No Bones About It!
Evidence-Based Education with Community-Dwelling Seniors to Mitigate Osteoporosis through Diet and Exercise.

Celina Bazaar MSNc, RN (bazaar@hartford.edu)
Jennifer Travers MSNc, RN (jtravers@hartford.edu)
Cherry Karl PhD, RN (ckarl@hartford.edu)
Karen Lucas Breda PhD, RN (breda@hartford.edu)

Background
Osteoporosis is one of the leading causes of fractures, particularly in the elderly population. Symptoms are often silent until the first fracture happens. Post-menopausal women greater than 60 years old are at higher risk for osteoporosis. Studies have shown that there is a knowledge deficit regarding lifestyle changes that can mitigate the risks of developing osteoporosis.

Purpose
To educate post-menopausal women greater than 60 years old on bone loss prevention strategies that focus on diet and exercise.

EB Intervention
PowerPoint presentation, brochure, and recipe
Focused on diet and exercise strategies
Adapted for seniors
Pre- and post- education survey

Implications
By teaching and reinforcing simple bone loss prevention strategies to senior citizens and modifying them to fit their lifestyles, seniors will be better able to incorporate these habits into their daily life and avoid hospitalization due to fractures.