Optimizing Glucocorticoid-Induced Osteoporosis Management: A Cross-Sectional Study of Healthcare Worker Awareness

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ABSTRACT

This study aimed to assess healthcare providers' knowledge, attitude, and self-reported practice regarding preventive measures for glucocorticoid-induced osteoporosis for patients on prolonged glucocorticoid therapy at King Abdulaziz University Hospital. A descriptive cross-sectional study was conducted from January 1, 2023, to September 20, 2023. Participants included consultants and residents from the Departments of Internal Medicine and Family Medicine who routinely prescribed systemic corticosteroids. Data were analyzed using SPSS software. The study included 98 participants with equal sex distribution. Findings showed a strong knowledge base among participants regarding glucocorticoid-induced osteoporosis. Overall, 58.2% correctly recognized the dose threshold for preventive treatment, and many identified lifestyle factors and criteria for high-risk groups. Barriers to antiresorptive therapy were patient concerns about adverse effects (53.1%), complex medication regimens (54.1%), and time constraints (41.8%). Knowledge levels and less frequent prescription of corticosteroids were positively correlated with experienced consultants. Participants demonstrated strong knowledge, with opportunities to enhance consistent use of preventive guidelines and address barriers to antiresorptive therapy. Specialization within internal medicine subspecialties, years of experience, and knowledge levels influence glucocorticoid-induced osteoporosis management practices.

Keywords: Antiresorptive therapy; dose threshold; Glucocorticoid; osteoporosis; prevention.

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