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## Effect of systematic health education on perimenopausal women's knowledge about osteoporosis

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Osteoporosis is a "silent killer" that millions of people around the world suffer from, and it is important due to its morbidity, mortality, adverse effects on the quality of life and the extra costs imposed to the patient and the society. The aims of this study were to: assess the knowledge level regarding osteoporosis among rural perimenopausal women, assess information needs of rural perimenopausal women regarding osteoporosis care, and to provide systematic health education needed for perimenopausal women. The Design of this study was quasi-experimental (pre-post). The sample of the study was one group, comprised of 400 perimenopausal women (45-54 years). Participants were recruited according the following criteria: free from chronic diseases (diabetes, anemia and hypertension) and free from osteoporosis. Tools included an interviewing questionnaire (used to collect data about perimenopausal women), an osteoporosis risk factors assessment questionnaire (used to assess risk factors for osteoporosis), an osteoporosis knowledge test (was used to measure knowledge about osteoporosis). The main finding was that there was a statistically significant difference between pre, post and follow-up tests scores. Conclusion: research hypothesis are accepted as it was found that systematic health education improves perimenopausal women's knowledge level of osteoporosis. Recommendations: systematic health education is suggested to encourage primary health care providers to consult with women more effectively about osteoporosis pre-ventions.

### Biography

Dalal Mohamed Khalil Eshra has completed her PhD at the age of 31 years from Ain-Shams University and postdoctoral studies from Menofya University Faculty of Nursing. She was the Faculty Dean and head of maternal & newborn health nursing department for more than 15 years. She was the manager and PI of many research projects. She has 40 Publication in National and international Journals, seminary in the field of maternal and neonatal Nursing.

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