



A Study to Assess the Knowledge Regarding Polycystic Ovarian Disease among Adolescent Girls Studying Nursing at Selected College, Coimbatore

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Abstract: *Aim and objectives: To assess knowledge regarding poly cystic ovarian disease among adolescent girls at a selected college*

Methodology: Descriptive Research Design was adopted in order to assess the knowledge regarding polycystic ovarian diseases, causes, prevention, and management

The dependent variable was individual knowledge of preventive methods. Independent variable was causes and management

The study was conducted for nursing students at Ganga College of Nursing, Coimbatore. The sample size consisted of 60 students who fulfilled the inclusion and exclusion criteria)

Nursing students were included in the study. All other Nursing batch students are excluded from the study, selected by a convenient sampling technique.

Result: This study aimed to assess the knowledge regarding poly cystic ovarian diseases among nursing students and also to teach the causes, prevention and management. Among 60 selected nursing students, 30% of students had moderate knowledge (51–74%), 20 % of students had inadequate knowledge ($\leq 50\%$), and 10% of students had adequate knowledge regarding management and prevention of poly-cyst ovarian diseases.

Conclusion: The study aimed to enhance their knowledge of the causes, prevention and management of Polycystic ovarian disease, and also encourage them to gain knowledge about risk factors, signs and symptoms, complications of Poly-cystic ovarian diseases, Dos and Don'ts. The importance of personal this study has important implications, to prevent complications and enhance the knowledge about Polycystic ovarian diseases for selected nursing students.

Key words: *causes, prevention and management of Poly-cystic Ovarian Disease.*

1. INTRODUCTION:

Poly-cystic Ovarian Disease (PCOD) is nowadays referred to as the 'Syndrome O' i.e. over nourishment, overproduction of insulin, ovarian confusion and ovulatory disruption. PCOD is called Poly-cystic Ovarian Syndrome (PCOS). Poly cystic Ovary Syndrome (PCOS) is a common endocrine disorder, mainly due to hormonal imbalances. There can be more than one predisposing factor/s that can contribute towards the development of PCOS (1) (14) The adolescent period is a unique period where there is a change from adolescence to adulthood, a period of physiological, psychological, social and emotional transformation. During this period, an individual accomplishes physical and sexual development, whereas emotions will be imbalanced. (3)(16)

Adolescence, the transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between the ages of 10 and 19. (7)(20) PCOD stands for Poly cystic Ovarian Disease. It is one of the most common conditions that affects 5% to 10% of women who are in the age group of 12 to 45 years. (7)(20) It generally affects women at their reproductive age. The most prevalent problem that occurs in PCOD is the imbalance in the woman's hormones. There are some obvious symptoms of PCOD, which are relatively common in every patient, and an increase in weight. The hair on the scalp starts becoming thin even after using hair growth oils, excessive facial and body hair, heavy bleeding, skin darkening, Irregularity in the menstrual cycle is one of the most prominent symptoms of having PCOD. (4)(17)



Difference between PCOD and PCOS, People often use the terms PCOD and PCOS interchangeably. Though they have similar symptoms, they are very different from one another.

PCOD is a hormonal disorder that one can manage easily with some changes in diet and lifestyle. PCOD is curable without medicine and treatment.

PCOS, on the other hand, is an endocrine problem. Women suffering from PCOS produce higher than usual amounts of male hormones androgens. This interferes with the development and release of the eggs.

In PCOS, some eggs turn into cysts, which are little sacks filled with liquid. The cysts build up in the ovaries and disrupt the periods. They can also increase in size and block the ovaries completely. PCOS can lead to chronic health problems if not treated timely. (6)(19)

1.1 STATEMENT OF THE PROBLEM:

“A descriptive study to assess the knowledge among adolescent girls at a selected college and the causes, prevention and management of Poly-cystic Ovarian Disease among nursing students at a selected college in Coimbatore”

2. OBJECTIVES OF THE STUDY:

- To assess the knowledge of the causes, prevention and management of Poly-cystic Ovarian Disease among selected nursing students.
- To associate the selected demographic variables with different level of knowledge scores regarding management and prevention of Poly-cystic Ovarian Disease among nursing students at selected college in Coimbatore.

3. MATERIALS AND METHODS:

A descriptive research design was adopted in order to assess the knowledge regarding causes, prevention and management of Poly-cystic Ovarian Disease among selected nursing students.

The sample size consisted of 60 nursing students present studying at Ganga College of nursing, in Coimbatore.

(Who fulfils the inclusion and exclusion criteria) selected by convenient sampling technique.

The tool consists of two parts

A) Data collection tool

B) Awareness Promotion

A) The data collection tool was a self-structured Questionnaire, consisting of knowledge-assisted questions about causes, clinical manifestation, risk factors, management and preventive measures of poly-cystic Ovarian Disease.

Scoring key: About knowledge of polycystic Ovarian Disease

Correct answer	1
Wrong answer	0

Scoring interpretation:

Scores	Level of Knowledge
≤50%	Inadequate Knowledge
51-74%	Moderately adequate knowledge
75-100%	Adequate knowledge

B) Awareness Promotion by slide presentation / video showed 15 minutes

- Preventive measures of Poly Cystic Ovarian Disease
- Causes of measures of Poly Cystic Ovarian Disease
- Avoid overweight
- Regular Exercise
- Balanced Diet
- Management of stress
- Adequate sleep



Ethical Consideration:

Formal administrative approval was obtained from the Ganga College of Nursing Ethical committee and approval from the Dean cum principal of Ganga College of Nursing. The researcher has followed the fundamental ethical principles, like the right to freedom from harm and discomfort, respect for human dignity. The researcher gave freedom to all the participants to decide voluntarily whether to participate in the study or withdraw from the study and the right to ask questions at any time during the study period. The investigator has maintained the study participant's privacy throughout the study.

Statistical Analysis:

Demographic variables were described using descriptive statistics. One way ANOVA / Unpaired t test was used to analyze the knowledge regarding diet modification, regular exercise, weight management.

4. RESULT:

This study aimed to assess the knowledge regarding causes, prevention and management of Poly cystic Ovarian Disease among selected nursing students and also to teach exercise and relaxation therapy to reduce stress. Among 60 selected nursing students, 30% of students had moderate knowledge (51–74%), 20 % of students had inadequate knowledge ($\leq 50\%$), and 10% of students had adequate knowledge regarding management and prevention of Poly-cystic Ovarian Disease.

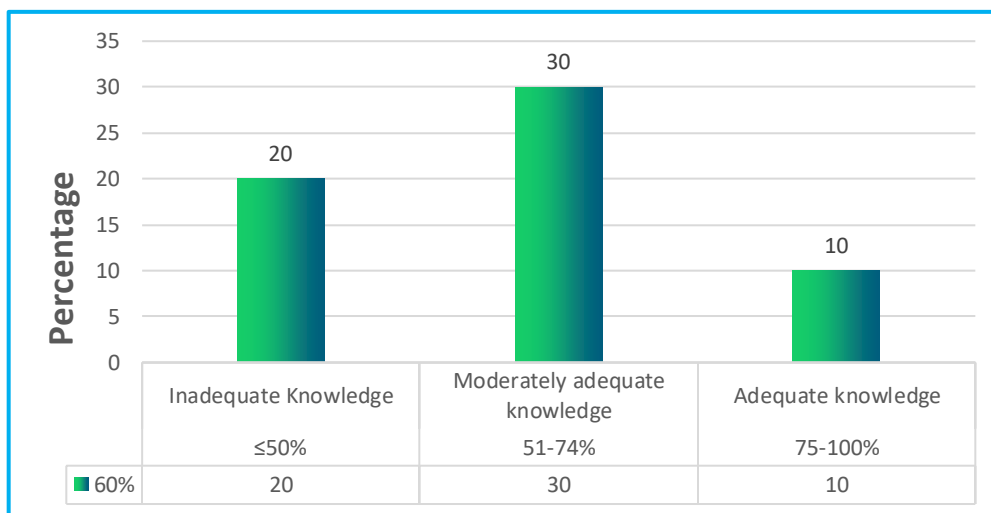


Figure: 1 Percentage distribution of knowledge regarding causes, prevention and management of Polycystic Ovarian Disease

5. DISCUSSION:

The study findings show that an intervention administered on the same day states that there will be an effective difference in their knowledge regarding polycystic ovarian disease.

6. LIMITATIONS:

- Difficult to get sample at same day/ time.

7. CONCLUSION:

The study aimed to enhance their knowledge regarding the causes, signs, symptoms and risk factors of Poly cystic Ovarian Disease and also encourage them to gain knowledge about diet modification, the importance of regular exercise, and adequate sleep, treatment, regular checkups, dos' and Don'ts, in regular life. This study has important implications, to prevent complications of Poly cystic Ovarian Disease and to enhance the selected nursing students' knowledge of management and prevention of Poly cystic Ovarian Disease.

AUTHOR CONTRIBUTION STATEMENT:

Conceived and designed this study, let the overall research proceed and provided critical revision to the manuscript, was responsible for methodology and writing of the results and discussion, selection of the study, conducted literature review, contributed to the survey design. Dean Cum Principal Dr. Esther Rakel assisted in final editing and ensured that relevant ethical consideration were addressed throughout this study.



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