Knowledge Regarding Osteoporosis among Women of Menopausal Age (45-65 Years) at Selected Village of Moga, Punjab.

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INTRODUCTION:

"Invest In Your Bones, Prevents First Fracture"
- World Osteoporosis Theme (2012)

Osteoporosis is a chronic progressive metabolic bone disease characterized by low bone mass and structural deterioration of bone tissue leading to increased bone fragility. One in two women and in one in eight men over the age of 50 will sustain an osteoporosis related fracture during their life time. Osteoporosis is known as "silent thief" because it slowly and insidiously over many years robs the skeleton of its banked resources.

The woman who is menopausal is most at risk for hypocalcaemia. As a woman ages, calcium intake typically declines. The parathyroid glands recognize this decrease and stimulate bone to release some of its stored calcium into blood for replacement. The result is a condition known as osteoporosis. The woman who is menopausal has a decreased level of estrogens, hormones that help to prevent bone loss in younger woman.

Osteoporosis is characterized by low BMD (Bone mass density) and degeneration of bone micro architecture, which increases the bone brittleness and fracture risk. The disease is identified clinically by occurrence of non traumatic fractures, especially in the lumbar spine and forearm and by the occurrence of femoral fractures after fall from height. The greatest loss of bone mass occurs in women during menopause.

NEED FOR THE STUDY

As per data about prevalence of disease world-wide, 25% of women over the age of 50 years have been found susceptible to breakage of bone due to having low bone mass and half of them (12.5%) are having risk of osteoporosis. In case of men, only 8% of them have been found to suffer from osteoporosis. In India, the data was scarce till 1990 through there were several cases of bone fracture and low bone mass. Now as per estimation there are about 12 million cases of osteoporosis and also there are chances of increase in many folds due to poor calcium and vitamin D intake and poor acceptable to Hormone Replacement Therapy.

Osteoporosis is responsible for more than 1.5 million fractures annually, including 300,000 hip fractures, 700,000 spine (vertebrae) fractures, 250,000 wrist fractures, and more than 300,000 fractures of other bones. Recent estimates show that a total of 2.5million Indians will be affected from osteoporosis. Osteoporotic fractures in India occur commonly in both sexes and may occur at a younger age than in the West. According to WHO, one out of eight males and one out of three females in India suffers from osteoporosis making India one of the largest affected countries in the world. The number of osteoporosis patients are projected to increase approximately from 26 million (2003) to 36 million by 2013.

PROBLEM STATEMENT

An exploratory study to assess the knowledge regarding osteoporosis among women of menopausal age (45-65 years) at selected village of Moga, Punjab.

OBJECTIVES

1. To assess the knowledge level of menopausal women regarding osteoporosis.
2. To find the association between knowledge and

selected demographic variables.

3. To develop an informational booklet for menopausal women on osteoporosis.

ASSUMPTIONS

1. Women (45-65 years) may have some knowledge regarding osteoporosis.

2. Women will feel free to clear their doubts regarding osteoporosis.

MATERIALS AND METHODS:

Research Approach: Exploratory Approach.

Design: Non-Experimental Research Design.

Setting: Menopausal women from Rauli village, Moga.

Sample size: 100 menopausal women.

Sampling Technique: Simple random sampling Technique.

Inclusion criteria:

❖ Menopausal Women Aged 45-65 Yrs.

❖ Menopausal women of selected village of Moga.

Exclusion Criteria:

❖ The menopausal women who cannot understand Punjabi or English.

❖ The menopausal women who are not willing to participate in the study.

Description of the Tool:

It consists of two sections.

Section-I: Demographic variables: The part consist of items for obtaining personal information about subjects such as age, education of woman, occupation of woman, family monthly income in rupees, dietary habits, type of family and source of information.

Section-II:

A self administered questionnaire to assess the knowledge level of menopausal women regarding osteoporosis. A total of 30 questions included.

Variables of the Study:

Dependent variable:

Knowledge level of menopausal women regarding osteoporosis.

Independent variables:

These are age, education of woman, occupation of woman, family monthly income, type of family, dietary habits and source of information.

RESULTS AND DISCUSSION:

Fig: 1 Percentage distribution of knowledge level of menopausal women regarding osteoporosis

(N=100)
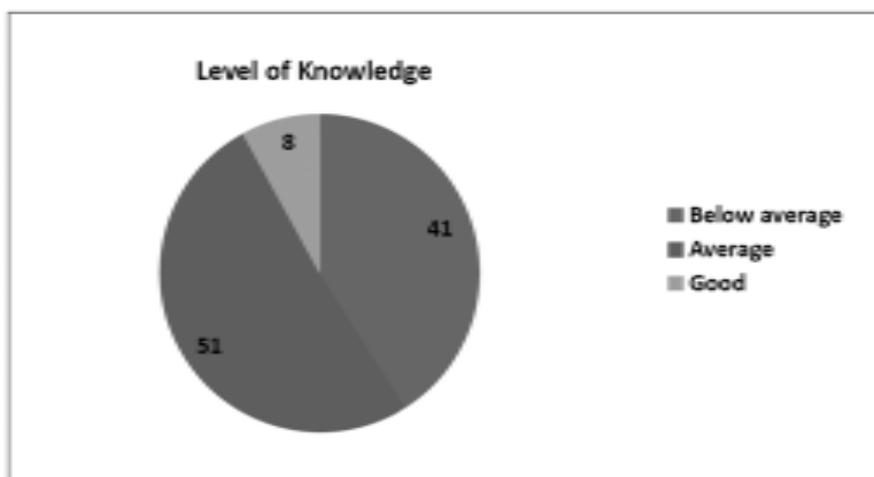
Tab-1 reveals that among 100 menopausal women, 41(41%) of them had below average knowledge, 51(51%) of them had average knowledge, and 8(8%) of them had good knowledge regarding osteoporosis.

Fig-2: Mean and Standard Deviation of knowledge level of Menopausal women regarding osteoporosis **(N=100)**
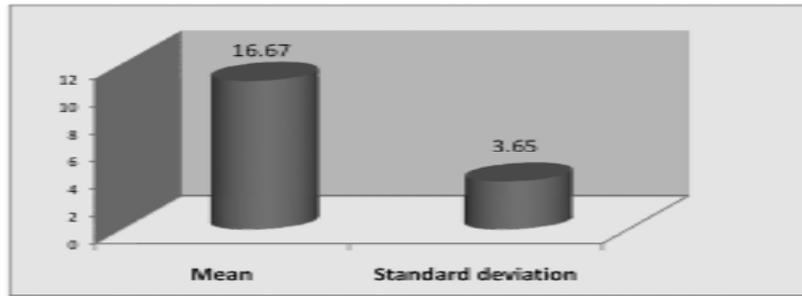
Tab-1 reveals that, the mean knowledge score of menopausal women is 16.67 and the standard deviation of menopausal women is 3.65.

Tab-1: Association between Level of Knowledge and Demographic Variables of menopausal women (N=100)

S. No	Demographic variables	Below Average		Average Knowledge		Good Knowledge		Chi square
		F	P	F	P	F	P	
1.	Dietary Pattern							$X2 = 6.778$
								DF = 2
	a) Vegetarian	2	2%	10	10%	3	3%	S*
	b) Nonvegetarian	39	39%	41	41%	5	5%	P<0.05
2.	Family income							
	a) <3000	23	23%	26	26%	3	3%	$X2 = 18.15$
	b) 3001-5000	13	13%	14	14%	2	2%	df = 6
	c) 5001-10000	2	2%	3	3%	-	-	S*
	d) >10000	3	3%	8	8%	3		P<0.05

Tab-3 shows that, among all the demographic variables, dietary pattern and family income had significant association with knowledge level at P<0.05 level.

CONCLUSION: Osteoporosis is a preventable disease. Through appropriate education and lifestyle changes, the incidence of osteoporosis can be reduced. It is important that all menopausal women should have necessary knowledge regarding risk factors of osteoporosis and preventive health behaviors. Researcher strongly felt that, menopausal women are at risk and unaware about this silent killer, imparting knowledge to women can prevent osteoporosis to certain extent. The need for prevention of this silent killer is must, as this has become the major life threatening disease.

Recommendations:
1. A similar study can be done on larger samples to validate and generalize the findings.
2. A similar study can be conducted with an experimental research approach having a control group.
3. A similar study can be conducted and evaluating using other teaching strategies like video assisted teaching.

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