



"A STUDY TO ASSESS THE KNOWLEDGE REGARDING UTERINE FIBROIDS AMONG WOMEN IN REPRODUCTIVE AGE GROUP FROM THE SELECTED AREAS OF PUNE CITY IN A VIEW TO DEVELOP A PAMPHLET."

Vaishali Atul Gaikwad¹, Josena Saji², Jinsa Saji³, Shravani Jadhav⁴, Justin K Abraham⁵ & Abasaheb Gochade⁶

¹Clinical Instructor, Community health nursing department, BV(DU) College of Nursing, Pune

²Third year BSC Nursing student, BV(DU) College of Nursing, Pune

³Third year BSC Nursing student, BV(DU) College of Nursing, Pune

⁴Third year BSC Nursing student, BV(DU) College of Nursing, Pune

⁵Third year BSC Nursing student, BV(DU) College of Nursing, Pune

⁶Third year BSC Nursing student, BV(DU) College of Nursing, Pune

ABSTRACT

Introduction: One of the condition affecting in women of reproductive age is uterine fibroid. Heavy menstrual bleeding, infertility are the most common symptoms of uterine fibroid. More than 70% of women were having uterine fibroid and are symptomatic for 30% of women. There are two surgeries done for uterine fibroid they are, myomectomy and hysterectomy. About 80%-90% had done myomectomy and 33% of women need to do the surgery with in 5 years, because of the new growth of fibroids. Myomectomy means it is to remove uterine fibroid and hysterectomy is the procedure that remove a part or all of your uterus². The present study title: A study to assess the knowledge regarding uterine fibroids among women in reproductive age group from the selected areas of pune city in a view to develop a pamphlet. **Objectives:** To assess the knowledge regarding uterine fibroid among reproductive age women. To associate the findings with selected demographic variables. **Method:** A non-experimental exploratory design was undertaken while the approach utilized was quantitative. 200 samples were collected from the community area for the study. The tool consist of 27 items of two sections(demographic variables and self-structured questionnaire). **Result:** In this study, 12% reproductive age women having good knowledge, 64.5% are having average knowledge and 23.5% are having poor knowledge regarding uterine fibroid. **Conclusion:** This study shows that majority of the respondents are having average knowledge about uterine fibroids. However, there is still need to upgrade the knowledge of uterine fibroids among reproductive age women.

Key words: Assess, Knowledge, Uterine fibroids, Reproductive age women, Pamphlet

INTRODUCTION

Uterine fibroids are non-cancerous growth that appear in uterus that means middle layer of the uterus myometrium. It occurs during the reproductive age in women. Some of the symptoms of uterine fibroid are heavy menstrual bleeding, frequent urination, constipation etc of uterine fibroid. Genetic change hormones (estrogen and progesterone) are the main cause.¹ This is also called leiomyomas and they cause irregular and heavy menstrual bleeding which can lead to anemia, dysmenorrhea, infertility etc.² About 80 to 90% of women done myomectomy and will relieve from bleeding and symptoms. Upto 33% of women need to do surgery with in 5 years. Risk factors for all these procedure is bleeding, infection the need for respect procedure fertility issues etc may occur.³ According to the international based survey the prevalence of uterine fibroid ranged from 4.5% (UK) to 9.8% (Italy) in the age of 40-49 years women diagnosed with uterine fibroids with heavy bleeding (59.8% vs 37.4%) bleeding between periods (33.3% vs 15.2%) irregular and unexpected periods (36.3% vs 23.9%).⁴ In India 6% of women done hysterectomy. The percentage of women that undergo from minimum of 2% in Lakshadweep and 16% maximum in Andhra Pradesh.⁵ The study conducted in South India, 362 women registered for this study who were having uterine fibroids, menorrhagia or a pelvic mass. Out of this 362 women 136 were having uterine fibroids and 88 women had done hysterectomy.⁶ According to the incidence in Maharashtra, uterine fibroids are common in 30 – 40 years of age group 34.9% most common symptoms was abdominal lump (41%), (21.9%) of having bleeding. The prevalence rate are 38.6% of submucosal fibroids, intramural fibroids in 19.3%, 14.5% having submucosal polyp. Prevalence of the single uterine fibroid was 60.8% and 39.2% of multiple uterine fibroid overall 41% and 24.1%.⁷

NEED OF THE STUDY

Uterine fibroids are a major concern issue which is not yet known because of their underlying cause. The prevalence of uterine fibroids is more and treatment options are very limited. The main surgery done in uterine fibroids is hysterectomy. A study conducted by Asma Abd el-Razik found 77% of women having uterine fibroids. Based on the study a little of women having good knowledge about uterine fibroids. The level of knowledge increase from 32.1% to 77.6%. Therefore it is essential to study about uterine fibroids as the cases of hysterectomies are done because of uterine fibroid.⁸

A study conducted by VK Sowmithra in her study she found 97.73% of women are having lack of knowledge about uterine fibroids. Here they concluded that, various counselling programs has to be done to increase the awareness among women. Therefore it is essential to assess the knowledge regarding uterine fibroids so that we can provide knowledge to them.⁹

If the women with the symptoms of heavy menstrual bleeding, pelvic mass, pain in abdomen and if it is not diagnosed it will aggravate the symptoms. These are occurring due to the unawareness of uterine fibroids. By giving knowledge to women it will help them to treat if they are having any symptoms and can also reduce the occurrence of uterine fibroids in women. The present study is carried out to assess the knowledge of uterine fibroids among reproductive age women from the selected areas because of the lack of awareness of uterine fibroids. When are aware about uterine fibroids they can give knowledge to others and can seek treatment if they are having uterine fibroids. This study will prevent the women from all the complications caused by uterine fibroids so it is necessary to assess the knowledge regarding uterine fibroids in women of reproductive age.

AIM OF THE STUDY

The aim of the study was to assess the knowledge regarding uterine fibroids among women in reproductive age group from the selected areas of Pune city in a view to develop a pamphlet.

RESEARCH METHODOLOGY

The objectives of the study was to assess the knowledge regarding uterine fibroids among reproductive age women and to associate the findings with selected demographic variables. The research design was a exploratory non – experimental study design, with the settings of reproductive age women from the selected areas of Pune city. Our available population was women residing in areas like Bibwewadi, Dhankawadi, etc. The sample size was 200 women and the technique used was non- Probability purposive sampling method. The tool used for data collection was a self- structured questionnaire which contained demographic variables in section I and questions to assess the knowledge regarding Uterine Fibroids in section II. The written informed consent was taken from the participants prior to the data collection. The reliability was conducted from the 10% of the sample that is 20 women. We calculated the reliability by using Cohen's Kappa formula and the value was 0.7793. The value above 0.7 indicates the acceptable level of reliability of the tool. Hence, the tool for this study was found to be reliable. Pilot study was done on the 10% of the sample and it was found to be accessible and feasible. Data analysis was done by using descriptive and inferential statistics.¹⁰

RESULT

The result was divides into three sections. In section I : Demographic variables, the age wise distributuin of reproductive age women is described. Majority of women were from 32 – 38 years and 25 - 31 years of age. Both these age group accounts for 60% of samples for study. Age group 18 – 24 years and 39 – 45 years account for 40% of samples in combine. Distribution of women according to marital status showed majority of women around 89% were married in this study. Educational status distributed as majority 64.5% were completed with secondary education and graduation. Occupational distribution showed majority of 47% were home makers. Distribution of women according to menstrual history showed that majority of 74.5% of women were having regular menstruation and 25.5% women were having irregular menstruation. Distribution of women as per mode of delivery showed that majority of 81% of women delivered their child through normal vaginal delivery. Distribution of women as per number of children showed that majority of 55% and 35% of women were having 2 or 1 children.

Section II : Analysis related to the knowledge regarding Uterine Fibroids among reproductive age women of Pune city.

Knowledge	frequency	Percentage	Mean	SD
poor	47	23.5%	10.31	3.62
Average	129	64.5%		
Good	24	12%		

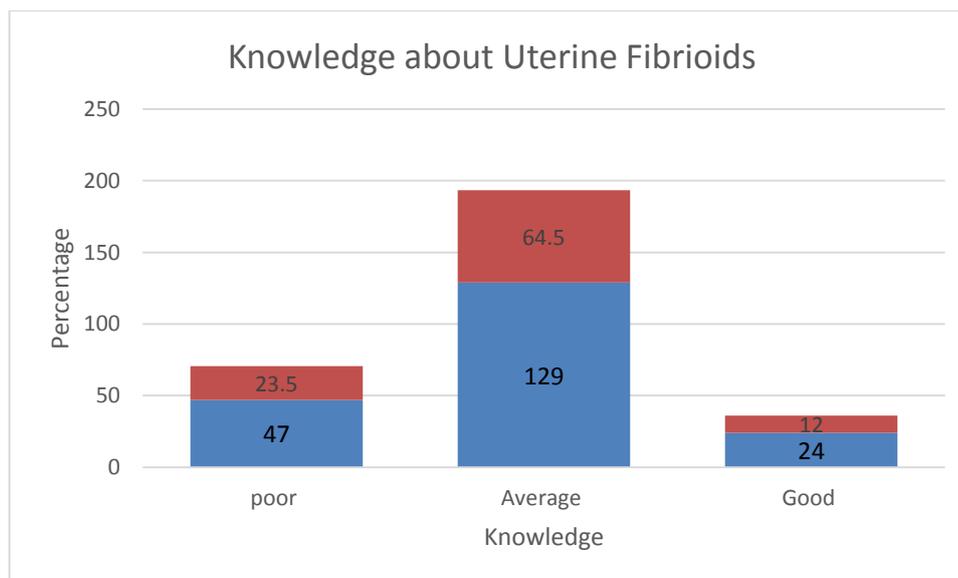


Figure : KNOWLEDGE OF WOMEN REGARDING UTERINE FIBROIDS

Table and figure: Above table shows the knowledge regarding uterine fibroids among reproductive age women. Majority 64.55% are having average knowledge, 23.5% are having poor knowledge and 12% having good knowledge regarding uterine fibroids

DISCUSSION

Simarpreet Kaur and Vijayalakshmi Gopalan Nair did a comparative study to evaluate menopausal women's knowledge of uterine fibroids in selected urban and rural areas of Fatehgarh Sahib Punjab. According to the study's findings, all menopausal women in both rural and urban areas were between the ages of 41 and 45. The distribution of menopausal women was equal, with 50% residing in rural and 50% in urban regions. Women in menopause make up 82% of nuclear households and live in rural areas. Menopausal women reside equally in urban and rural areas. 88% of menopausal women are self-employed. Ninety percent of menopausal women were housewives. The majority of menopausal women came from families earning at least \$1,000 per month. 92% of urban menopausal women had an average level of understanding of uterine fibroids, and most menopausal women from rural areas (60% of them) knew the average amount about uterine fibroids. The average, range, and t-value of menopausal women's knowledge scores related uterine fibroid in urban and rural locations. According to the data, women in urban areas had a mean knowledge score that was (9.78) lower than that of women in rural areas. The data's calculated t value (10.793) was statistically significant. 2 These results suggest that numerous research projects or educational activities might be performed to raise uterine fibroids awareness in rural areas of India where there are insufficient medical facilities and awareness programmes.

CONCLUSION

Knowledge of women in reproductive age about uterine fibroids is found average in this study. As well lot other literature also shows poor or average knowledge of women about uterine fibroids. Therefore, the nursing curriculum needs to emphasize more on this topic. The population should be made more aware of uterine fibroids through health education, which should receive more attention from medical experts.

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