



Planned Teaching Program on Menopausal Osteoporosis & Its Prevention Among Perimenopausal Women

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Abstract: Osteoporosis is a chronic condition that has a significant impact on the health and quality of life of humans. Estrogen helps in the positive calcium metabolism and osteogenesis. This study aimed to evaluate the effectiveness of planned teaching program on menopausal osteoporosis and its prevention among perimenopausal women lived in Jamalpur Awana, Ludhiana. Pre-experimental research design was used. Purposive sampling technique was used to select the 60 samples of the study. Pre test was conducted. On the same day structured teaching program was administered. On 7th day, after implementation of planned teaching program post test was conducted. The findings revealed that mean post-test knowledge score was higher than the mean pretest knowledge score i.e 20.05±5.14 & 14.86±4.36 respectively. Mean difference was 5.18, 't' value was 6.773 & 'p' value was < 0.0001 which was significant. The study concluded that the planned teaching program was effective as post test knowledge score was higher than the pre-test knowledge score.

Keywords: knowledge, Planned teaching program, Menopausal Osteoporosis, Perimenopausal women

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Introduction:

Osteoporosis is one of the emerging health issues worldwide. After menopausal in women the process of osteoporosis is accelerated due to deficiency of estrogen. Estrogen helps in the positive calcium metabolism and osteogenesis. Menopause accelerates bone loss from 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.

As osteoporosis depends heavily on self managed prevention and commitment to long term treatment regimens, persons at risk must have a thorough understanding of the condition they are striving to avoid. Australian postmenopausal women exhibited uncertainty over osteoporosis and unwillingness to use anti-

osteoporosis medicine (AOM) as well as calcium. This may lead to an underestimation of women's osteoporosis and fracture risk. Ambiguity about danger and prevention may give women a false feeling of confidence that they are effectively preventing the illness. Osteoporosis fracture prevention may be impeded by underestimation of osteoporosis and fracture risk, as well as resistance to AOM.

Osteoporosis is a clinically relevant risk factor for bone fractures. In Singapore and worldwide, osteoporotic fractures of the hip, spine and forearms are associated with reduced mobility, physical deformity, chronic pain and disability, loss of independence and poor quality of life. Hip fractures caused by osteoporosis are especially devastating, accounting for up to 5% of all cause mortality in men and women combined, with 21%- 30% dying within 1 year.

Methods/ Approach:

Pre-experimental research design was used to conduct this study. The study was carried out among perimenopausal women lived in Jamalpur Awana, Ludhiana. The sample comprised of 60 women with perimenopausal phase who met the inclusion criteria and lived in selected area Jamalpur Awana Ludhiana. The samples were chosen by purposive sampling techniques. The data collection was done from 1st August 2022 to 20th August 2022. Formal written permission was obtained from the authorities to conduct the study and informed consent was obtained from subject prior to the data collection process. Pre test was conducted by administering the tool comprises of demographic variables and structured knowledge questionnaire. On the same day planned teaching program was administered to the mothers. On 7th day after planned teaching program post test was conducted from the samples by using the same tool. The knowledge regarding assisted reproductive technology was measured in term of knowledge scores which was classified under three headings i.e. Good, Average & Below Average. The data was analysed using descriptive and inferential statistics. Paired and “t” test was used to evaluate the effectiveness of structured teaching program and Chi- Sqaure was used to find the association of pre-test

knowledge score with selected demographic variables.

Results/ Discussion:

The findings shows that mean post test knowledge score was higher than the mean pre test knowledge score i.e. 20.05 ± 5.14 & 14.86 ± 4.36 respectively. The planned teaching program was highly effective in improving the knowledge of perimenopausal womens as the mean post test knowledge score was higher than the mean pre test knowledge score. Mean difference between two was 5.18, ‘t’ value was 6.773 and ‘p’ value was < 0.0001 which was significant.

Table 1: Comparison of Pre-test knowledge score and post-test knowledge score regarding Osteoporosis among Peri-menopausal women

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

Demographic variables such as age, religion, educational status, occupation, family income, type of family, dietary pattern and marital status was not find significant at 0.05 level.

Table 2: Association between the knowledg regarding osteoporosis among perimenopausal women with their selected demographic variables

N=70

S.No	Demographic Variable	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	18.82	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			
	Grdauate 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) 2304982_235419						
	<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			
Dietary Pattern							
7	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			

Conclusion:

The study concluded that samples did not have excellent knowledge regarding osteoporosis and its prevention. There was a significant increase in the knowledge of samples after the implementation of planned teaching programme. To find the effectiveness of planned teaching program, t test and Chi Square was applied and was calculated. Post test score was found significantly higher than the pre test score. Thus it was concluded that planned teaching program was found effective on knowledge of samples regarding osteoporosis & its prevention.

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