranavanampatti. 30 samples were selected from 600 population by purposive sampling technique

SAMPLING CRITERIA

INCLUSIVE CRITERIA

- Women between 40-60years of age
- Women willing to participate
- Women who can understand Tamil or English.

EXCLUSIVE CRITERIA

- Women who are not to resident of selected area

- Women are not available at the time of data collection
- Women who deaf and dump
- Women who have chronic illness

DESCRIPTION OF THE TOOL

The tool consist of following two sections are,

Section A

Performa for collecting demographic data.

Section B

Structured questionnaire consisting of 40 questions to assess the knowledge on prevention of osteoporosis among postmenopausal women.

SCORING KEY

In this questionnaire each correct response carries '1' mark and wrong response carries "0" mark is given.

- ≤50% - Inadequate knowledge
- 51 -75% -Moderate knowledge
- ≥75% -Adequate knowledge

Table4.1:Distribution of demographic variables of the postmenopausal women regarding the knowledge on prevention of osteoporosis.

(n = 30)

Serial No	Demographic Variables	Frequency	Percentage (%)
1	Age		
	a)40-45 years	7	23
	b)46-55 years	10	33
	c)>55 years	13	44
2	Marital status		
	a)Married	30	100
	b)Unmarried	-	-
	c)Divorced	-	-
3	Education		
	a)Primary	27	90
	b)Secondary	3	10
	c)Graduation	-	-
4	Occupation		
	a)Self employed	2	7
	b)Coolie	28	93
	c)Government job	-	-

Serial No	Demographic Variables	Frequency	Percentage (%)
5	Type of family	13	43
	a) Joint family	17	57
	b) Nuclear family	-	-
6	Family income	14	47
	a) <5,000	12	40
	b) 5,000-10,000	4	13
7	No of children	7	23
	a) One	20	67
	b) Two	3	10
8	Mode of delivery	28	93
	a) Normal	2	7
	b) Cesarean	-	-
9	Age at menarche	-	-
	a) ≤10 years	22	73
	b) 11-15 years	8	27
10	Age at menopause	11	37
	a) 36-45 years	18	60
	b) 46-55 years	1	3
11	Food habits	6	20
	a) Vegetarian	24	80
12	Intake of milk and milk products	7	23
	a) Regular	20	67
	b) Irregular	-	10
13	Family history of osteoporosis	8	27
	a) Yes	22	73
14	Intake of calcium table	6	20
	a) Regular	2	7
	b) Irregular	22	73

About variables, the age of postmenopausal women 7(23%) were in the age group of (40-45 years) , 10(33%) were in the age group of (46-55 years) and 13(44%) were in the age group >55 years.

While considering the intake of milk and milk products about 14(47%) of them were taking regularly, 9(30%) of them were taking irregularly, 7(23%) of them were taking occasionally.

Regarding the family history of osteoporosis about 8(27%) of them were having the family history of osteoporosis, 22(73%) of them were not having the family history of osteoporosis.

Table 4.2- Distribution of the level of knowledge in post menopausal women

n =30			
S No	Knowledge score	No of person	Percentage (%)
1	Inadequate (<50%)	28	93
2	Moderately adequate (50-75%)	2	7
3	Adequate (>75%)	-	-

Investigating the level of knowledge on prevention of osteoporosis in postmenopausal women, it was found that 28(93%) had an inadequate knowledge, 2(7%) had a moderately adequate knowledge, none of them had a adequate knowledge.

Table-4.3: Association between the level of Knowledge on prevention of osteoporosis with selected demographic variables

S No	DEMOGRAPHIC VARIABLES	LEVEL OF KNOELEDGE		CALCULATED VALUE OF X ²	TABULATED VALUE OF X ² AT 5% LEVEL
		ABOVE MEAN	BELOW MEAN		
n =30					
1	Age				
	A)40-45 years				
2	Occupation				
	A)Business				
3	Type of family				
	A)Nuclear				
4	No of children				
	A)One				
5	Age at menopause				
	A)36-45 years				
6	Family income				
	A) < 5000				
7	Diet pattern				
	A)Vegetarian				
8	Intake of milk and milk Products				
	A)Regular				
9	History of osteoporosis				
	A)Yes				
10	Intake of calcium				
	A)Regular				
3.84					

{ S*- Significant} { NS- Not significant}

Considering the demographic variables there was an association between diet pattern and the level of knowledge on prevention of osteoporosis among postmenopausal of women.

Discussion

Progressive structural and functional changes on articular structures commence at early menopause and persist postmenopause, leading to an increase in the prevalence of OA in the later population and representing a big impact on health costs worldwide. The study findings depicted that 28(93%) had inadequate knowledge, 2(7%) had moderately adequate knowledge and none of them had an adequate knowledge. Thus the researcher concluded that greater focus should be on postmenopausal women in regard of prevention of osteoarthritis.

References

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