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Review Article

A STUDY TO ASSESS THE KNOWLEDGE REGARDING OSTEOPOROSIS AND ITS RISK STATUS AMONG ELDERLY WOMEN IN SELECTED ORGANIZATION- A NARRATIVE REVIEW

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ABSTRACT

Introduction: Osteoporosis is a condition characterised as a disease condition in which the density and quality of the bone are reduced, leading to weakness of bone and increases the risk of fracture. Osteoporosis is one of the major health problem Women are facing, Estrogen deficiency plays a major role in the development of Elderly Women Osteoporosis. “**Aim:** The aim of this narrative review is to find information on the knowledge and risk status of elderly women regarding osteoporosis. **Methodology:** Intervention-Knowledge and risk status of osteoporosis. **Types of studies-** Quantitative research approach, Descriptive research design., purposive sampling technique. **Types of participants-** Elderly women, above 40 years. **Setting-** Selected organization of Sharda University. **Outcome-** This narrative review result has appeared that the majority of the women have knowledge deficit regarding osteoporosis. Most of the women are unaware of their condition and means to prevent it.

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INTRODUCTION

Osteoporosis is defined as a disease condition in which the density and quality of the bone are reduced, leading to weakness of bone and increases the risk of fracture. Osteoporosis is one of the major health problem Women are facing, Oestrogen deficiency plays a major role in the development of Elderly Women Osteoporosis. “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 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.¹

A non-experimental study was conducted by Ms. P. latha (2012) in Rauli village, moga, punjab on menopausal women. The study is an exploratory study to assess the knowledge regarding osteoporosis among women of menopausal age (45-65 yrs). The Simple random sampling Technique was used to select 100 menopausal women as a study subject. The

Percentage distribution of knowledge level of menopausal women regarding osteoporosis 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. Whereas the mean knowledge score of menopausal women is 16.67 and the standard deviation of menopausal women is 3.65. there is significance association between dietary pattern and family income with knowledge level at P<0.05 level. However, 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.²

A cross-sectional study was conducted by Dr.Gurukrushna Mohapatra (Sep 2015) in urban slum area of Ankuli village Berhampur, Odisha among peri menopausal women. The study of knowledge on osteoporosis among peri menopausal women in an urban slum area of Berhampur. The Random sampling technique was used to select the 369 samples. Data was collected from a structured pre tested and pre designed

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questionnaire.) The mean knowledge found that 74% women had poor knowledge and 7% had good knowledge (score 21-32) where as only 19% were found to have an average knowledge (score 11-20). However, the researcher concluded that Level of knowledge about osteoporosis had a significant association with age and occupation. ($p < 0.05$). Knowledge of osteoporosis and its prevention was limited among the perimenopausal women living in urban slums and the level of the knowledge is significantly associated with factors like age and occupation.³

A questionnaire-based study was conducted by Nirmal Raj Gopinathan, Ramesh Kumar Sen, and Prateek Behera *et.al.*(Dec.2016) on women from Chandigarh. The study is Awareness of osteoporosis in postmenopausal Indian women: An evaluation of Osteoporosis Health Belief Scale. . A questionnaire (OHBS)-based study in 100 postmenopausal women in Chandigarh was conducted. The bone mineral density (BMD) was measured in each case by dual energy X-ray absorptiometry. Height, weight, and body mass index (BMI) of the participants were noted. The study was carried out among 100 postmenopausal women. The average age of the 100 enrolled women was 47.6 years (38–64 years). The average BMI was 26.6 ± 3.48 . Of the 100 women, 18 women had a “t” score of -2.5 and below and were osteoporotic, 55 women had “t” score -1 to -2.5 and were osteopenia and 27 women had “t” score -1 to 1 and were considered normal. The mean BMIs among the three groups were 28.2 ± 3.11 , 26.2 ± 3.37 , and 25.2 ± 3.65 for normal, osteopenia, and osteoporotic population. The results show that there is a great deficit in the awareness level of postmenopausal Indian women regarding osteoporosis. Most of the women were unaware of the condition and the means to prevent it. The study emphasizes that health care professionals have lot of ground to cover to decrease the incidence of osteoporosis and its associated health problem.⁴

A descriptive study was conducted by Swamy P.G.N, Ravindra H. N, Rathod Yamin *et. al.* (feb.2017) on pre-Menopausal Women from rural Areas of Waghodia Taluka. The study is a descriptive study on Knowledge Regarding Prevention of Osteoporosis among Pre-Menopausal Women in Rural Areas of Waghodia Taluka with a View to Develop Information Booklet. The Quota sampling technique was used to select 120 pre-menopausal women as a study subject. the overall pre-test knowledge score with maximum score 20, Mean score 12.16, The findings shows that the pre-test knowledge score of pre-menopausal women regarding prevention of osteoporosis with their selected demographic variable such as education (15.64), occupation (13.077), family income (19.743) where found significance at 0.05 level of significance and variable such as Age (2.401), type of family (2.85), type of diet (4.219), and History of osteoporosis (0.059) where not significant at 0.05 level of significances. . Thus it can be interpreted that there is a significant association between pre-test level of knowledge among premenopausal women with their selected socio demographical variable such as education, occupation and family income. The premenopausal women have the adequate knowledge regarding the prevention of osteoporosis. The self-administered questionnaire has shown a remarkable association between socio-demographical variables and their knowledge.⁵

A descriptive study was conducted by Gerend MA, Erchull MJ, Aiken LS *et. al* (Oct.2009) did A study on reason and risk factor underlying women’s perceptions of susceptibility to osteoporosis. The objective was to assess women’s perceptions and risk for osteoporosis and to identify factors that shape those perception. The data was collected from 358 women. Open ended responses were analyzed. Study reveals that 63% perceived their risk was lower than other women in there age; Only 16% as higher. Risk-increasing and risk-decreasing personal actions, hereditary factors, and physiological factors accounted for osteoporosis. only one half and one third of all women. However mentioned calcium consumption and exercise respectively as protective factors. Study suggest that increasing awareness of osteoporosis should be a priority for future osteoporotic prevention campaigns.⁶

METERIAL AND METHOD

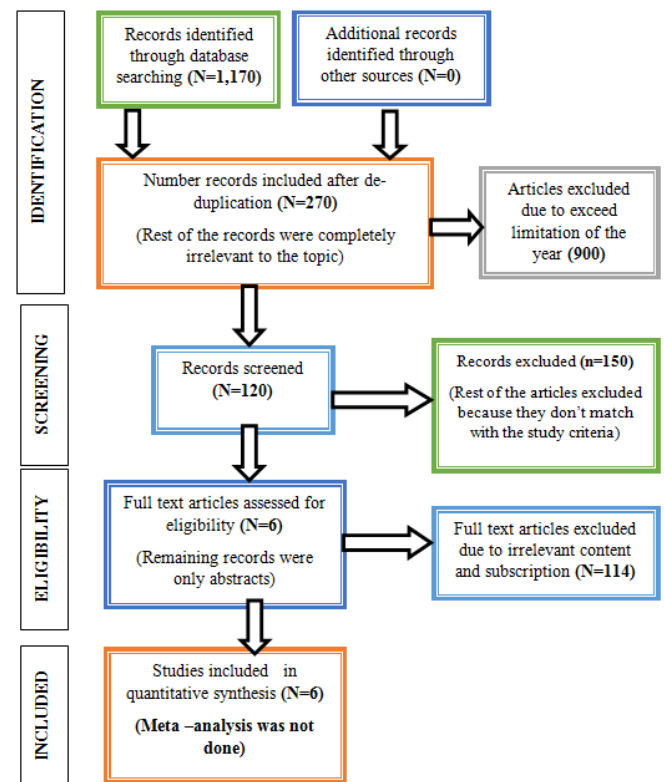


Figure 2 Prisma flow diagram of narrative review

Findings

The systematic search was conducted by formulating the terms separately and in integration with all synonyms, also according to the database. Likewise, a manual Google scholar search was undertaken using the keywords and search synonyms from already articles. An addition of 6 articles was found in the database. Initial search recovers 1170 articles over which 270 articles were selected manually.150 articles were rejected as a result of replication in the database. Replication was removed and reviewed 120 articles for acceptability.114 more studies were rejected because of unreachable of the full text. Hence 5 articles were screened which includes quantitative study.

DISCUSSION

These findings are supported by a non-experimental study, conducted by Ms. P. latha (2012) in Rauli village, moga,

punjab on menopausal women. The study is an exploratory study to assess the knowledge regarding osteoporosis among women of menopausal age (45-65 yrs). The Simple random sampling Technique was used to select 100 menopausal women as a study subject. The Percentage distribution of knowledge level of menopausal women regarding osteoporosis 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. Whereas the mean knowledge score of menopausal women is 16.67 and the standard deviation of menopausal women is 3.65. there is significance association between dietary pattern and family income with knowledge level at $P < 0.05$ level.

CONCLUSION

Knowledge of Osteoporosis was limited among elderly women at selected organization and the level of knowledge is significantly associated with factors like age and occupation. Which itself specifies the Risk Status of Osteoporosis among elderly women is high. Though it is not a common cause of mortality but it plays a significant role in contributing high morbidity among above 40 years of Women. Also literacy does not make much difference in the risk status Osteoporosis Awareness among the vulnerable group of women can help in the improvement of health status of women.

Source of Funding: Self-funding

Ethical Clearance

- Prior permission was obtained from the Medical superintendent of District Women Hospital.
- Informed written consent was taken from each participant under the study. Objective of the study was maintained with honesty, privacy confidentiality and anonymity.

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