Title: The Effectiveness of Education on the Knowledge and Performance of Women toward Osteoporosis in Tabriz in 1385-1388

Authors: Poozeshi M*: Treatment Affaire of Tabriz Univercity of Medical Sciences, Family Health center, Midwife
Dr. Taghavi S, Alzahra Hospital, Associated Professor, Perinatalogist
Dr. Ebadi A: Treatment Affaire of Tabriz University of Medical Sciences, GP
Sattarzade N: Tabriz Medical Sciensec University, Student of reproductive health PHD
Ahmadian S: Treatment Affair of Tabriz Medical sciences University, Midwife & Psychology MS
Nezakat M: Alzahra Hospital, Nurse
Mirzaei A: Treatment Affair of Tabriz Medical Sciences University, Souncial Helth Nursing MS

Abstract: The Effectiveness of Education on the Knowledge and Performance of Women toward Osteoporosis in Tabriz in 1385-1388

Introduction: Osteoporosis is a disease that is characterized by low bone mass. This is one of the most common disorders in women that can be prevented earlier. Differences in race, nutritional status, physical activity and lifestyle all contribute to its variability, but all of factors that play an important role in osteoporosis can be changed by increasing people's awareness. Unfortunately, most of women do not have enough knowledge about importance of preventing Osteoporosis and there are not suitable information source about this issue. The aim of this research is to survey the effectiveness of education on the knowledge and performance of women.

Methods: This semi-experimental research was done on 78 housewives of Tabriz between 1385-1388. The knowledge and performance of the women were assessed by questionnaire. Educational sessions were held in the life skill classes by welfare organization. Knowledge and performance of women were assessed before and after workshop. We asked our questionnaire for four times after workshop: immediately after education, 6 month later, one year later, 2 years later.

Results: Results of comparing pretest and post tests showed that the education is effective on knowledge of women (P=0.001). Although improvement of people's performance in post tests was more significant (P=0.000), but after one year of education the performance decreased. This result proved the requirement for continuous public education (P≤0.05). Details relating to Knowledge, Performance factors will be in final report.

Conclusions: Results of this study showed that education is one of the most important factors that affect multidimensional performance of people in life. For example they pay attention to nutrition, physical activity and other important factors. On the other hand safe motherhood programs are on top of the world health programs.

Keywords: Education - Knowledge - Performance - Women – Osteoporosis- Health

Presentation: Poster