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**Assessing main factors associated with vitamin D deficiency and knowledge about vitamin D among nurses****Sara Khodabandehlooie and Hosseini Meimanat**  
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**Aim:** Numerous studies emphasis on the significant role of Vitamin D in the human body and the effect of different factors on Vitamin D deficiency inclusive of: behavior-related factors, age, geographical locations, situational factors, etc. The aim of this study was to determine the factors associated with plasma vitamin D levels and knowledge about vitamin D among nurses by using health promotion model (HPM).

**Method:** In this study, 130 nurses (116 female and 14 male) participated in a survey about factors affecting Vitamin D concentration and knowledge. Data were gathered through a questionnaire approach basis on components of Pender's Health Promotion Model (HPM). In order to measure Vitamin D, the blood samples were taken from participants. The results were analyzed using SPSS 20 and Spearman test.

**Findings:** The results indicated that only 29.2% of nurses had sufficient plasma vitamin D level. The knowledge level of vitamin D among 47.7% of the nurses was high, 46.2% was moderate and in 6.2% of them was low. Comparing the factors of HPM with knowledge and vitamin D indicated that there were significant relationships between knowledge and age (over 45 years old), and knowledge and ranking self-health with probability of 0.01 and 0.025, respectively. The relations between Vitamin D and age, Vitamin D and prior related behavior, Vitamin D and perceived benefits were significant with probability of 0.042, 0.01 and 0.01 respectively. The levels of knowledge on vitamin D was significantly related to plasma vitamin D levels ( $p=0.001$ ).

**Conclusion:** Focusing on personal and specific factors of HPM, we may be able to find better solution to improve the nurse's knowledge about vitamin D and to reduce the vitamin D deficiency among Iranian nurses through treatment protocol and recommendations of food fortification.

**Biography**

Sara Khodabandehlooie is pursuing her MSc in Community Health Nursing. Shahid Beheshti University of Medical Science, Iran. Her basic focus of work is healthcare and Management. She has many publications on Healthcare and deficiency of Vitamin D in nurses. She has also worked on nurses' knowledge and perceptions about osteoporosis and has published journals on that.

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