



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

Adolescent's Perception Regarding Osteoporosis Risk Factors

Thesis

*Submitted for Partial Fulfillment of Master Degree
in Nursing Sciences (Maternity & Neonatal Nursing)*

By

Malaka Abdel Fattah Mabrok

(B.Sc. Nursing, 2007)

Faculty of Nursing –Ain shams University

**Faculty of Nursing
Ain Shams University
2020**

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*Submitted for Partial Fulfillment of Master Degree
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Supervised by

Prof. Dr. Nevin Samir Metwally

*Professor of Maternity & Gynecological Nursing
Faculty of Nursing
Ain Shams University*

**Assist. Prof. Dr. Amal Fatthy
Mohammed**

*Assistant Professor of Maternity & Gynecological
Nursing
Faculty of Nursing
Ain Shams University*

**Faculty of Nursing
Ain Shams University
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LIST OF CONTENTS

<i>Title</i>	<i>Page</i>
- List of Tables.....	I
- List of Figures.....	III
- List of Abbreviations.....	IV
- List of Appendices.....	V
- Abstract.....	VI
▪ Introduction.....	1
▪ Justification of the study.....	5
▪ Aim of the Study.....	7
▪ Review of Literature	
Chapter (1): Osteoporosis.....	8
➤ Concept of osteoporosis.....	9
➤ Prevalence of osteoporosis.....	10
➤ Types of osteoporosis	12
➤ Signs and symptoms of osteoporosis	16
➤ Risk factors of osteoporosis	17
➤ Diagnosis of osteoporosis	26
➤ Complications of osteoporosis.....	30
Chapter (2): Adolescent's Perception Regarding Osteoporosis	
Risk Factors.....	31
➤ Concept of adolescent.....	31

➤ Concept of perception	31
➤ Factor influence perception	33
➤ Adolescent's Perception regarding to osteoporosis risk factors	34
Chapter (3): Nursing care strategies for osteoporosis prevention and management	37
➤ Concept of Nursing strategy	37
➤ Application of action plan	38
▪ Subjects and Methods	59
▪ Results	68
▪ Discussion	89
▪ Conclusion	105
▪ Recommendations	106
▪ Summary	107
▪ References	112
▪ Appendices	132
▪ Protocol	
▪ Arabic Summary	

LIST OF TABLES

<i>No.</i>	<i>Table</i>	<i>Page</i>
Table of Review		
1	T-Scores and Diagnostic Criteria for Osteoporosis.	28

<i>No.</i>	<i>Table</i>	<i>Page</i>
Tables of Results		
1	Distribution of the sample regard to their personal characteristics.	68
2	Distribution of studied adolescent according to their knowledge regarding osteoporosis.	69
3	Distribution of studied adolescents according to their knowledge regarding osteoporosis risk factors	71
4	Distribution of studied adolescents according to their practices regarding nutrition.	75
5	Distribution of studied adolescents according to their practices regarding exercise and sun exposure.	77
6	Percentage distribution of studied adolescents according to their attitude regarding osteoporosis risk factors.	80
7	Relation between Personal characteristics and their total knowledge regarding osteoporosis risk factors.	83

<i>No.</i>	<i>Table</i>	<i>Page</i>
8	Relation between personal characteristics and their total practices regarding osteoporosis risk factors.	84
9	Relation between Personal characteristics and their total attitude regarding osteoporosis risk factors.	85
10	Relation between adolescent's total knowledge and their total practices regarding Osteoporosis Risk factors.	86
11	Relation between adolescent's total knowledge and total attitude regarding osteoporosis risk factors.	87
12	Relation between adolescent's total practice and total attitude and regarding osteoporosis risk factors.	88

LIST OF FIGURES

<i>No.</i>	<i>Figure</i>	<i>Page</i>
Figures of Review		
1	Normal bone and bone with osteoporosis.	9
2	Osteoporotic bone.	9
3	Application of nursing strategy for osteoporosis prevention and management.	37

<i>No.</i>	<i>Figure</i>	<i>Page</i>
Figures of Results		
1	Percentage distribution of studied adolescents according to their total knowledge about osteoporosis.	70
2	Percentage distribution of studied adolescents according to their total knowledge about osteoporosis risk factors.	73
3	Distribution of studied adolescents according to their source of knowledge about osteoporosis.	74
4	Percentage distribution of studied adolescents according to their total practices score regarding osteoporosis risk factors.	79
5	Percentage distribution of studied adolescents according to their total attitude score regarding osteoporosis risk factors.	82

LIST OF ABBREVIATIONS

Abbr.	Meaning
AD	Alzheimer's Disease
BCN	Bone Care Nurse
BMD	Bone Mineral Density
BMI	Body Mass Index
BMSCs	Bone Marrow Stromal Cells
CME	Continuing Medical Education
CT	Computerized Tomography
DM	Diabetes Mellitus
DXA	Dual-energyX-ray Absorptiometry
ESCEO	Economic aspects of osteoprosis, osteoarthritis and musculoskeletal disease
FLS	Fracture Liaison Services
HCPs	Health Care Professionals
IOF	International Osteoporosis Foundation
KAP	Knowledge, Attitude and Practice
KG	Kindergarten
MRI	Magnetic Resonance Imaging
NIH	National Institute of Health
NOGG	National Osteoporosis Guideline Group
OSTPRE-FPS	OSTeoporosis risk factor and PREvention-Fracture Prevention Study
RCTs	Randomized Clinical Trials
RWE	Real World Evidence
SD	Standard Deviation
WHO	World Health Organization

LIST OF APPENDICES

Appendix	Title
1	Self administer questionnaire
2	Self-reported measures
3	Lickert attitude scale
4	Protocol

Adolescent's Perception Regarding Osteoporosis Risk Factors

Abstract

The study aimed to: assess adolescent's perception regarding osteoporosis risk factors **Research design:** A descriptive study design was used. **Sample:** A Convenient sample of 100 students from technical institute of nursing, Faculty of nursing Ain Shams University. **Tools:** **First tool;** Self-administered questionnaire to assess female adolescents' general characteristics, their knowledge and practices regarding osteoporosis risk factors. **Second tool,** Lickert attitude scale to assess female adolescent's attitude regarding osteoporosis risk factors. **Results:** 56% of studied adolescent's had poor level of total knowledge score regarding osteoporosis risk factors while 32% of them had a good level of knowledge, 38% of studied adolescent's had a positive attitude regarding osteoporosis risk factors while 62% of them had a negative attitude. There were a highly statistically significant relation between total adolescent's knowledge score and total adolescent's attitude score regarding osteoporosis risk factors. **Conclusion:** Slightly more than half of studied adolescent's had a poor level of knowledge regarding osteoporosis risk factors while one third of them had a good level of knowledge, slightly more than one-third of studied adolescent's had a positive attitude regarding osteoporosis risk factors while two-third of them had a negative attitude. **Recommendations:** The study recommended that: Application of the nursing preventive strategy for osteoporosis on adolescent's girls at secondary school through Design and application for an educational program to increase awareness of female adolescents through (videos, booklets, lectures), Further research regarding the effect of the educational program on adolescent knowledge and practice regarding osteoporosis risk factors.

Keywords: Adolescents, Perception, Osteoporosis, Risk Factors.

Introduction

Adolescents defined as those aged between 10 and 19 years, adolescence is the socially and culturally important passage from childhood to adulthood (**Sheehan et al., 2017**), WHO classified adolescent period to Early adolescent from 10-13 to 14-15 years, middle adolescent from 14-15 to 17 years and late adolescent from 17 to 21 years (**WHO, 2015**)

Body mass density (**BMD**) increases dramatically during childhood and adolescence. Many factors predict peak bone mass including nutrition and exercise. Recent dietary changes have promoted a shift away from calcium consumption during adolescence. Failure to achieve a healthy peak bone mass will increase the risk of osteoporosis later in life (**Heaney et al., 2015**).

Bones are the framework for the body, bone is living tissue that changes constantly with bits of old bone being removed and replaced by new bone as a bank account where make "deposits" and "withdrawals" of bone tissue. Bone is a dynamic tissue that is constantly changing throughout the lifetime. Bone accrues rapidly during childhood and adolescence, stays relatively steady in early adulthood, and resorbs in later adulthood, potentially