Original Research Paper

Community Medicine

A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON OSTEOPOROSIS AMONG ADULT WOMEN, IN A SELECTED AREA, KANCHIPURAM DISTRICT, TAMIL NADU.

Ms.U.Reshma banu	B.Sc (N) III year, Chettinad College of Nursing, Rajiv Gandhi salai, kelambakkam, kanchipuram district, Tamil nadu, India
Ms.S.Kanchana	B.Sc (N) III year, Chettinad College of Nursing, Rajiv Gandhi salai, kelambakkam, kanchipuram district, Tamil nadu, India
Mrs. N.Thivya, M.Sc (N)	Assistant professor, Chettinad College of Nursing, Rajiv Gandhi salai, kelambakkam, kanchipuram district, Tamil nadu, India

ABSTRACT "A study to assess the level of knowledge on osteoporosis among adult women." The objectives of the study were to assess the knowledge questionnaires of osteoporosis among adult women and to find out the association between level of knowledge on osteoporosis and selected demographic variables of adult women. The sampling technique was simple random sampling technique with the sample of 70 adult women. The structured interview schedule were used to assess the knowledge .The variables were assessing the level of knowledge of adult women on osteoporosis an extensive review of literature and guidance by experts formed the foundation to the development of questionnaires'. The investigator used demographic variable Proforma. The data collection tools were validated and reliability was established. The collected data was tabulated and analysed. Descriptive and inferential statistics were used. The mean value is 10.0714 and the standard deviation is 0.7873. the study shows that 7.14% of the women are having adequate knowledge and 91.42% having moderately adequate knowledge and 1.42% having inadequate knowledge, Regarding association there was significant association between demographic variables (dietary pattern,martial status) and there was no significant association between demographic variables (age in years,age at menarche educational status, occupation, types of family, number of children, sources of information on osteoporosis and their knowledge score at p<0.05. So that health education for the women can be in corporate to improve the women's knowledge.

KEYWORDS : Knowledge, Osteoporosis, Adult women, Kanchipuram District.

INTRODUCTION
"An ounce of prevention is worth a pound of cure.
Osteoporosis is a common condition and becomes more common with increasing age of 50. Osteoporosis is a common musculo skeletal disorder, referred as silent diseases that often remains asymptomatic until bone fracture occur. Because of the high morbidity associated with fracture, prevention is a clinical priority.

Osteoporosis that can occur at any age, although the risk for developing the disease increases as one get older. Osteoporosis is characterized by a decrease in normal bone density due to the loss of calcium and collagen. A loss of bone density causes bones to become brittle, and in turn, leads to frequent fractures and other serious effects. Osteoporosis is a common condition and becomes more common with increasing age of 50.

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A loss of bone density causes bones to become brittle, and in turn, leads to frequent fractures and other serious effects.Osteoporosis is a skeletal disorder characterized by compromised bone strength, predisposing patients to an increased risk of fracture. The postmenopausal form of osteoporosis affects more than 1.5 million Canadians, with prevalence increasing from 6% of women aged 50 to 59 years to more than 40% of women aged 80 years and older.

MATERIALS AND METHODS:
Research approach: Quantitative, non experimental - evaluative approach.

Research design: Non experimental - Descriptive research design.
Research setting: The study was be conducted in the selected villages, kanchipuram district, Tamilnadu.

Population: The population of the study comprises of adult women in the age group of 20 -55 years of a selected community, kanchipuram district, tamilnadu.

Sample size : The samples of the study consist of 70 women in a selected community in kanchipuram district, Tamil nadu.
Sample techniques: Simple random sampling is used for the selection of the women.

CTITERIA FOR SELECTION OF SAMPLE:
Inclusion criteria:
1. Women between 20-55 years of age.
2. Women who are willing to participate.
3. Women who can understand Tamil / English.

Exclusion criteria:
1. Women who are ill at the time of study
2. Women are not available during of the study.

DEVELOPMENT AND DESCRIPTION OF THE TOOL :.
A structured questionnaire used in this study consists of two sections which are as follows.

SECTION A: demographic variables
SECTION B: it consisted of multiple choice questions which were prepared to assess the knowledge on osteoporosis among adult women.

METHOD OF SCORING INTERPRETATION: each correct answer carries "1" mark and wrong answer carris "0" mark.
    < 50% - inadequate knowledge
    51-73% - moderately knowledge
    >74% - adequate knowledge.

METHOD OF DATA COLLECTION: The data was collected using structured interview schedule.

RESULTS AND DISCUSSION ; The collected data were entered in data sheet and analyzed using descriptive and inferential stati

stics.The findings shows that there was significant association between demographic variables (dietary pattern,martial status) and there was no significant association between demographic variables (age in years,age at menarche educational status, occupation, types of family, number of children, sources of information on osteoporosis and their knowledge score at p<0.05. and The mean value is 10.0714 and the standard deviation is 0.7873. the study shows that 7.14% of the women are having adequate knowledge and 91.42% having moderately adequate knowledge and 1.42% having inadequate knowledge

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study.The findings showed that most of the adult women had inadequate knowledge regarding osteoporosis.This study helped the adult women to gain more knowledge regarding osteopo rosis.Hence it was concluded that he adult women need to gain more knowledge regarding prevention osteoporosis and to improve knowledge and attitude osteoporosis.

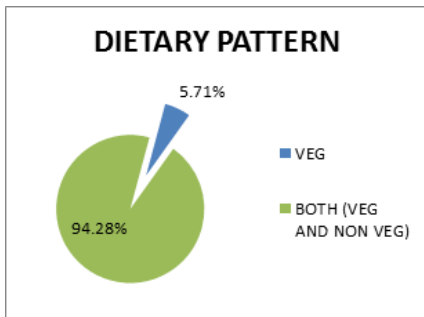**Figure 1 : Demographic distribution of Dietary Pattern**

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