

**“A STUDY TO ASSESS KNOWLEDGE REGARDING PREVENTION AND
MANAGEMENT OF OSTEOPOROSIS AMONG WORKING WOMEN IN
SELECTED EDUCATIONAL INSTITUTIONS, BENGALURU, WITH THE
VIEW TO DEVELOP AND INFORMATION BOOKLET.”**

SMT. NAGARATHNAMMA COLLEGE OF NURSING

PROJECT REPORT – 2021

BY

IV YEAR BSC NURSING STUDENTS



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ABSTRACT

“A study to assess the knowledge regarding prevention and management of osteoporosis among working women in selected educational institutions, Bengaluru with the view to develop an information booklet”

Background:

Osteoporosis is one of the common condition among women mostly after age of menopausal in India'. It is Multi - factorial and emerging global health problem. It is the condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. It literally leads to abnormally porous bone that is compressible, like a sponge.

Objectives:

- 1) To assess the knowledge regarding prevention and management of osteoporosis among working women.
- 2) To determine the association between knowledge along with the demographic variables.

Method:

Descriptive Approach was used for this study to assess the knowledge regarding prevention and management of osteoporosis among working women to collect data from 59 subjects selected by simple random technique through non probability sampling approach used which consists of 2 sections.

Result:

The finding of study was analyzed by calculating frequency, mean, percentage and standard deviation. The study shows that 68% study subjects had adequate knowledge regarding management and prevention of osteoporosis, 20% study subjects has moderate knowledge and 12% study subject has inadequate knowledge regarding management and prevention of osteoporosis. It was referred that most of study subject has knowledge and are aware of management and prevention of osteoporosis.

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