

A study to access knowledge of post-menopausal osteoporosis among perimenopausal women in selected area of Byahatti PHC, Dharwad Dist. Karnataka State, India

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Abstract

A descriptive survey was conducted to assess knowledge regarding post-menopausal osteoporosis among perimenopausal women at selected area of Byahatti PHC, Dharwad dist, Karnataka. Totally 30 perimenopausal women were selected by probability simple random sampling technique. The knowledge was assessed by using structured knowledge Questionnaire. The study results reveal that, majority of subjects 21 (70%) had an average knowledge and remaining 09(30%) had poor knowledge regarding post-menopausal osteoporosis. There was no association found between knowledge scores and their selected demographic variables. The study findings concluded that Overall knowledge scores regarding postmenopausal osteoporosis among perimenopausal women was average and there is a need of health educational programmes to improve their knowledge and take necessary steps to prevent and adequately manage post-menopausal osteoporosis.

Keywords: post-menopausal osteoporosis, premenopausal women, knowledge

Introduction

Osteoporosis is a serious public health issue of concern worldwide, with approximately 9 million fractures ^[1, 2]. Osteoporosis has widespread economic and health impacts. Osteoporosis and osteoporotic fractures cause large numbers of disabilities, deaths, and huge health care costs through hospital and rehabilitation expenses ^[3]. Women's are having more risk than men of getting osteoporosis, with the risk increasing significantly during the postmenopausal period for women, when the majority of fractures are diagnosed. Women accounted for 71% of the more than 2 million fractures projected in 2005 ^[4]. Osteoporosis is a serious threat to the independence, quality of life, and life of postmenopausal women ^[5].

Osteoporosis is a progressive metabolic skeletal disease characterized by the porous bones due to which bone mass reduction occurs, bone strength is compromised increasing susceptibility to fractures and diminishing the health related quality of life ^[6]. Osteoporosis is a public health problem ^[7] and ranks high among people to become disable with severe complications ^[8].

Some studies have documented inadequate knowledge regarding prevention and management of osteoporosis among postmenopausal women. Such studies need to be conducted regularly to check the knowledge and practices regarding prevention of osteoporosis. Hence study was undertaken to assess the knowledge of post-menopausal osteoporosis among perimenopausal women.

Objectives

1. To assess the level of knowledge of post-menopausal osteoporosis among perimenopausal women at selected area of Byahatti PHC.
2. To find out an association between knowledge scores of

perimenopausal women with their socio-demographic variables.

Methodology

Research Approach: Quantitative Research Approach

Research Design: Descriptive survey design

Sampling technique: Probability; Simple Random Sampling Technique

Sample size: 30

Setting of study: Selected area of Byahatti PHC, Dharwad District.

Tool used: Structured Knowledge Questionnaire to assess knowledge regarding post-menopausal osteoporosis.

Section I: Socio-demographic variables of subjects.

Section II: Knowledge items on post-menopausal osteoporosis.

Procedure of Data Collection

The formal permission was obtained from the Authority of PHC and panchayat of Byahatti primary health center. The participants were selected by simple random sampling technique and the written consent was obtained. The structured knowledge questionnaire was administered to assess knowledge of subjects regarding post-menopausal osteoporosis. Data collected was then tabulated and analyzed.

Results

1. The findings related to socio-demographic variables of subjects

The majority of subjects 17(56.7%) belonged to the age group of 41- 45 years. In terms of marital status, 28(93.3%) of them

married and majority of subjects 13(43.3%) had primary education. All subjects 30(100%) had the occupation of agriculture. Regarding family income 14(46.7%) of subjects had below 5000 rupees per month income. Majority of subjects 23(76.7%) were having mixed diet. Majority of subjects 24(80%) had their menarche at the age of 12-14 years and Majority 13(43.30%) of subjects' source of information was family members and peer group.

2. Analysis and interpretation of knowledge scores of perimenopausal women regarding post-menopausal osteoporosis.

Table 1: Mean, median, Mode, Standard Deviation and Range of subjects regarding knowledge of post-menopausal osteoporosis. n=30

Mean	Median	Mode	Standard deviation	Range
9.7	10	10	2.46	11

Table 1 reveals that, mean knowledge score of subjects regarding post-menopausal osteoporosis was 9.7, median was 10, mode was 10, standard deviation was 2.46 and range was 11.

Table 2: Frequency and percentage distribution of level of knowledge score of Perimenopausal women regarding post-menopausal osteoporosis, n=30

Knowledge score	Frequency (f)	%
Good (17-25)	00	00
Average (09-16)	21	70
Poor (00-08)	09	30

Table 2 reveals that in majority of subjects 21 (70%) had an average knowledge and remaining 09(30%) had poor knowledge regarding post-menopausal osteoporosis.

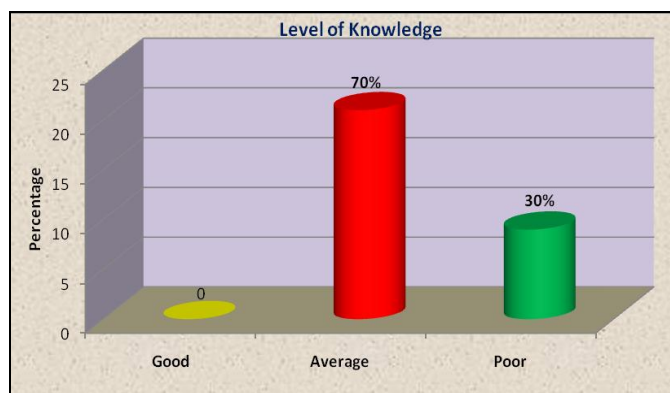


Fig 1: Percentage distribution of knowledge scores of subjects regarding post-menopausal osteoporosis

3. Analysis and interpretation of data to find out association between knowledge scores of subjects and their selected socio demographic variables

Since χ^2_{cal} value < χ^2_{tab} value. These Probability values of χ^2 contingency revealed that the knowledge scores and socio demographic variables are independent. This means that knowledge scores has nothing to do with socio demographic variables of perimenopausal women. Hence there is no

association between knowledge scores and their selected demographic variables.

Conclusion

Overall knowledge scores regarding postmenopausal osteoporosis among perimenopausal women was average. It implies that perimenopausal women require health educational programmes to improve their knowledge and take necessary steps to prevent and adequately manage post-menopausal osteoporosis. The results revealed that there was no association between knowledge scores and sociodemographic variables.

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