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Exploring fracture risk factors among Omani women: Implications for risk assessment

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ABSTRACT

Osteoporosis is common among postmenopausal women, giving rise to morbidity and diminishing the quality of life. There is lack of information about the risk factors of Osteoporosis among local Omani women. The aim was to explore the risk factors of Osteoporosis among Omani women using a Modified Fracture Risk Assessment Tool. This is an exploratory research design using a simple random sampling. A pilot study was conducted among 35 local Omani women from the Muscat region, who completed the validated and reliable Modified Fracture Risk Assessment Tool (MFRAT). Bone Mineral Density (BMD) was measured among 11 women at moderate-high risk based on MFRAT. The data was analyzed using inferential statistics. Fourteen Omani women were at moderate-high risk for Osteoporotic fracture due to factors related premenopausal, Vitamin D deficiency, increased parity, increased lactation period and sedentary lifestyle. Among these five women had low BMD and required early intervention and support. Determinants of Osteoporosis can be assessed among premenopausal Omani women with a specific risk assessment tool. There is a need to construct a culturally sensitive risk assessment tool for Omani women for early screening and detection of Osteoporosis. Nurses can identify, provide intervention and education for Omani women at-risk of fracture.

KEYWORDS

Fracture Risk Assessment; Osteoporosis; Osteopenia; Omani Women; Early Identification; Early Screening; Bone Mineral Density; Nursing Care; Primary Prevention

Cite this paper

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