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

<table>
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<tr>
<th>Exchange of medical knowledge and personal experience</th>
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<td>Basic knowledge of osteoporosis was provided by instructors and participants reported personal experiences</td>
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<th>Exchange of evidence-based and experienced-based preferences</th>
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<td>The discussions yielded a diversity of answers, opinions and solutions from which the participant could choose</td>
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<th>Making decisions based on a changed and personal understanding</th>
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<td>Making decisions relied on the patients Instructors gave directions and facilitated implementation</td>
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Examples of what patients decided to do

- Have a new DXA scan earlier than planned
- Start doing warm water exercise
- Try not to lift more than 5 kg
- Avoid forward bending and rotation of the back
- Start drinking more milk
- Increase intake of vitamin D from tablets
- Change medication

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

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

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