

Managing a bone healthy lifestyle after attending multifaceted osteoporosis group education

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Introduction

It is expected that patients transfer and implement acquired knowledge and skills from attending group education (GE) into their daily lives. However, little is known about how and to which extent patients with osteoporosis implement knowledge of a bone healthy lifestyle.

Aim

To investigate if and how patients attending multifaceted osteoporosis GE implement the knowledge acquired into their daily lives.

Methods

- A qualitative interpretive description study.
- Participant observations of participants' daily life after attending GE
- Interviews with participants before and at six and eight months after GE.

Participants

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

Aim of GE

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

Themes covered in GE

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

Data analysis

Completion of inductive and constant comparative analyses to identify and interpret patterns and themes.

Results

Attending multifaceted osteoporosis GE supported patients' implementation of a bone healthy lifestyle.

An eye opener

- Participants expressed enhanced attention and reflections on all the themes covered in GE

"They give you tools you can use. There are loads of things I didn't know anything about, but they are all in here now (points at back of head)"

Implementing osteoporosis prevention relied on

- Feeling sure in how to act
- Experiencing a clear need and motivation
- Making the activity a social event

"I found out that I only need one calcium tablet with extra vitamin D in, because I eat a bone healthy diet. So now I only take one tablet"

Refraining from implementing osteoporosis prevention was related to

- Social and physical concerns
- Personal needs

"I do carry my grandchildren; here I can't be bothered by my disease. But I think more about it"

Conclusion

The many individual solutions and sharing of knowledge acquired during GE may improve preventive actions in patients with osteoporosis.