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FACULTY OF NURSING



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OSTEOMALACIA

Osteomalacia



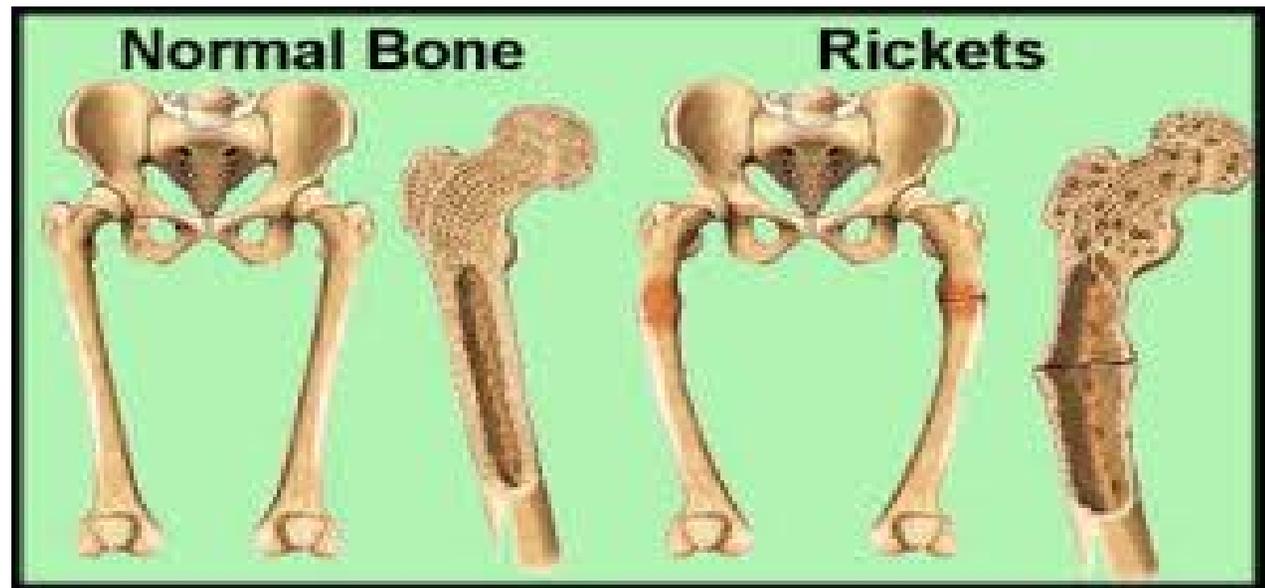
Normal Bone



Mr. M.Raghavendran M.Sc(N)
Professor
MSN Dept

Definition

- It is a rare condition of adult bone associated with vitamin D deficiency resulting in decalcification and softening of bone.



Cont....

- Vitamin D is essential with its complex action in absorption of calcium from intestine.
- Insufficient vitamin D intake can interfere with normal mineralization of bone which results in bone softening.

Etiological factor

Lack of exposure to sunlight

GI malabsorption

Extensive burns

Chronic diarrhea

Pregnancy

Kidney disease

Drugs

Clinical Manifestations

Localized bone pain

Difficulty in raising from chair and walking

Low back pain

Progressive muscle weakness especially in pelvic
girdle

Weight loss

Deformities of spine

Fractures are common

Diagnostic Evaluation

Decreased serum Calcium or Phosphorous
Level Decreased Serum 25 Hydroxy Vitamin D
Increased Serum Alkaline Phosphatase
X Ray

Management

Correction of vitamin D, vitamin D3 (cholecalciferol), vitamin D2 (ergocalciferol) can be supplemented

Calcium salts or phosphorous supplements may be prescribed

Dietary ingestion of eggs, low fat milk, fish and vegetables are encouraged.

Exposure to sunlight is also valuable.