هناء حسين مخلف

Abstract

Osteoporosis is a major public health problem projected to generate an increasingly heavier social and economic toll in view of the ageing population worldwide. The present study aimed to find the percentage of osteoporosis, osteopenia, and normal of bone mineral density, and to assess some socio-demographic characteristics (age, residence, marital status, level of education, and occupation), and the risk factors among osteoporotic women in Mosul city.

A descriptive study is designed to assess osteoporotic women at the Mosul city. A purposive sample consists of (344) patients from DEXA Unit in Ibn-Sina Teaching Hospital, and Osteoporosis Unit in Al-Salam General Hospital. The study has been conducted during the period from 15th October 2009 to 30th September 2010. Instrument validity was determined by a panel of (12) experts. Reliability of the instruments was determined through the use of Coefficient Correlation for reliability of questionnaire which was (0.88). And for reliability the dual energy X-ray absorptiometry machine (DEXA) which was (r = 0.97). Data are prepared, organized and entered in to a computer file; Statistical Package for the Social Science (SPSS, version 16).

The present study shows (32.8%) of the sample were osteoporosis; (38.1%) of them had osteopoenia, and (29.1%) of them had normal bone density, and the study revealed that the variables of age, level of education, body mass index, cigarette smoking, exposure to sun light, beverages drinking, menopausal age, steroids use, and previous fractures had

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significant effect in assessment osteoporotic women in Mosul city,. The present study recommended, establishment center for osteoporosis in Mosul city, an educational program regarding prevention of osteoporosis, and verbalizing nursing role to provide nursing management and give advices for all patients who examining DEXA scan in Mosul city.