

شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلو

بسم الله الرحمن الرحيم





MONA MAGHRABY



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جامعة عين شمس التوثيق الإلكتروني والميكروفيلم قسم

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Health Promotion Model; its Effect on Improving Physical Activity among post-Menopausal Women with Osteoporosis

Thesis

Submitted for Partial Fulfillment of the Requirement of the Doctorate Degree in Maternity and Gynecological Nursing

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2019

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2019



Foremost, I feel always indebted to Allah to whom I relate any success in first and achieving any work in my life.

I do express my profound respect and thanks to **Prof. Dr. Nadia Mohamed Fahmy,** Professor of Maternity and Gynecological Nursing, Faculty of Nursing, Ain Shams University for her help, constant support, constructive criticism, and valuable supervision during the course of this work.

My deep appreciation and gratitude are addressed to **Prof. Dr. Randa Mouhamed Ibrahim,** Professor of Maternity and Gynecological Nursing, Faculty of Nursing, Ain Shams University for her guidance, supervision, and generous advice, which were essential for completing this work.

My thanks are also extended to Prof. Dr. Mohamed Amr Mhamed Samy Khodair, Professor Obstetrics and Gynecology, Faculty of Medicine, Suez Canal University for his guidance and generous advice, which helped in achieving this work.

Special thanks are also extended to all the participants in this study who gave their time and cooperation during data collection.

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List of Abbreviations

Abb.	Full term
BMD	Bone mineral Density
BMI	Body Mass Index
DALYs	Disability-adjusted life years
DXA	Dual energy X- ray absorptiometry
ESOG	Egyptian Society for Osteoporosis and Geriatrics
FOOQ	Facts on Osteoporosis Quiz
GPAQ	Global Physical Activity Questionnaire
НРМ	Health promotion model
НТ	Hormone therapy
IOF	International Osteoporosis Foundation
KAP	Knowledge, Attitude and Practice
NAMS	North American Menopause Society
NCDs	Non communicable Diseases
NOF	National Osteoporosis Foundation
OHBS	Osteoporosis Health Belief Scale
OKAT	Osteoporosis Knowledge Assessment Tool
ОКТ	Osteoporosis Knowledge Test
OP	Osteoporosis
OPAQ	Osteoporosis Assessment Questionnaire
PA	Physical activity
RDA	Recommended Daily Allowance
SD	Standard deviation
WHO	World Health Organization

Health Promotion Model; its Effect on Improving Physical Activity among post-Menopausal

Women with Osteoporosis

Abstract

Background: Osteoporosis is a global health problem, and its prevalence is rapidly increasing worldwide particularly in post- menopausal women. Physical activity is an important stimulus for osteoporosis prevention and treatment. Aim: This study was aimed to investigate the efficacy of health promotion model on improving physical activity among post - menopausal women with osteoporosis. Research design: An intervention study design was used. Setting: this study conducted at women's health center in Nasser institute hospital in Egypt. Subjects: simple random sampling technique was used to recruit 100 post- menopausal women diagnosed with osteoporosis in the study. Tools of data collection: four tools were used for data collection; an interviewing questionnaire sheet, Osteoporosis Knowledge Test, Osteoporosis health belief Scale and global physical activity questionnaire. Results: There is no statistical significant difference between post-menopausal women in both groups regarding their sociocharacteristics. There was statistical demographic a improvement on total level of knowledge, health beliefs and physical activity regarding osteoporosis after intervention and at follow up (p<0.001). Regarding total physical activity 58% of post-menopausal women were highly active and 42% were moderately active post intervention and at follow up. Conclusion: The findings of the current study supported the hypothesis of this study which stated that application of nursing intervention based on health promotion model had positive effect on improving physical activity among post-menopausal women with osteoporosis. In addition, post-menopausal women's knowledge and health regarding osteoporosis significantly improved were intervention and at follow-up. Recommendation: based on the finding of the current study, it is suggested to apply physical activity program for premenopausal women to prevent osteoporosis & its complication.

Key words: Osteoporosis, Post- menopausal women, Health promotion model, Physical activity.

Introduction

Menopause is a period of diversion in women's lives, in which women face several medical and psychological problems. In addition of hot flushes, sweating, fatigue, headaches, sexual dysfunction and lowering of estrogen level, menopause may be the most reason for massive and rapid loss of bone mass (Compston et al., 2013).

With the beginning of menopause period, the prevalence of osteoporosis and related fractures increases according to the woman's age and the duration of this hormonal disturbance (National Institute on Aging, 2015). The rising in life expectancy of the population and the costs produced by fractures, especially hip fractures, define the importance of studying osteoporosis, because hip fractures present with increasing morbidity and mortality (International Osteoporosis Foundation, 2017).

Osteoporosis is the most common disease of bone and is appeared as low bone mass, drop of bone tissue, and compromised bone strength, leading to bone fragility and fractures. Osteoporosis may be due to decrease in bone formation or increase in bone loss (National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center, 2014). Osteoporosis is resulted from severe bone loss, and osteoporosis in the presence of one or more fragility fractures is referred to as severe