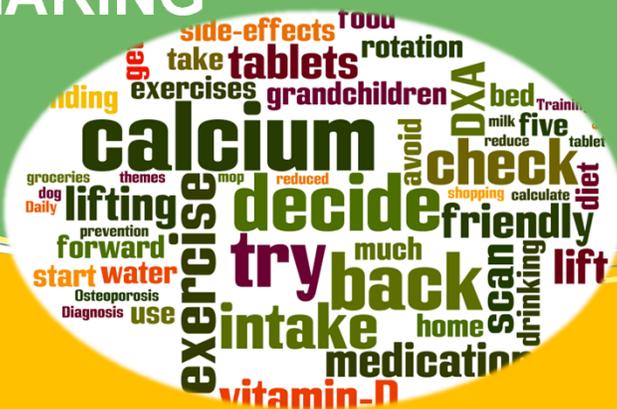


IMPACT OF MULTIFACETED OSTEOPOROSIS GROUP EDUCATION ON PATIENTS' DECISION-MAKING

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Introduction

Patients with osteoporosis constantly have to make decisions related to their disease. Osteoporosis multifaceted group education (GE) has become an integral part of healthcare offers and may be a way to support decision-making of patients with osteoporosis.

Aim

To investigate multifaceted GE with particular focus on its impact on patients' decision-making regarding both treatment options and lifestyle changes.

Group education

Aim of GE

- To improve patients' quality of life by informing about the disease and advising on living with osteoporosis.

Two types of GE classes

- Patients (4-5 per class) with a vertebral fracture, three hours/week for five weeks.
- Patients (6-8 per class) without a vertebral fracture, three hours/week for three weeks.

Content of GE classes

- Diagnosis and prevention
- Training and exercise
- Daily life and activities
- Bone-healthy diet
- Medication

Methods

- A qualitative interpretive description study
- Participant observation during GE (78 hours)
- Interviews before and at six and eight months after GE.

Participants

- Three men and five women (mean age 63.4) from three classes for patients with a vertebral fracture
- Nine women (mean age 62.5) from two classes for patients with a vertebral fracture.

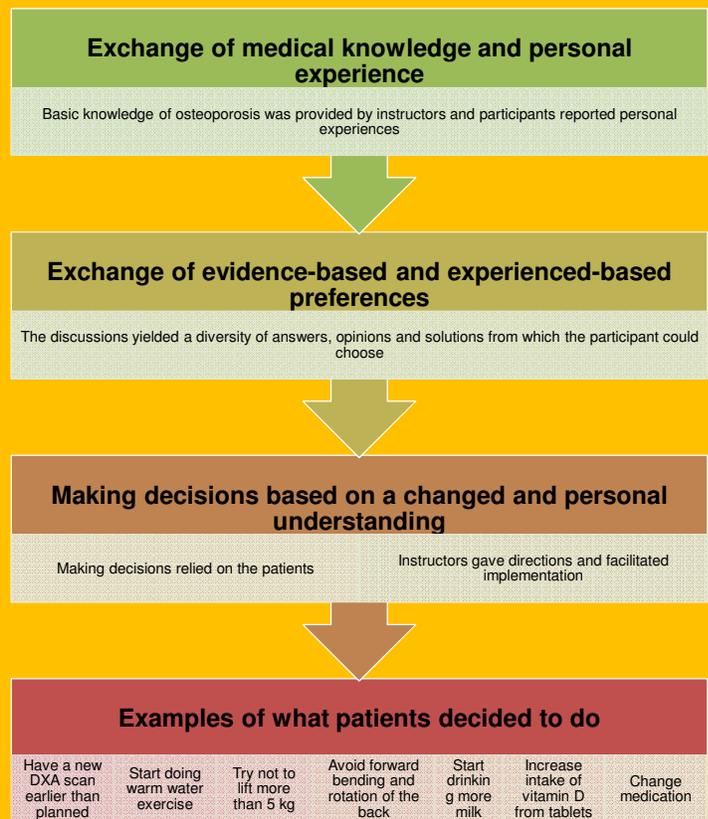
Data analysis

- An inductive and constant comparative analysis leading to identification and interpretation of patterns and themes.

Results

New information, a different understanding and time for acquiring in-depth knowledge, skills and alternative opportunities impacted on patients' decision-making in relation to a bone healthy lifestyle.

The decision-making process during group education



Conclusion

Group education can initiate reflection and support decision-making among participants and change their understanding of a bone healthy lifestyle.