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CERTIFICATE

**THIS IS TO CERTIFY THAT THE PROJECT WORK ENTITLED HAS
BEEN SUCCESSFULLY CARRIED OUT BY**

IV YEAR B.Sc. NURSING STUDENT

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**SUBMITTED AS A PARTIAL FULFILLMENT OF REQUIREMENTS
FOR THE BACHELOR OF SCIENCE IN NURSING FROM RAJIV
GANDHI UNIVERSITY OF HEALTH SCIENCES BENGALURU.**

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ABSTRACT

Background:

Osteoporosis which is one of the common condition among women mostly after age of menopausal in India.¹ It is Multi-factorial and emerging global health problem. It is the condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. It literally leads to abnormally porous bone that is compressible, like a sponge.²

Objectives:

- 1) To assess the knowledge regarding prevention and management of osteoporosis among working women.
- 2) To determine the association between knowledge along with the demographic variables.

Method:

Descriptive approach was used for this study to assess the knowledge regarding prevention and management of osteoporosis among working women to collect data from 30 subjects selected by simple random technique through non probability sampling approach used which consists of 2 sections.

Result:

The distribution of demographic data was done that is majority of teachers of age group 20-30 has 7(23.3%) of inadequate knowledge regarding osteoporosis, moderate knowledge of 2(6.7%) and adequate knowledge of 6(20%).

With the age group 31-40 years had inadequate knowledge of 6(20%), moderate 9, and inadequate 2(6.7%).

With age group 41-50 years had inadequate knowledge of 1(3.3%), moderate 3(10%) and adequate 1(3.3%).

With age group 51-60 years had inadequate knowledge of 2(6.7%), moderate 2(6.7%) and adequate with 3(10%).

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