

Effectiveness of Nursing Interventional Package Regarding Physical Well Being on Knowledge among Osteoporotic Client in Urban Health Centres

Anbarasi S¹

¹(M.Sc. Nursing II Year, Vinayaka Mission's College of Nursing, Puducherry)

Abstract:- Background: Globally, osteoporosis is a significant public health concern. Every year, the prevalence of it rises, with the developing world experiencing a significantly quicker rate of increase. According to the National Osteoporosis Foundation (2003), osteoporosis is a condition that is difficult to avoid and treat since it causes bone loss without any symptoms. **Methods:** A pre-experimental study was conducted in the urban health center in Puducherry to evaluate the osteoporotic patients' awareness of physical well-being. A straightforward sample strategy was used to choose fifty osteoporotic consumers. A structured survey was employed to assess understanding, and both descriptive and inferential statistical methods were applied to examine the information. **Results:** According to the analysis, out of fifty osteoporotic clients, 100% of the male clients and 96% of the female clients lacked sufficient understanding. Following the nursing interventional package, the male and female participants' knowledge levels rise to 68.4% and 58.6%, respectively. Thus, the study's significance at the <0.001 level was determined. **Conclusion:** According to the study's findings, the nursing intervention package proved to be a very successful strategy for raising the level of physical well-being awareness among male and female osteoporotic clients who visited the geriatrics clinic at Odiyansali Urban Health Center.

I. INTRODUCTION

“The faith full bone support the entire till its integrity is broken by fracture”

Osteoporosis is a disease marked by a reduction in bone density. It results in bones that are unusually porous and can be compressed, similar to a sponge. This skeletal condition makes the bones weaker and leads to a higher incidence of bone fractures. (National Osteoporosis Foundation 2007).

Osteoporosis is a major public health issue burden globally. Its prevalence is increasing each year and this rise is much faster in the developing world. It is the “silent disease” causes bone loss without symptoms, thus becomes a

challenging and very dangerous disease to prevent and treat (National Osteoporosis Foundation, 2003).

In India, over 300 million individuals live with osteoporosis, unaware that each bone fracture related to this condition increases the likelihood of death by twofold. Globally, osteoporosis-linked fractures impact 1.5 million individuals, with over 300,000 of these being hip fractures and 700,000 being vertebral fractures. This condition has impacted 200 million women. On a typical basis, one woman in two and one man in eight over the age of 50 will experience a fracture related to osteoporosis throughout their lifetime (WHO 2008).

II. LITERATURE REVIEW

A study by Carpintero P et al. (2009) aimed to develop a hospital-based approach for treating fragility fractures based on osteoporosis treatment. Patients diagnosed with osteoporotic fractures were given an intervention plan based on lifestyle recommendations, osteoporosis therapy, and fracture fragility diagnostic. Involved in this were 31 hospitals. Using a retrospective study approach, the researchers discovered that putting programs in place to enhance osteoporosis treatment is highly beneficial for guaranteeing adherence to the management of osteoporosis after admission for fragility fracture.

Matsuda A et al (2008) performed an examine and stated that in complete treatment for osteoporosis, workout, in addition to pharmacotherapy, plays an essential component to save you falls and fractures and decrease lumbar ache enhancing muscular energy and physical stability. The aerobic workout, specially on foot, is likewise encouraged for sufferers with osteoporosis. although many studies have been performed to evaluate the impact of workout in phrases of discount of falls and increase of bone density, no scientific have a look at with a massive wide variety of patients which proved the impact of fracture prevention with the aid of exercising has been executed. aggregate of decided on exercising in a protracted period is important to attain effectiveness of workout to save you osteoporosis and osteoporosis-associated fractures.

Pearson JA et al., (2005) study to evaluate the effectiveness of a multidisciplinary educational and exercise program for individuals at risk for osteoporosis-related fractures. The Highmark Osteoporosis Prevention of fracture and Education (HOPE) program is an ongoing, 8-week program with two post intervention follow-up assessments at 6months and 2 years. Although findings of this non experimental study are limited because of lack of a control group, the HOPE program suggests that a comprehensive community-based education and behaviour change program can significantly reduce risk factors for osteoporosis and related fractures. Participants maintained lifestyle modifications for a minimum of 2 years despite advancing age.

➤ *Statement of the Problem*

“ A Study to Assess the Effectiveness of Nursing Interventional Package Regarding Physical Well Being on Knowledge Among Osteoporotic Client in Urban Health Centers in Puducherry”

➤ *Objectives:*

- To assess the knowledge on physical well being of osteoporotic client in urban health centre.
- To assess the effectiveness of nursing interventional package regarding physical well being on knowledge among osteoporotic client in urban health centers.
- To associate the pre- test level of knowledge score with selected demographic variables.

III. METHODOLOGY

The studies method followed for the observe become Pre experimental with one institution pre take a look at and put up layout observe had performed to evaluate the effectiveness of nursing interventional bundle concerning bodily properly being on information amongst osteoporotic patron in city fitness facilities in puducherry” the observe become accomplished after approval via way of means of head of the branch and knowledgeable consent of osteoporotic patron. The study samples of osteoporotic client. Were selected by convenience sampling method. . Selection and Development of Tool: established interview information questionnaire become used as a studies device on this look at. .

Interviewing the look at individuals regarding with their socio demographic variables, modern perception of osteoporotic customer. The device become decided on primarily based totally at the numerous assessment and session with specialists subsequently the device become taken into consideration to be maximum suitable to elicit the reaction from look at individuals..Pilot look at become performed with osteoporotic customer, chinakannakuppam city fitness centre puducherry. 6 osteoporotic customer have been decided on via way of means of handy sampling approach after acquiring permission from the better authority.

After conducting pre test nursing interventional package was implemented to the osteoporotic client in enhancing their knowledge on physical well being of osteoporosis, then five days later post test was conducted. The result of the pilot study was significant and reliability value was 0.87. The knowledge score has increased adequately in post-test. it is statistically proved by using test of significance. it shows the results of the data revealed that the tool was feasible to conduct the study.

➤ *Data Collection Procedure:*

The investigator obtaining the written consent from subjects followed by detailed explanation of the study guidelines.

Pre test was conducted among the osteoporotic client those who are residing in urban area of odiyansali, puducherry by using structured questionnaire schedule to assess the physical well being on knowledge among osteoporotic client. The osteoporotic clients were grouped four and they completed the pre test.

Immediately after the pre-test, nursing interventional package teaching was implemented to the osteoporotic client in urban health centres. Time period was approximately 25-30 min.

Evaluation was done by conducting post test after seven days of the implementation of the nursing interventional package. Post test was conducted by using the same questionnaire schedule.

IV. RESULTS

Table: 1 Paired' Value of Pre and Post –Test Knowledge Score of on Physical Well Being Among Osteoporotic Clients Both Male and Female.

Various aspects of knowledge	Pre -test		Post test		Paired 't' test	
	Mean	SD	Mean	SD	t-value	Result
General Information	3.08	0.95	6.90	0.95	18.9	s
Healthy diet	2.9	1.42	9.2	1.41	8.8	s
Exercise	1.7	1.18	3.5	1.01	25.8	s
Life style changes	0.82	0.69	1.5	0.61	6.2	s
Menopausal	0.25	0.4	1.29	0.69	7.2	s

*p < 0.01 level of significance

Table. 1 The 't' test to assess the pre and post test knowledge scores of physical well being of osteoporotic client shows there is highly significant difference between pre and post test overall score values. Further, area wise observation also reveals that there is significant difference between the pre and post test scores of all the area such as general information, healthy diet, exercise, life style changes, and menopausal attained female osteoporotic client

V. CONCLUSION

The study concludes that nursing interventional package was found to be very effective method in terms of improving the of knowledge of physical well being of osteoporotic client male and female who attended geriatrics clinic in odiyansali urban health centre.

RECOMMENDATION ON THE STUDY

Same study with large sample size can be done for replication to standardize the osteoporotic management.

- An experimental study may be undertaken with control group.
- Other method of teaching can be adopted to teach the client on physical well being on knowledge among osteoporotic client.
- The study conducted separately for men and women.
- A study can be conducted on each aspects of osteoporotic management like diet, exercise, hormone replacement therapy, etc..

REFERENCES

➤ Book References:

- [1]. Ann b. Maher.,(2007), "orthopedic nursing, 3rd edition, national association of orthopedic nurses, Elsevier publication, Pp-426-439.
- [2]. Ann. mariner tomy and Martha raile alligood, (2001).. "Nursing theories and their work. 5th edition, Sydney, Mosby publishers, Pp-387-400
- [3]. Ahuja.,(2000), "Research Methods, first edition, jaipur: published by rewet publication, Pp-120-125.
- [4]. Anreoli Charles.et al,(2002),. "Essential of medicine, 6th edition. Philadelphia: Saunders publication.pp-518-522.
- [5]. Basavanthappa,B.T., "Nursing research, 1st edition, Calcutta: jaypee publication,pp-93-139.
- [6]. Brunner and Suddarth.,(2004), "Text Book of Medical Surgical Nursing 10th Edition, Philadelphia: J.B Lippincott, Pp-2057-2060.
- [7]. Burns and grove. "Understanding nursing research, 11th edition. New Delhi: published by Elsevier, pp-365.
- [8]. Christopher .Haslett, "principal an practice of medicine, 19th edition, Churchill Livingstone publication, Pp-1025-1029.
- [9]. David j. Warwick, "Apley's concise system of orthopedics, 3rd edition, hodder Arnold publication, Pp-59-62.
- [10]. David Daniel, "scientific American medicine .vol-2 newyork: published by web MD.INC Pp-2382-2385.
- [11]. Joyce m black et al(2005), "Medical surgical nursing .6th edition, noida w-b Saundres Company, 2001.vol-2, Pp-556-560.
- [12]. Kothari, C.R. "Research methodology methods and techniques. 2nd edition. new age international (p) limited,pp 39-67.
- [13]. Mahajan,b.k, "Method in bio-statistics for medical students' .6th edition. New Delhi: jaypee brother medical publishers (p) lit.pp 168-185.
- [14]. Lewis heitkemper,' Medical and Surgical Nursing'. Missouri, Mosby Publication, 2004, edition10, pp-1612-1615.115.

- [15]. Laura, A,. “Principal and practices of nursing research. 3rd edition..st.louis: Missouri: Mosby publication .pp-651-661.(1994).
- [16]. Nancy burns.et al (2006) “Understanding nursing research. 11th edition. New delhi: Elsevier publishers pp-364.l
- [17]. Polit denies F. and black,.(2006) “Nursing research .7th edition, Philadelphia: published by Lippincott.pp-.115
- [18]. Park K,‘(2002), “Text Book Of Preventive And Social Medicine 18th Joyce Edition, Jabalpur: Bandarsidan Bhanot Publishers, 2002.Pp-553-534.
- [19]. Prakash p. kotwal, mamilvahanan,. “Textbook of orthopedics Elsevier publication, Pp-106-16.