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| Title | AWARENESS ABOUT OSTEOPOROSIS AMONG HEALTH CARE PROVIDERS IN A COMMUNITY HOSPITAL IN CHENNAI |
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| Category | Calcium Bone Vitamin D and parathyroid |
| Abstract | <p>BACKGROUND Osteoporosis is a skeletal disorder with characteristic low bone strength and it is silent disease with increased risk of fractures. Osteoporotic fractures are four times more common than strokes in the geriatric population. Hence it is of prime importance to assess the level of awareness about osteoporosis not only in the general public and old people, but also among youngsters and healthcare providers as well.</p> <p>MATERIALS AND METHODS This is a cross sectional observational survey conducted among nurses and paramedical staff in our hospital. The survey was conducted with the help of a structured questionnaire consisting of 15 questions in simple language. The questionnaire was framed from the well recognized Osteoporosis knowledge test (OKT) and osteoporosis and bone health survey (OHBS).</p> <p>RESULTS Among the total of 154 participants who were surveyed 132 were women (86%) and 22 were men (14%). 74% of the subjects have heard about a disease called osteoporosis and about 95 percent of them realised the burden of the disease and agreed that osteoporosis was a significant problem in India. 92% were aware that osteoporosis affected women more often but only half of them knew that it affected older women more often than younger women. While most of them realized steroid intake as a risk factor contributing to osteoporosis, they failed to realize the impact of smoking, alcohol and family history of fractures as a risk factor. Only 40 percent of the hospital staff are aware of DEXA as the investigation to diagnose osteoporosis. Contrary to the actual asymptomatic presentation of the disease, 45 percent of the participants presumed that osteoporosis can cause backache or kidney stones.</p> <p>DISCUSSION Though the general level of awareness about osteoporosis as a disease is good among health care providers of our hospital, the level of awareness about risk factors, complications, diagnostic tools and preventive measures were poor. As health care providers are potential patient educators there is scope for creating better awareness among the nurses and paramedical staff.</p> |
| Conflicts | |
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| Decision of Scientific committee | |
| State if accepted for oral | |