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A study to assess the effectiveness of planned teaching program on knowledge on uterine prolapse the selected women with reproductive age

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Abstract

Uterine Prolapse is failing or sliding of the uterus from its normal position in the pelvic cavity into the vaginal canal. Uterine prolapse occurs when pelvic floor muscles and ligaments stretch and weaken and no longer provide enough support for the uterus. As a result, the uterus slips down into or protrudes out of the vagina. Uterine prolapse can occur in women of any age. The purpose of the study to assess the Post-test knowledge about Uterine Prolapse among women with reproductive age, to assess the demographic variables on uterine prolapse among women with reproductive age and to associate the Post-test knowledge of women on uterine prolapse among women with their Demographic Variables. A descriptive research design with purposive sampling technique was adopted to conduct a study among woman with reproductive age. Data was gathered by using structured questionnaires. Confidentiality was maintained throughout the procedure collected data was analysed by using descriptive and inferential statistics. The study shows that knowledge on uterine prolapse among women with reproductive age has the percentage of inadequate knowledge (3.33%), moderate knowledge (30%) and adequate knowledge (67%). The association between demographic variables on knowledge on uterine prolapse among women with reproductive age group. There was statistically significant found in age and education on mothers to evaluate knowledge on uterine prolapse among women with reproductive age. The association between demographic variables on knowledge on uterine prolapse among women with reproductive age group. There was statistically significant found in age and education on mothers to evaluate knowledge on uterine prolapse among women with reproductive age.

Keywords: Knowledge, uterine prolapse, women with reproductive age

Introduction

The reproductive system, its function, dysfunction and disease play a central role in women's health. World Health Organization (WHO) Uterine prolapse occurs when pelvic floor muscles and ligaments stretch and weaken and no longer provide enough support for the uterus. As a result, the uterus slips down into or protrudes out of the vagina. Uterine prolapse can occur in women of any age. The uterus is normally supported by pelvic connective tissue and the pubococcygeus muscle, and held in position by special ligaments. A Weakening of these tissues allows the uterus to descend into the vaginal cord. Tissue trauma sustained during childbirth, especially with large babies or difficult labour and women who have had one or more vaginal births, is typically the cause of muscle weakness^[1, 2].

Uterine prolapse is the main contributor to a reproductive health problem that influences the women's quality of life. In the process of pregnancy and labour women are subjected to a lot of stress and strain, where in their pelvic floor muscle and the structure of perineum loses its tone and may result in utero-vaginal prolapse. It is one of the most frequent causes of gynecological morbidities among women in India and one of the main indicator for hysterectomy. So, care is essential, both in the prevention and detection of prolapse^[3].

Uterine prolapse is a herniation of the uterus or beyond the vagina as a result of failure of the ligamentous and facial supports. It often coexists with prolapse of the vaginal wall involving the bladder or rectum, in the UK the disorder accounts for 20% women waiting for major gynecological surgery. The exact prevalence is unknown^[4, 5].

Nearly 40% of participants in the women's health initiative (WHI) trials in the United States had some degree of prolapse. Uterine prolapse was found in 14% of the 27,342 women enrolled in the study. Another US study of 149,554 women found an 11% lifetime risk of surgery for prolapse or incontinence in the United States^[6].

The purpose of the study 1. To assess the Post-test knowledge about Uterine Prolapse among women with reproductive age 2.To assess the demographic variables on uterine prolapse among women with reproductive age 3.To associate the Post-test knowledge of women on uterine prolapse among women with their Demographic Variables^{7,8}.

Materials and Methods

An quantitative approach with post test research design was used to conduct the study. The study was conducted in koyambedu. The investigator selected Koyambedu for the study. After selecting the area, house to house survey was done to find out the number of women with reproductive age group were selected. After the survey the investigator selected 50 samples by simple random sampling technique. The inclusion criteria for the sampling are who are residing in Koyambedu, who are willing to participate in the study and who can understand Tamil. The official permission was obtained from IRB (institutional review board). The official permission was obtained from Saveetha College of Nursing to conduct the study. The study was conducted at Koyambedu from 20/12/2019 to 28/12/2019 after obtaining the permission sample by using inclusion criteria, around 30 women was be selected by using simple random sampling technique. The data was collected by using personal information from which includes baseline characteristics of the mother (age, religion, type of religion, education). The time spent by the investigator for each mother was approximately 15 minutes by using knowledge structured questions. The same procedure was followed for all selected samples. The data were analyzed using descriptive and inferential statistics. The sample characteristics were described using frequency and percentage. Pearsons correlation coefficient was used to assess the effectiveness on uterine prolapse among women with reproductive age. The paired t test also used to assess the level of knowledge and p value is. chi square test was used to test the association between categorical variables. The p=0.05 was statistically significant found in age and education on mothers to evaluate knowledge on uterine prolapse among women with reproductive age.

Result and Discussion

Section A: Frequency and distribution of demographic variables of uterine prolapse among women with reproductive age

That the regarding age out of 30 samples nearly (46.6%) samples were comes under age group of 18-25 years, (36.6%) were under the age group of 25-30 years, 5(16.6%) samples were belongs to the age group of 30-35 years. Regarding religion out of 30 samples 14(46.6%) samples were Hindu religion, 10(33%) samples were Christian, and 6(20%) samples were under Muslim religion. Regarding education out of 30 samples 4(13.3%) sample were comes under illiterate, 7(23.3%) samples were completed primary

education, 6(30%) was completed higher secondary education and 10(33.3%) samples were completed degree. Regarding type of family, out of 30 samples, 18(60%) samples were living in nuclear families and 12(40%) samples were living in a joint family. Regarding income of family, out of 30 samples 7(23%) samples were having < or equal to 5000/ month, 13(43%) samples were having 5000-10,000/month and 10(33%) samples were having above 10,000/month. Regarding gravidum, out of 30 samples 12(40%) samples were primi mother and 18(60%) samples were multigravida mother.

Section B: Frequency and percentage distribution of knowledge on uterine prolapse among women with reproductive age

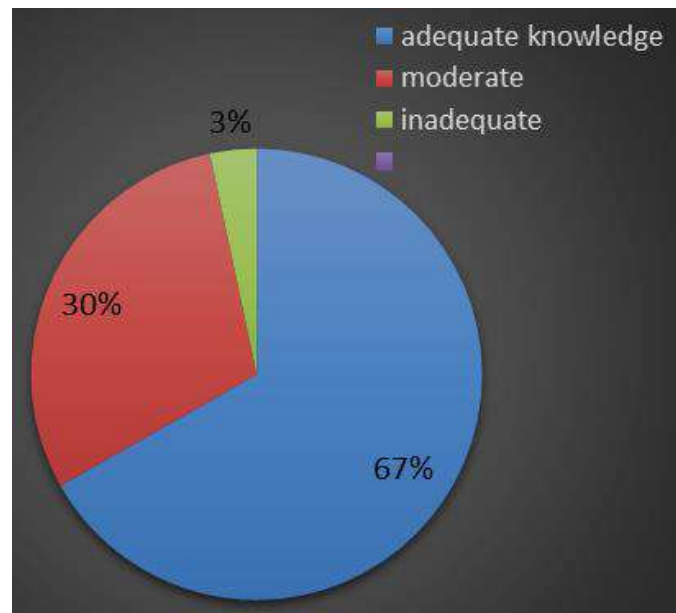


Fig 1: Shows the knowledge on uterine prolapse among women with reproductive age has a percentage of inadequate 3.33%, moderate 30% and adequate knowledge 67%

Table 1: Graphical presentation of mean score and standard deviation score of knowledge on uterine prolapse among women with reproductive age of inadequate moderate and adequate.

Level of Knowledge	Mean Deviation	Standard Deviation	Paired t value
Inadequate	14	0	26.5471
Moderate	18	1.58	
Adequate	20	1.58	

The mean score for knowledge on uterine prolapse among women with reproductive age has inadequate (14), moderate (18) and adequate (20) and standard deviation score for inadequate (0), moderate (1.58) and adequate (1.58). mean difference for pre-test was 6.54 and SD was 1.58 mean difference for post-test is 17.33 and SD is 1.58 therefore paired t value is 26.5471

Table 2: This section deals with association of selected demographic variables on Post test level knowledge of uterine prolapse among women with reproductive age

S.no	Demographic variable	Inadequate		Moderate		Adequate		Chi square value and p value
		No	%	No	%	No	%	
1.	Age (in years)							x ² = 4.968 df=4 p= 0.05
	a. 18-25 years	0	0	3	10	11	36.6	
	b. 25-30 years	1	3.33	3	10	7	23.3	

	c. 30-35 years	0	0	3	10	2	6.6	S
2.	Religion							$\chi^2= 1.926$
	a. Hindu	1	3.33	4	13.3	9	30	df=4
	b. Christian	0	0	3	10	7	23.3	P=0.05
	c. Muslim	0	0	2	6.6	4	13.3	NS
3.	Education							$\chi^2= 6.145$
	a. Illiterate	0	0	2	6.6	2	6.6	df=6
	b. Primary Education	0	0	3	10	4	13.3	P=0.05
	c. Higher Secondary	1	3.33	3	10	5	16.6	S
	d. Degree	0	0	1	3.33	9	30	
4.	Type of Family							$\chi^2= 1.78$
	a. Nuclear Family	1	3.33	4	13.3	13	43.3	df=2
	b. Joint family	0	0	5	16.6	7	23.3	P=0.05 NS
5.	Income of Family							$\chi^2=1.973$
	a. below or equal to 5000	0	0	3	10	4	13.3	df=4
	b. Between 5000 to 10000	1	3.33	3	10	9	30	P=0.05
	c. Above 10000	0	0	3	10	7	23.3	NS
6.	Gravidum							$\chi^2= 1.77$
	a. Primi	0	0	5	16.6	7	23.3	df=2
	b. Multigravida	1	3.33	4	13.3	13	43.3	P=0.05 NS

That there was an association between demographic variables on knowledge on uterine prolapse among women with reproductive age group. There was statistically significant found in age and education on mothers to evaluate knowledge on uterine prolapse among women with reproductive age.

Conclusion

The studies concluded that there is association between the demographic variables assessment of level of knowledge on uterine prolapse among women with reproductive age. There was statistically significant found in significant age and education on mothers.

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Conflict of Interest

The author there is no conflict of interest

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