

PP 44: Association between knowledge and preventive behaviors regarding osteoporosis among a high-risk population in the National Hospital of Sri Lanka

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Introduction: Recent literature reveals a relationship between anti-epileptic drugs and decreased bone density, predisposing epileptic patients to osteoporosis.

Objectives: This study was carried out to determine the association between knowledge and preventive behaviours regarding osteoporosis among the patients aged over 18 years visiting the Epilepsy Unit in NHSL.

Methods: This descriptive cross-sectional study with an analytical component was conducted among 120 epileptic patients on anti-epileptic drugs, using random sampling. An interviewer administered questionnaire with sociodemographic details, knowledge and eight preventive behaviours regarding osteoporosis was used to collect data. The score of the knowledge section was graded as 'poor'(<40%), 'average' (41-60%) and 'good' (>60%) knowledge. Chi-squared test was used to determine associations between knowledge and engagement in preventive behaviours. The p value of less than 0.05 determined the significance.

Results: All participants responded and a majority (58.3%) were female. Only eight (6.7%) had a prior diagnosis of osteoporosis at the time. The majority (n=65, 54.2%) had poor knowledge with a mean-score of 37.77% (SD=±18.67). The majority engaged in 6 out of 8 of the preventive behaviours regardless of awareness. The only significant association was between the knowledge level and consumption of milk/cheese/yoghurt at least once every 2 days as a preventive behaviour (p<0.05).

Conclusions: The study shows a lack of knowledge and awareness regarding osteoporosis among the high-risk population of anti-epileptic drug users was unfortunate and could lead to the failure of early prevention of osteoporosis, thus the need for implementing measures to increase the awareness and engagement in prevention of osteoporosis.

Keywords: Epilepsy, knowledge, Osteoporosis, preventive behaviours