



A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE PREVENTION AND RISK FACTORS OF OSTEOPOROSIS AMONG THE MIDDLE AGE PEOPLE IN AN URBAN COMMUNITY AREA- PALLAVARAM IS A (35-55 YEARS) IN AN URBAN COMMUNITY AREA - PALLAVARAM

V.Yasodha

Sree Balaji college of Nursing, Bharath university, chrompet, Chennai

ARTICLE INFO

Article History:

Received 9th December, 2016
Received in revised form 18th
January, 2017
Accepted 6th February, 2017
Published online 28th March, 2017

Key words:

Middle age, Fracture, bone density

ABSTRACT

Osteoporosis is a systemic disease of the bone that affects millions of the people and causes burdens for the both the affected individual and health systems and societies worldwide. The total affected population would be therefore be around 25 millions, if the lower bone density is shown to confers a greater risk of fracture, as in expected, the figure can increase to 50 millions.

Copyright © 2017 V.Yasodha. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Since the 1970 much research has been done in the field of osteoporosis. research in osteoporosis poses a wide field and includes basic, clinical, and translational studies in the above mentioned specialties. Due to its prevalence worldwide osteoporosis is considered a serious public health concern, currently its is estimated that over 200 million people worldwide.

Suffer from this disease approximately 30% of all post menopausal women have osteoporosis in the united states and in the Europe. at least 40% of these women and 15 – 30 % of men will sustain one or more fragility fractures in their remaining life time. ageing of populations worldwide will be responsible for a major increase in the incidence of osteoporosis in post menopausal women.

RESEARCH METHODOLOGY

The area elected for the research study was pallvaram urban community. Simple random technique was adopted for this study. For the study pallvaram urban community. 30 samples of middle age people were taken in. The tool for this study was a structured interview schedule.

Mark given for wrong answer-0

Mark given for right answer-1S

Data collection

The investigator explained the procedure and purpose to data collection to the sample. Initially their consent was obtained then the interview schedule was performed by the investigator to the sample.

Scoring Key

0 -- Mark given for wrong answer.

1 -- Mark given for correct answer

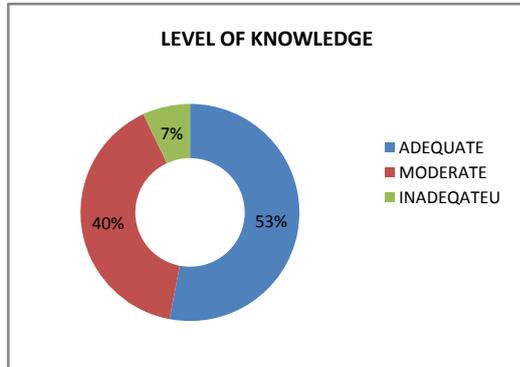
RESULT AND CONCLUSION

- Majority of them were belong to the age group of 45 - 55 Years of age 24(80%)
- Majority of them were belong to the sex group female of age 21(70%)
- Majority of them had only illiterate 14(47%)
- Majority of them were house wife 20(67%)
- Majority of them were belong to the income group 5,000 -15,000/Month 10(33%)
- Majority of them were belong to the Hindu 25(84%)
- Majority of them were getting information from Media and health workers 10(33%).

Percentage Distribution of Level of Knowledge

The figure represent the percentage distribution of level of knowledge

- Majority 16(54%) of the middle age people had adequate knowledge.
- 12(40%) of the middle age people had moderate knowledge.
- 2(7%) of the middle age people had inadequate knowledge about osteoporosis.



CONCLUSION

The present study assesses the knowledge regarding the osteoporosis among middle age people prevention and managing the osteoporosis and follow up care

Bibliography

1. Denies F: poet, Nursing research Generation and Asserting Evidence for Nursing practices, Welters' culler India pvt.ltd. New Delhi, 2012, Ninth edition
2. Donna Delta, "Textbook of Medical surgical Nursing", volume second edition, sounders publisher, Philadelphia.

3. Kartheri sounder Rao, "community health Nursing," Third Edition ,B-I .publication,2000.
4. Park K, "Textbook of prevention and social Medicine,," Seventh Edition, banarasidas, bhanot publisher, Jubal purr.
5. Professor Dr.E.vijay, "community health nursing", Third edition, Beacon publishers 1997.
6. Sidhu K, "Methodology of research education", fourth edition, New Delhi.
7. Wikinson, "Methodology of Research and technique of social Research," fourth edition, Himalaya, Bombay.

Journals

1. Ross PD, Davis JW, Epstein R, Wasnich RD. Pre-existing fractures and bone mass predict vertebral fracture incidence. *Ann Intern Med* 1991; 114: 919–23.
2. Seeley D, Browner WS, Nevitt MC, Genant HK, Scott JC, Cummings SR, for the Study of Osteoporotic Fractures Research Group. Which fractures are associated with low appendicular bone mass in elderly women. *Ann Intern Med* 1991; 115: 837–42.
3. Nevitt MC, Johnell O, Black DM, Ensrud K, Genant HK, Cummings SR. Bone mineral density predicts fractures in very elderly women. *Osteoporos Int* 1994; 4: 325–31.
4. Marshall D, Johnell O, Wedel H. Meta-analysis of how well measures of bone mineral density predict occurrence of osteoporotic fractures. *BMJ* 1996; 312: 1254–9.
5. Sklarin PM, Cummings SR, Nevitt MC, Ensrud K, Stone KT, Black DM, for the Study of Osteoporotic Fractures Research Group. Bone loss is an independent predictor of hip fracture in elderly women with low bone mass [abstract]. 10th International Congress of Endocrinology; 1996 June 12–15; San Francisco.
