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“In your dreams you can run and jump”
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Background

- Osteoporosis is likely to increase with a rapidly ageing population.
- It affects one in three women and one in five men over the age of 50.
- Few qualitative studies focus on men’s experience.

Aim

to explore the meaning making processes of men with osteoporosis

Methods

- 13 White men aged 63 to 94
- Osteoporotic vertebral fracture
- Reflexive Thematic Analysis



THE QUIZ

I’ve written my autobiography and made copies for the family. ... when I have my funeral, I’m hoping they’ll have read it, and instead of having the eulogy, they can have a quiz! And the winner (because I’ll be cremated) can have my knee joint [both laugh] (age 92)

A STEP CHANGE COMING

NOT WHAT I ONCE WAS



IT’S DE-MEANING



NARRATIVE REPAIR



“Take the good with the bad
Stand on your own feet
Others are worse off
Just put up with it
See the funny side
Don’t give into it”

THE ORGAN RECITAL



Everybody’s talking about their ailments these days ... in the first hour of meeting somebody you have the organ recital! ... I had a conversation with the doctor ... saying “look, we’re thinking about downsizing... His advice was “hope for the best but plan for the worst” (age 76)

THE STREET SIGN



I’m a lesser person ... I’m overtaken by everybody ... little kiddies come past me, old people on sticks come past me. It’s sort of quite demeaning ... I remind myself of the two people on that traffic sign you know “beware old people crossing” (age 88)



- Where I am heading
- Why has this happened to me
- What’s wrong and how can I fix it

Conclusions

- Challenge to decipher osteoporosis and age.
- Impact on self and a struggle to repair self.
- Health care is repair of both body and identity.
- Future research to explore intersectional experiences.