

ORIGINAL PAPER

Evaluation of Osteoporosis Educational Program on Elders who Sustained an Osteoporotic Fracture

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Abstract

Background. Studies indicate that there is a low adherence to drug therapy for osteoporosis. Educational programs have been shown to have a positive effect on osteoporosis health beliefs and osteoporosis preventive health behaviors. Little is known about the effect of educational programs on adherence to drug therapy for osteoporosis in people diagnosed with the disease.

Aim. An evaluation of osteoporosis educational program on knowledge, health beliefs and intention of elders who sustained an osteoporotic fracture to adhere to drug therapy for osteoporosis.

Methodology. A convenience sample of 102 elders hospitalized with osteoporotic fracture in a rehabilitation ward of a large geriatric facility in central Israel in 2012-2013 completed a questionnaire based on the Health Belief Model (HBM), pre and post educational program.

Results. The findings show that the program improved elders' knowledge, health beliefs, and intention to adhere to drug therapy. A strong positive correlation was found between post-educational program knowledge of osteoporosis and intention to adhere to drug therapy.

Conclusions. Evaluation the impact of educational programs on health beliefs and intention to adhere drug therapy for osteoporosis among elderly may help tailor osteoporosis educational interventions for this unique population.

Key words: Drug Therapy; Elders; Evaluation; Health Belief Model; Osteoporosis; Patient Education.