

Effect of Preventive Program on Progression of Osteoporosis among Female Patients over 40 years at El-Fayoum City

Abstract

Background: Osteoporosis is a skeletal disorder characterized by compromised bone strength, predisposing an individual to an increased risk of fracture; it is the most common bone disease in humans, representing a major public health problem. It is a silent epidemic that has become a major health hazard in recent years.

Aim: evaluate the effect of a preventive program on the progression of osteoporosis among female patients over 40 years at El-Fayoum City.

Design: A Pre-experimental design was used in this study.

Setting: data were collected from the orthopedic outpatient clinic of El-Fayoum University hospital.

Sample: A convenient sample of all the cases coming to the orthopedic outpatient clinic was included in the study.

Tools: (1) Interviewing assessment tool which included Socio-demographic assessment, medical and family history, risk factors for osteoporosis and Osteoporosis knowledge assessment tool. (2) Follow up assessment tool for the progression of osteoporosis.

Results: statistically significant correlation was found between osteoporosis and age, educational level, family history, chronic illness, postmenopausal period, recurrence pregnancy, exposure to smoking, practice exercise, drinking tea or coffee, and body mass index.

Conclusion: the study concluded that, after the application of the preventive program for the study group, they had decreased the progression of osteoporosis signs and symptoms gradually among female patients over 40 years.

Recommendation: the study recommended to Conduct continuous various educational programs for the high-risk women in the outpatient clinics to raise their awareness regarding causes, prevention & early detection and proper treatment of osteoporosis.

Keywords: osteoporosis, risk factors, preventive program.