



A study to assess the effectiveness of planned teaching programme on menopausal osteoporosis and its prevention among perimenopausal women in selected area of district Chamba, Himachal Pradesh

Hem Lata¹, Dr. Sukhmanpreet Kaur²

¹Hem Lata, M. Sc Nursing, Desh Bhagat University School of Nursing, Mandi Gobindgarh, Punjab. ²Dr. Sukhmanpreet Kaur, Assistant Professor, Desh Bhagat University School of Nursing, Mandi Gobindgarh, Punjab.

Abstract

A quantitative approach was adopted with descriptive study to assess the effectiveness of Planned Teaching Programme on menopausal osteoporosis and its prevention among premenopausal women working in selected areas at Chamba (H.P.). A total of 60 perimenopausal women were enrolled using by non-probability purposive sampling technique. Research instrument was consisted in two parts; part-A: Information data sheet, part-B: self-structured knowledge questionnaire to assess the knowledge about menopausal osteoporosis and its prevention among premenopausal women. After informed consent. Data were collected through interview technique. The study concluded that planned teaching programme was effective to enhanced the knowledge about osteoporosis among peri-menopausal women.

Keywords: Menopausal, osteoporosis, premenopausal women, PTP, Knowledge.

Introduction

Osteoporosis is one of the emerging health issues worldwide. After menopausal in women the process of osteoporosis is accelerated due to deficiency of oestrogen. Oestrogen helps in the positive calcium metabolism and osteogenesis. Menopause accelerates the bone loss to 2-5% per year, which may continue till 10 years. Prevalence of osteoporosis increases with age in women and not in men. It is reported that 42.5% women and 24.6% men above the age of 50 years suffer from osteoporosis in India.

OBJECTIVES

1. To assess the level of knowledge of perimenopause women regarding menopausal osteoporosis and its prevention before and after the test.
2. To prepare and implement planned teaching programme on menopausal osteoporosis and its prevention for perimenopause women in selected areas.
3. To evaluate the effectiveness of planned teaching programme regarding menopausal osteoporosis and its prevention among perimenopause women in selected areas.
4. To find out the association between the mean post-test knowledge scores of perimenopause women regarding menopausal osteoporosis and its prevention with their selected demographic variables

Methodology

A quantitative approach was adopted with descriptive study to assess the effectiveness of Planned Teaching Programme on menopausal osteoporosis and its prevention among premenopausal women working in selected areas at Chamba (H.P.). With non-probability purposive sampling technique total of 60 perimenopausal women were enrolled. Self-structured knowledgequestionnaire was used to assess the knowledge about menopausal osteoporosis and its prevention among premenopausal women. Data were collected through interview technique. The study concluded that planned teaching programme was effective to enhanced the knowledge about osteoporosis among peri-menopausal women.

Findings of the study

Finding related to the socio-demographic variables and information of osteoporosis among peri-menopausal women.

The findings of current study depicts that Out of 60 women; as per their age, half of them 50% werelies between 50-55 years followed by 31.7% were lies between 55-60 years. As per their religion; more than half 56.7% were Hindu followed by 28.3% were Sikh and 15% were Christian. In educational status 18.3% had graduate or above and 15% didn't have formal education. As per their occupation; 60% were housewives followed by 10% were having between 10000-20000 Rs. / month and only 8.3% were having above 50000 Rs./- month. According to their family pattern; 66.7% belonged to nuclear family and 33.3% belonged to joint family. As per their dietary pattern;more than half 58.3% were vegetarian, 30% were non-vegetarian and 11.7% were eggetarian. As per their marital status; majority of them 75% were married women followed by 15% were widowand 10% were divorced. Information regarding osteoporosis among menopausal women depicts that out of 60 subjects; 76.6% were reported that they were not having any information about osteoporosis while 23.3% said yes. As per their source of information; 76.6% were not having anysource of information. As per their duration of menopause; 28.3% were having 7 years and above,26.7% were having from 4-6 years. As per their family history of osteoporosis 31.7% reported thatthey had family history of osteoporosis.

Section-II: Finding related to assess the level of knowledge of perimenopause women regarding menopausal osteoporosis and its prevention before and after the test.

Table 1: Pretest knowledge regarding osteoporosis among menopausal women.

N=60				
Sr. No.	Level of knowledge	f	%	Mean ± SD
1.	Average	33	55.0	14.86±4.36
2.	Below average	27	45.0	

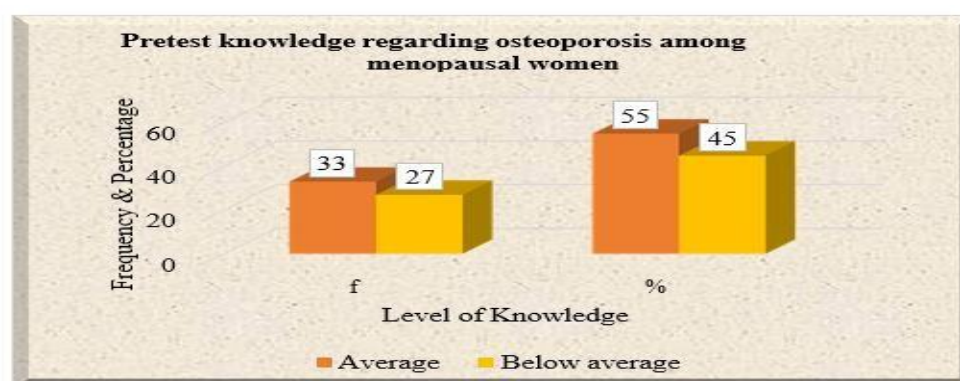


Figure 1 demonstrate that pretest knowledge regarding osteoporosis among peri- menopausal women. Out of 60 subjects; more than half 55% had average knowledgeand 45% had below knowledge. The mean score of pretest knowledge was 14.86±4.36.

Table 2: Posttest knowledge regarding osteoporosis among peri-menopausal women.

N=60				
Sr. No.	Level of knowledge	f	%	Mean ± SD
1.	Good	27	45.0	20.05±5.14
2.	Average	21	35.0	
3.	Below average	12	20.0	

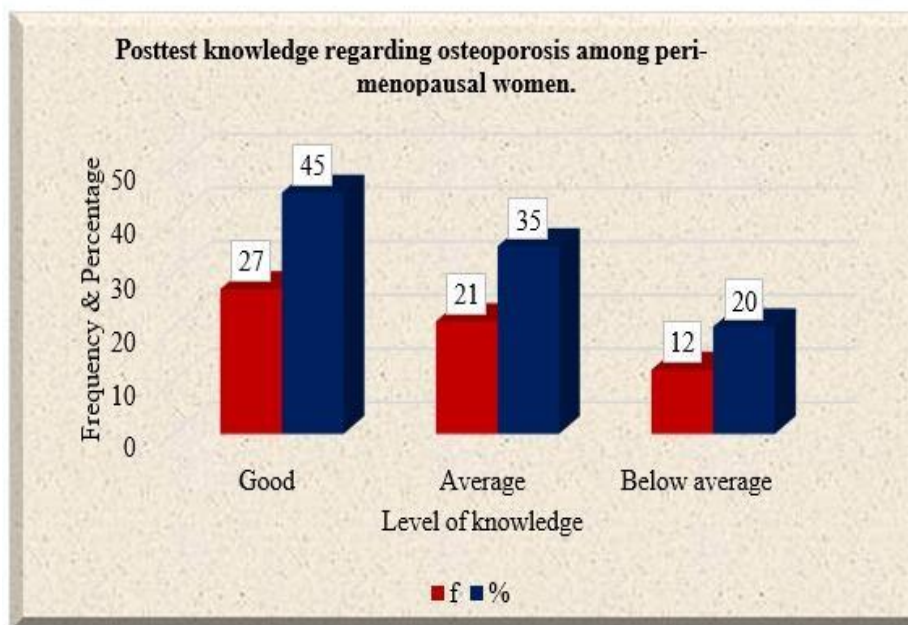


Figure 2 demonstrate that post-test knowledge regarding osteoporosis among menopausal women. Out of 60 subjects; 45% had good knowledge followed by 35% had average knowledge and 20% had below average knowledge. The post-test mean score of knowledge was 20.05±5.14.

Table 3: Compare pre-test knowledge and post-test knowledge score regarding osteoporosis among peri-menopausal women.

N=60

Test	Mean	SD	MD	t-value	df	p-value
Pre-Test	14.86	4.36	5.18	6.773	59	0.001 ^s
Post Test	20.05	5.14				

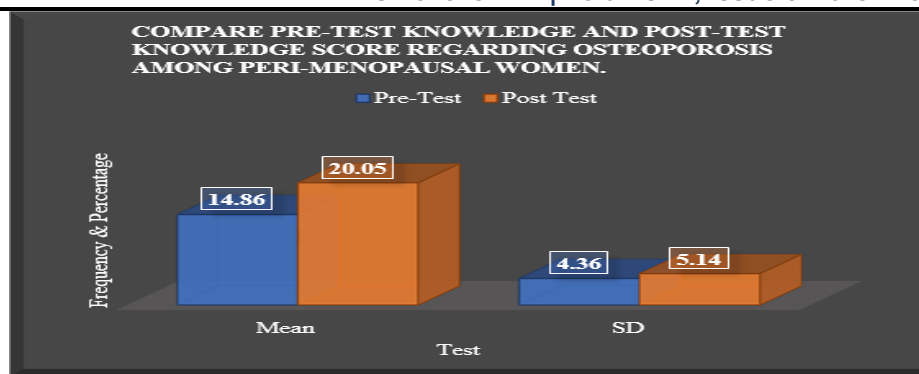


Figure 3 show that compare pre-test knowledge and post-test knowledge score regarding osteoporosis among peri-menopausal women. In the pre-test mean score of knowledge was 14.86 ± 4.36 . The post-test mean score of knowledge was 20.05 ± 5.14 . The mean difference was 5.18. Here paired t test was applied to find statistically difference between pre and post-test knowledge score.

Section-IV: Finding related to find out the association between the mean posttest knowledge scores of perimenopause women regarding menopausal osteoporosis and its prevention with their selected demographic variables.

Table 4: Association between the knowledge regarding osteoporosis among menopausal women with selected socio demographic variables.

N=60

Sr. No.	SDV	N	Mean	SD	F/t value	df	p-value
1.	Age (years)						
	45-50	6	20.00	5.25	.126	3	0.945 ^{NS}
	50-55	30	20.03	5.10			
	55-60	19	20.42	5.56			
	>=60	5	18.80	5.06			
2.	Religion						
	Hindu	34	19.61	5.23	.560	2	0.574 ^{NS}
	Sikh	17	21.17	5.04			
	Christian	9	19.55	5.24			
3.	Educational status						
	No formal education	9	19.66	6.04	1.146	3	0.339 ^{NS}
	Secondary	20	20.50	5.57			
	Senior secondary	20	18.65	4.85			
	Graduate or above	11	22.09	3.75			
4.	Occupation						
	House wife	36	19.94	5.41	2.042	2	0.139 ^{NS}
	Govt job	9	22.88	3.25			
	Pvt job	15	18.60	4.96			
5.	Family income (Rs/month)						
	<10000	16	19.62	5.41	.469	5	0.798 ^{NS}
	10000-20000	6	20.00	5.51			
	20001-30000	15	19.13	5.26			
	30001-40000	9	21.77	4.60			
	40001-50000	9	21.33	5.54			
	>50000	5	18.80	5.06			
6.	Type of family						
	Nuclear	40	19.60	5.10	.957	58	0.342 ^{NS}
	Joint	20	20.95	5.24			
7.	Dietary pattern						
	Vegetarian	35	19.91	5.12	.448	2	0.641 ^{NS}
	Non-vegetarian	18	20.83	5.51			
	Eggetarian	7	18.71	4.60			
8.	Marital status						
	Married	45	20.66	5.02	2.017	2	0.142 ^{NS}
	Widow	9	19.44	5.79			
	Divorced	6	16.33	3.98			

Table 4 depicts that association between the knowledge regarding osteoporosis among menopausal women with selected socio demographic variables. As result show that age, religion, educational status, occupation, family income, type of family, dietary pattern and marital status found non-significant at 0.05 level.

Discussion

First objective: To assess the level of knowledge of perimenopause women regarding menopausal osteoporosis and its prevention before and after the test.

The present study showed that pre-test knowledge regarding osteoporosis among peri-menopausal women. Out of 60 subjects; more than half 55% had average knowledge and 45% had below knowledge. The mean score of pretest knowledge was 14.86 ± 4.36 .

Second objective: To evaluate the effectiveness of planned teaching programme regarding menopausal osteoporosis and its prevention among perimenopause women in selected areas.

The present study showed that that comparison pretest knowledge and posttest knowledge score regarding osteoporosis among peri-menopausal women. In the pretest mean score of knowledge was 14.86 ± 4.36 . The posttest mean score of knowledge was 20.05 ± 5.14 . The mean difference was 5.18. Here paired t test was applied to find statistically difference between pre and posttest knowledge score. As result showed that ($t_{59} = 6.773$, $p = 0.001$) significant at 0.01 level.

Third objective: To find out the association between the mean posttest knowledge scores of perimenopause women regarding menopausal osteoporosis and its prevention with their selected demographic variables.

This study showed that association between knowledge and socio-demographic variables. age, religion, educational status, occupation, family income, type of family, dietary pattern and marital status found non-significant at 0.05 level.

Limitations of the study

The responses of the respondents depend on memory and intellectual level therefore may be inaccurate. The knowledge was assess based on only 30 items. This study is limited to period of 3 weeks and to a small number of 60 subjects, which limits the generalization.

Conclusion

After the detailed analysis, this study leads to the following conclusion: -The study concluded that planned teaching programme had significant effect on knowledge of peri-menopausal women in selected areas regarding prevention of osteoporosis. Nurses role are very important to prevent osteoporosis during menopause among women giving by health teaching and counseling during community areas posting and hospital.

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