



KNOWLEDGE AND AWARENESS OF OSTEOPOROSIS AMONG POST-MENOPAUSAL IN-DOOR FEMALE PATIENTS IN TEACHING HOSPITAL, KARAPITIYA

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Osteoporosis and fragility fractures have now been identified as an increasing global health concern with increasing worldwide elderly population, which could result in mortalities and poor quality of life especially in elderly women. Early identification of risk factors and encouragement of preventive practices with regard to osteoporosis in women is thus important. This cross sectional study aimed to assess the awareness, knowledge and preventive measures of osteoporosis among postmenopausal female patients in teaching hospital, Karapitiya, Galle. An interviewer-administered questionnaire was applied among 200 post-menopausal in-door female patients aged above 50years. Data was analyzed by using Microsoft excel and Statistical package for Social Sciences (SPSS). The age range was 50-74 years and 74.5% were housewives from poor socioeconomic background. About 82.5% of the participants had heard of osteoporosis and 32.1% reported it as a bone disease whereas 57% reported it as a curable disease. Around 71% of women did not have knowledge regarding long-term corticosteroid medications as a risk factor for osteoporosis. Only 06% had heard about medications used in osteoporosis but most of them named calcium tablets. 28.5% knew about bone density scan or DXA scan for diagnosis of osteoporosis, whereas 40% did not have any knowledge of any of the available osteoporosis diagnostic tests. The knowledge regarding regular exercise and nutritional factors such as dairy products and green leafy vegetables for osteoporosis prevention was good. The mean knowledge score was 56.6% and television was the main source of information. The knowledge of the women positively correlated with educational level ($r^2=0.308$; $p<0.0001$) and economic status ($r^2=0.253$; $p<0.001$). The study shows that the knowledge on osteoporosis among post-menopausal female patients regarding risk factors, diagnostic methods and preventive measures has to be further enhanced according to their education level and economic level to improve osteoporosis knowledge for motivating healthy behaviors.

Keywords: *Knowledge, attitude, osteoporosis, post-menopausal female patients*