

Knowledge, attitude and practice of General Medical Practitioners and Nursing professionals regarding osteoporosis

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Abstract

Background: Osteoporosis is a disease of bones that leads to an increased risk of fracture. In osteoporosis, the bone mineral density is reduced. Globally osteoporosis constitutes a public health problem. The current study was designed to assess the extent of knowledge attitude and practice (KAP) about the disease among general medical practitioners and nursing professionals. **Methods:** The study was done on 75 general medical practitioners and 120 nursing professionals. The study was done with the help of 30 specially prepared questionnaires. All the responses were collected and tabulated. The statistical analysis was done using IBM SPSS statistics version 20 by using student's t test. **Results:** On comparison of the scores of the general medical practitioners and nursing professionals, it was found that general medical practitioners has more knowledge, attitude and practice orientation towards osteoporosis than nursing participants and the difference was found to be statistically significant. (Student's t test, $p < 0.001$) **Conclusion:** Though general medical practitioners were having more knowledge, attitude and practice than nursing participants, it was found in the present study that they also do not having sufficient knowledge. Various educational programme, seminars or symposiums should be planned to increase the awareness and knowledge regarding osteoporosis.