

# Feedback on a Self-management Booklet from Individuals Who Have Been Prescribed Osteoporosis Medication

Linton D<sup>1</sup>, Porteous J<sup>2</sup>, Eatson H<sup>2</sup>, Chepesiuk R<sup>2</sup>, Long T<sup>2</sup>, Jain R<sup>2</sup>, Sale JEM<sup>1</sup>

<sup>1</sup>Musculoskeletal Health and Outcomes Research, Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto, ON, Canada;

<sup>2</sup>Osteoporosis Canada, ON, Canada



## BACKGROUND

- Self-management was identified as a key component of health care for Ontarians.
- Integrated into a user-friendly, portable, single-source document, the Ontario Osteoporosis Strategy created a self-management booklet: **My Bone Health Journal: Managing osteoporosis for a full and active life.**
- This self-management booklet is consistent with information currently available to individuals seeking help from Osteoporosis Canada's website.

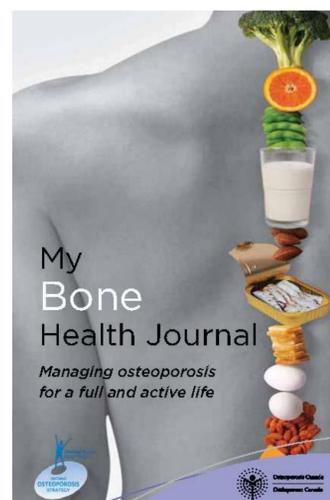
## OBJECTIVES

- To examine individuals' experiences of the self-management booklet on beliefs and actions regarding bone health.
- To solicit input on the self-management booklet to ensure clarity, approachability of layout, and relevance of information presented.

## METHODS

- A phenomenological qualitative study
- Eligibility
  - English-speaking
  - ≥ 50 years of age
  - Prescribed osteoporosis medication
- Data collection:
  - 1-2 hour telephone interviews
  - 1 month after receiving booklet
- Participants were asked to provide feedback on the self-management booklet and share what they were doing with respect to the recommendations made by the booklet.

## ABOUT THE SELF-MANAGEMENT BOOKLET



- The booklet includes sections related to creating an action plan, fracture risk assessment, bone health treatment, exercise, diet, falls reduction, and sources of support.
- Information in the booklet represents clinical best practices for the management of bone health drawn from the literature and the expertise of the Osteoporosis Canada staff members.

➤ Here's what some of the participants had to say:

*"So, I would say it [the booklet] would be most helpful if you suddenly discover you have osteoporosis. There was nothing like that available for myself at the time"*

-Participant 17

*"I'm glad that I got the chance to read this book, and it has hit home on a lot of things" i.e. "Every once in a while I'll pick it up, and I think everybody that has osteoporosis should get the chance to read this book."*

-Participant 49

*"When I reviewed the book again today, I wrote down my 10 things I'm going to address with my doctor, because I want to ask him about exactly how much did I lose in my height?..."*

-Participant 10

*"...I'm pretty well doing what is in the book. It's made me a little bit more aware of what I'm just automatically doing..."*

-Participant 9

*"I think it's excellent. Everything. For a person who's just been diagnosed, and also for someone else, it reminds them what they should be doing."*

-Participant 18

## RESULTS

- 50 patients (48 females, 2 males) aged 58-89 took part in the study. 82% of which had some College or University education.
- More than half of the participants (68%) had had at least one fracture in their lifetime.
- Upon reading the booklet, several participants had already taken action or expressed an intention to make changes to their diet and/or exercise routines to improve their bone health.
- Other participants use the booklet as a reference tool to reaffirm current practices and beliefs. For them, the recommendations made in the self-management booklet were consistent with what they had already been doing.
- Participants described the language in the booklet as clear and easy to understand and would have appreciated receiving this tool at the onset of their diagnosis.

## DISCUSSION & CONCLUSIONS

- The self-management booklet developed by Osteoporosis Canada could be used to engage patients in discussion about bone health.
- The booklet also motivated individuals to make changes to their existing routines in an effort to achieve better health outcomes for their bone health.
- Providing a tool like this to people recently diagnosed with a bone health issue may prove to be beneficial.