Research title:

Survey on effectiveness of Osteoporosis prevention education upon selected female group of Tehran high school students
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Abstract

Background & Aim: Osteoporosis is an epidemic, silence and prevention important disease in our present time that mostly affected women in our society that needed education and awareness. The purpose of this study is effectiveness of the education to selected female group of Tehran student high school in area 6.

Methods & Materials: A quasi experimental method (pre-test and post-test) with control group was used in this study. This study was conducted in two sessions with a questionnaire forms in 3 parts. A. Demographical that is relating to the balance of the people. B. Question about their knowledge. C. The methods of using the educational information that was participated of 600 students in two groups. The first 300 (group 1) to be questions by the other 300 students (group 2) as the controllers for group 1. The questions were explanation of the disease and the way of preventions, Including: Diets (use of calcium) and physical exercise also use of sun lights for vitamin D. In first session for motivation the foods samples that is include calcium and the jumping rob for exercise was used and the end of this session the booklet information was distributed and some posters was placed in the high school and after two weeks the groups gave a test.

Results: Data before and after educational program were analyzed and then the results were compared. T-test (P<0.001) showed that knowledge of two groups before and after intervention were statistically significant. T-test (P<0.001) showed that practice of two groups before and after intervention were statistically significant.

Conclusion: Cost of chronic diseases is very much. While prevention and treatment of chronic diseases through educational nursing is the one of the most important strategically intervention and we believe the stronger efforts are needed to promote good osteoporosis prevention-related behaviors for women.

Key word: education, prevention, osteoporosis