The Bone health in Sannio rural area: An Analysis of free screening

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Osteoporosis or osteopenia affects over half of adults aged over 50 years. People living outside major cities in Italy have higher hip fracture rates than people living in cities, along with reduced access to bone densitometry and osteoporosis specialists. Gaps exist in rural osteoporosis care, including knowledge, screening and management. People have differing experiences of care, access to services and preferences for care. High-quality care, tailored to their needs, was preferred. The perfect themes and topics about rural osteoporosis theme. Circles represent themes. Rectangles list the interview topics.

This study explores osteoporosis risk factors, knowledge, experiences of and preferences for care in people living in a rural area, to inform development of osteoporosis care programs. Improving osteoporosis services for rural Area will require a flexible, multi-faceted approach, addressing needs of the local community and providers. METHODS:

A touring free screening in Sannio rural Area without Benevento city has done. Adults living were invited to participate to do a free (QUS) calcaneal quantitative ultrasound (phase 1) followed by semi-structured interviews (phase 2) with with a medical history collection and fracture risk assessment tool (FRAX) score; and (phase 3) blood and urinary analysis to understand calcium phosphometabolism. Data collected included osteoporosis diagnosis, risk factors, management, knowledge. Surveys were analysed quantitatively, with linear and logistic regression used to assess factors related to osteoporosis prevention knowledge or satisfaction with National Health System. RESULTS:

726 participants completed the survey. The mean (SD) age of survey participants was 59.8 (\pm 17.3) years, 693 female(95.46%) and 33 male(4.54%), 89% had a screening test for osteoporosis, and 425 (58.54%) had a diagnosis of osteoporosis. 11% of patecipant do the screeening because it is was free without any clinical indication. Screening showed that 6% of patients had osteopenia due to hypopartroidism. 80% of patients who had had gynecological or oncological ablative operations did not have adequate protective therapy for osteoporosis. 18% of osteopenias were due to inflammatory bowel diseases or diseases such as celiac disease. 90% of osteoportic patients had undergone screening after a minor fracture, as in 70% of the wrist fractures. Patients were very satisfied with the initiative. The average 10-year fracture risk percentage according to FRAX was 14% (\pm 9.7).

DISCUSSION AND CONCLUSION:

This free screening explores osteoporosis among adults living in a rural area of Historical Sannio,. Three major themes emerged from interviews, which reflected the findings of surveys, concerns regarding the adequacy of care in rural areas, a desire for tailored, local care, and a largeosteoporosis prevention program.