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## Knowledge regarding management of osteoporosis among postmenopausal women

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### Abstract

**Back Ground:** Osteoporosis is a 'silent disease' because bone loss occurs without symptom. In many cases, the first "symptom" is broken bone. Patient with osteoporosis may not know that they have the disease until their bones become so weak that a sudden strain bump or fall causes a hip fracture or vertebra collapse.

**Objectives:** 1. To assess the level of knowledge regarding management of osteoporosis among postmenopausal women. 2. To find out association between level of knowledge regarding management of osteoporosis among post-menopausal women with their selected socio demographic variables.

**Materials and Methods:** The researcher was used quantitative research approach with Descriptive research design. The 30 samples were selected by using Non-probability convenience sampling technique to assess the knowledge regarding management of osteoporosis among postmenopausal women. Data was analyzed by using descriptive and inferential statistics.

**Result:** The results revealed that, with regard to level of knowledge regarding management of osteoporosis among post-menopausal women 4(3%) had A, 11(36.11%) had B+, 6(20.3%) had B, 5(16.6%) had C, and 4(13%) had D.

**Keywords:** knowledge, management, osteoporosis, postmenopausal women

### Introduction

Osteoporosis is one of the emerging health issues in worldwide. It is a silent disease and causes fracture of bone due to increase in longevity of life in India. Osteoporosis fractures are becoming a major cause of morbidity and mortality which similar to the western part of the world. It is estimated that currently India has more than 36million population affected with osteoporosis.

After menopause in women the process of osteoporosis is accelerated due to deficiency of estrogen. Postmenopausal osteoporosis is defined as generalized skeletal disorder in which because of decreased bone density or deteriorating bone quality. There is increased risk of fracture of bone and in increased in early premenopausal period leading to a net bone loss. Vitamin D deficiency and poor calcium intake will also accelerate.

Osteoporosis increases risk of a fracture and can lead to a loss of height and or a humped back. This disease comes on silently-there had no warning signs and it is usually not detected until a fracture is suffered. It moves quickly with up to 20% expected life time bone loss occurred with the first 5 to7 years after menopause.

The common treatment includes calcium and vitamin supplements can be of benefit for old people to reduce the risk of hip fracture rates. Hormonal replacement therapy is estrogen replacement for women at menopause which helps to maintain bone density and reduce fracture rates for the duration of therapy.

### Objectives

- To assess the level of knowledge regarding management of osteoporosis among postmenopausal women.
- To find out association between level of knowledge regarding management of osteoporosis among post-menopausal women with their selected socio demographic variables.

**Materials and Methods**

**Research Approach:** The quantitative research approach was adopted to the present study.

**Research Design:** A descriptive design was used to assess the knowledge regarding management of osteoporosis among postmenopausal women.

**Setting of the Study:** The study was conducted in NTR Nagar at Nellore.

**Target Population:** All post-menopausal women.

**Accessible Population:** All postmenopausal women who are residing in NTR Nagar at Nellore.

**Sample Size:** The Sample size for the present study was 30 postmenopausal women.

**Sample Technique:** Non probability convenience sampling technique was adopted for the study.

**Variables**

**Research variable:** Knowledge regarding management of osteoporosis.

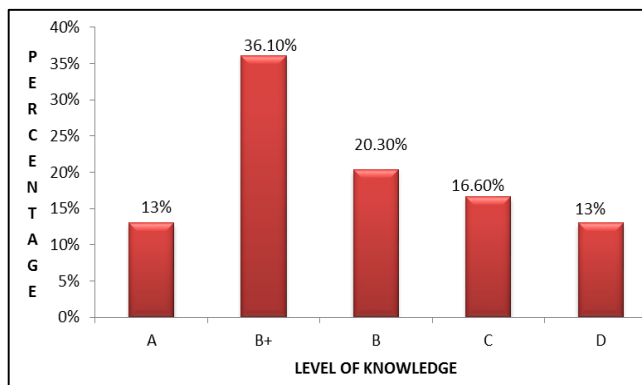
**Demographic variable:** This include age, religion, income, occupation, education, attained menopausal age, family types, BMI, weight, height, parity, menstrual history.

**Result and Discussion**

**Frequency and percentage distribution of level of knowledge regarding management of osteoporosis among postmenopausal women**

**Table 1:** Shows that that with regard to level of knowledge regarding management of osteoporosis among post-menopausal women 4(3%) had A, 11(36.11%) had B+, 6(20.3%) had B, 5(16.6%) had C, and 4(13%) had D.

Level of Knowledge	Frequency (f)	Percentage (%)
A	4	13
B+	11	36.1
B	6	20.3
C	5	16.6
D	4	13
Total	30	100%



**Fig 1:** Frequency and distribution of postmenopausal women based on level of knowledge

**Table 2:** Mean and standard deviation of Knowledge regarding management of osteoporosis among post-menopausal women.

Criteria	Mean	Standard Deviation
Level of knowledge	11.9	2.25

Table no-2: show that Knowledge regarding management of osteoporosis among post-menopausal women, Mean score was 11.9 with Standard deviation of 2.25.

**Association between the Levels of knowledge regarding management of osteoporosis among postmenopausal women with their selected socio demographic variables:**

there is a significant association between the variables like occupation, income, and BMI. There was no significant association between level of knowledge with socio demographic variables like age, education religion, family, weight, height, parity, and menstrual history at the level of P<0.05.

**Implication of Study**

**Nursing Practice:** A nurse has responsibility to educate the importance of management of osteoporosis.

**Nursing Education:** In the present nursing curriculum emphasis this placed on theory and level of knowledge regarding management of osteoporosis among post menopausal women. The emphasis should focused on the knowledge they should know the management and to improve knowledge.

**Nursing Administration:** Nursing administration should organize in service education / workshop/ simulation /CNE/ Seminar on level of knowledge regarding management of osteoporosis to improve the knowledge of staff nurses and nursing students.

**Conclusion**

The study concluded that level of knowledge regarding management of osteoporosis among postmenopausal women. 13% had (A) knowledge, 36.11% had (B+) knowledge, 20.3% had (B) knowledge, 16.6% had (C) knowledge, and 13% had (D).

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