Research Article

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING RISK FACTORS OF DYSFUNCTIONAL UTERINE BLEEDING AMONG WOMEN

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A R T I C L E   I N F O

A B S T R A C T

Background of the study: Menstrual cycle differs from women to women. They may get heavy or light spotting bleeding and shorter or longer cycles. It may affect with the day to day activities of the women. Even though not a life threatening condition, it cause disruption and discomfort for them. Majority of them do not seek medical aid because of ignorance and social stigma, resulting in complication. **AIM:** Effectiveness of planned teaching programme on knowledge regarding risk factors of dysfunctional uterine bleeding among women **Method:** This was pre experimental study with 50 subjects, selected through simple random sampling technique. One group pre test post test design was used. Data was collected using a Structured Closed Ended Questionnaire with interview schedule. Data was analyzed by using descriptive and inferential statistical in terms of mean, frequency distribution, percentage, 't' test and chi-square test. **Results:** The overall findings reveal that the post-test knowledge score (26.32±7.46) was more when compared to the pre-test knowledge score (11.12±4.02). Hence it indicates that the PTP was effective in enhancing the knowledge of women regarding selected risk factors of dysfunctional uterine bleeding. **Conclusion:** The study proved that planned teaching programme on risk factors of dysfunctional uterine bleeding women was scientific, logical and cost effective strategy.

INTRODUCTION

Background

Dysfunctional uterine bleeding (DUB) is irregular menstrual bleeding that is not caused by a serious condition such as disease or pregnancy complication.It is usually caused by changing hormones level which may affect ovulation. Dysfunctional uterine bleeding is the most common cause of abnormal vaginal bleeding in women reproductive years.It can have a substantial ,financial and quality of life burden and affects women health both mentally and socially.[1]

Excessive menstrual bleeding has several adverse effects, including anaemia and iron deficiency, reduced quality of life, and increased healthcare costs because it is a major indication for referral to gynaecological outpatient clinics. Each year around £7m (€10m; $14m) is spent in the United Kingdom on prescriptions in primary care to treat menorrhagia.[2]

Dysfunctional uterine bleeding is abnormal uterine bleeding in the absence of organic cause is the   most frequent urgent

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gynecological problem of women. Organic etiologic of dysfunctional uterine bleeding include coagulation defects, pathology involving the reproductive tract infections, systematic disease and local lesions must be ruled out first.It is usually to secondary to an ovulation. Menorrhagia is regularly occurring in heavy menstrual bleeding (more than 80 ml /day) and may result from the loss of local endometrial hemostasis.[3]

The diagnosis of dysfunctional uterine bleeding is made by the exclusions of organic diseases as a cause of the abnormal menses the condition accounts for about 80% of cases of menorrhagia.Of these over 80% will have no abnormality of the hypothalamopituitary ovarian axis and it is likely that the disorder is the result of local endometrial factors. Once a diagnosis has been reached with the aid of history, physical examination, haematological and endocrine. Investigations and curretage when appropriate, medical treatment is the usual first like approach.Nonsteroidal antiinflammatory drugs such as mefenamic acid or antifibrinolytic agent such as tranexamic or epsilon amino acids will reduce blood loss by between 25 and 50%.[4]

Objectives

1. To assess the level of knowledge regarding risk factors of dysfunctional uterine bleeding among women.

2. To determine the effectiveness of planned teaching programme on knowledge regarding the risk factors of dysfunctional uterine bleeding.
3. To find out the association between the post test knowledge of women with their selected socio demographic variables.

Assumptions

1. It is assumed that women will have some knowledge regarding risk factors of dysfunctional uterine bleeding.
2. It is assumed that women are aware of risk factors of dysfunctional uterine bleeding.
3. Planned teaching programme is accepted teaching stratergy.

Hypothesis

H_1: The significant difference will be found between pre test and post knowledge scores of women regarding selected risk factors of DUB.

H_2: There will be a significant association between level of knowledge of women on dysfunctional uterine bleeding and their socio demographic variables.

Variables

- **Dependent variable:** Knowledge of women regarding the risk factors of dysfunctional uterine bleeding.
- **Independent variables**: Planned Teaching Programme on knowledge regarding risk factors of dysfunctional uterine bleeding.
- **Socio-demographic variables:** Includes socio-demographic characteristics of women like age, age of menarche, educational status, family monthly income, occupation, sources of information, place of residency, marital status.

MATERIALS AND METHODS

An evaluative approach was used with pre experimental one group pre test -post test design. The population selected for this study is women who are admitted at H.S.K hospital and research centre Bagalkot. Sample included 50 women admitted at H.S.K Hospital and research centre Bagalkot. The instrument for data collection included 2 parts: Part 1 for demographic information and part 2 consisted structured closed ended questionnaire on selected risk factors of dysfunctional uterine bleeding. Mean and standard deviation and paired 't' test were used to find the difference between pre test and post test assessment scores of women. Chi square test was used to find association between pre test knowledge scores with their selected demographic variables of women.

RESULTS

Percentage wise distribution of women according to sociodemographic characteristics shows that 42% of the subjects belong age group of 21-30 years, 32% subjects were housewives, 12% subjects were illiterate, 70% subjects were from rural area, 68% subjects were married. Knowledge wise comparison of study subjects in pre test and post test reveals the following results. In pre-test, out of 50 subjects (20%) had average knowledge followed by (0%) subject with excellent, (4%) subjects with good, (58%) subjects with poor and (18%) with very poor knowledge regarding selected risk factors of dysfunctional uterine bleeding. However after PTP (post test)

(10%) subjects had average knowledge followed by (40%) subject with excellent, (40%) subjects with good, (6%) subjects with poor and (4%) with very poor knowledge regarding selected risk factors of dysfunctional uterine bleeding.
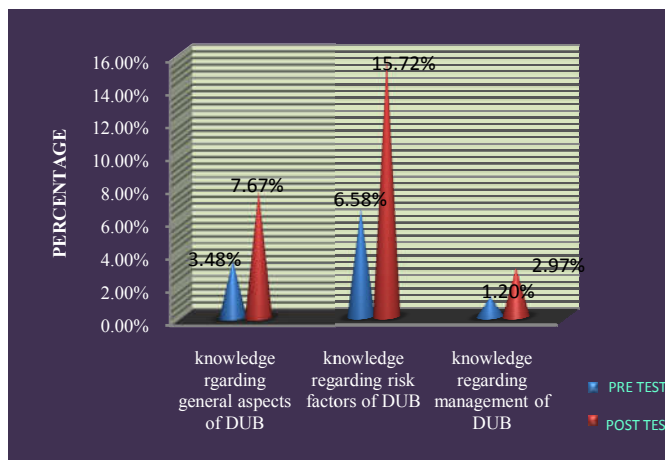

Fig 1 Percentage wise comparison of mean of pre-test and post-test knowledge scores of women

The calculated t value (16.17) was much higher than table 't' value (2.02) hence a significant difference was present between pre-test and post-test knowledge scores, hence the planned teaching programme proved to be effective.

There was no significant association found between the knowledge of women regarding dysfunctional uterine bleeding and their socio-demographic factors.

Finding reveal that the post-test mean knowledge score was higher than the pre-test mean knowledge score. Hence the gain in the knowledge was significant. Such educational programmes are very necessary to help maintain an appropriate lifestyle and lead a healthy life.

Nursing Practice

From the present study it was found that PTP was very effective teaching method. The investigator as a nurse felt the need that nurses should act as key persons to educate women so that they could learn regarding early diagnosis of dysfunctional uterine bleeding.

Nurses can adopt planned teaching programme to educate other health professionals regarding. Risk factors of dysfunctional uterine bleeding.

Recommendations

Based on the findings, the following recommendations are proposed for future research.

- A similar study can be replicated on large scale for the purpose of generalization.
- An experimental study can be done with control group.
- A similar study can be conducted in other parts of Bagalkot district and other states to validate and generalize the findings.
- A comparative study may be conducted between urban and rural settings.
- The study related to assessment of attitude and practices of risk factors of dysfunctional uterine bleeding can be done.

- Self instruction module, manuals and information booklets may be developed in areas where studies would be conducted.
- A study can be carried out to evaluate the efficiency of various teaching strategies like SIM, pamphlets, leaflets and computer-assisted instruction on risk factors of dysfunctional uterine bleeding.

CONCLUTION

Dysfunctional uterine bleeding is a common deliberating condition. Menstrual cycle differs from women to women. They may get heavy or light spotting bleeding and shorter or longer cycles. It may affect with the day to day activities of the women. Even though not a life threatening condition, it cause disruption and discomfort for them. Majority of them do not seek medical aid because of ignorance and social stigma, resulting in complication. So as a health care provider we need to educate the women to seek the medical aid at proper time

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