Astudy to Assess the Knowledge of Reproductive Age Women Regarding Dysfunctional Uterine Bleeding in RHC, Chandragiri, Tirupathi

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Abstract

Background: Dysfunctional uterine bleeding (DUB) is a gynecologic problem that occurs often during reproductive age and is the most frequent cause of urgent admission to the hospital. DUB occurs in the adolescent usually because of anovulation, a result of developmental immaturity of the hypothalamic-pituitary-ovarian (HPO) axis. Diagnosis can only be confirmed when there is no other pathology present, so it is important to exclude all the other possibilities. *Objective*: To assess the knowledge regarding dysfunctional uterine bleeding among women in Rural health center, Chandragiri,Tirupathi. *Setting*: Rural health center, Chandragiri, Tirupathi. *Materials and Methods*: In this descriptive study,100 reproductive age women's(15-45 years) and reported to the RHC, Chandragiri,Tirupathi were included. A probability convenient sampling was adopted for to select the women. A structured knowledge questionnaire was used to assess the knowledge on Dysfunctional uterine bleeding. *Results*: The collected data were analyzed by descriptive and inferential statistics. out of 100 women's majority 69(69%) had moderate knowledge, 29(29%) had poor knowledge, 2(2%) had adequate knowledge on Dysfunctional uterine bleeding. Chi-square test was computed for association of demographic variables with knowledge regarding Dysfunctional uterine bleeding. The findings showed significant association in Dysfunctional uterine bleeding knowledge among reproductive age women's with regard to educational status(c^2 =0.000**), occupation(c^2=0.019**), income(c^2=0.013**), duration of marriage(c^2=0.015**), source of information(c^2=0.026**), at p< 0.01 significance. No significant association was found with other demographic variables. Item wise analysis done for the items. *Conclusion*: The study revealed that knowledge of Dysfunctional uterine bleeding, risk factors, etiology and it's management was moderate. So, there is a need to educate the rural women to increase awareness about Dysfunctional uterine bleeding.

Keywords: Dysfunctional Uterine Bleeding; Reproductive Age Women; Knowledge.

Background

Dysfunctional uterine bleeding is defined as a state of abnormal uterine bleeding without any clinically detectable organic, systemic and iatrogenic cause (Pelvic pathology, E.g: Tumors, inflammation or pregnancy is excluded) [1].

The diagnosis of DUB is that of exclusion, where all pelvic and systemic causes of excessive menstruation have been ruled out. DUB is divided

into two types, ovulatory and anovulatory. Ovulatory DUB accounts for 80% of the cases and is seen in women of the reproductive age group, while anovulatory DUB is seen at menarchae and during perimenopause. Nearly 28% of the female population consider their menstruation as excessive and plan their social activities according to their menstrual cycles, while nearly 10% of the employed women take time off work because of excessive menstrual loss [2].

The management of DUB includes general measures, including maintaining a menstrual calendar, correction of anaemia, medical treatment and finally, surgical treatment. The medical management of DUB includes NSAIDs, traneximic acid, progestogens, combined OCPs, danazol and levonorgestrel releasing intra uterine device. Morana B *et al* reported that the medical treatment of DUB results in patient satisfaction and a fall in the number of hysterectomies [3].

Objectives

➢ To assess the knowledge regarding dysfunctional uterine bleeding among women.

➢ To determine the association between the knowledge on dysfunctional uterine bleeding among women with demographic variables.

➢ To develop an information booklet regarding dysfunctional uterine bleeding

Need for the Study

DUB is defined as excessive or prolonged and regular or irregular menstrual bleeding, in the absence of any organic uterine pathology, endocrine or haematological disorder. In United States about 5-10% of cases in clinical outpatient setting were diagnosed to have DUB in which 50% of cases occurred in the age group of more than 45 years women [4].

In India, about 20% of DUB cases are seen among adolescent girls and 40% of cases among women above 40 years of age [5].

The prevalence of different menstrual disorders among women with Abnormal Uterine Bleeding. Abnormal Uterine Bleeding (AUB) is a term which refers to menstrual bleeding of abnormal frequency, duration or quantity. It is a common gynecological complaint accounting one third of outpatient visits to gynecologist. Abnormal Uterine Bleeding includes Oligomenorrhoea, Polymenorrhoea, Hypomenorrhoea, Menorrhagia, Metrorrhagia and Dysfunctional

Uterine Bleeding [6].

According to National Institute of Unani Medicine in Bangalore, india was reported that Out of 7471 gynecological patients 1362 were found with Abnormal Uterine Bleeding (Figure 1).
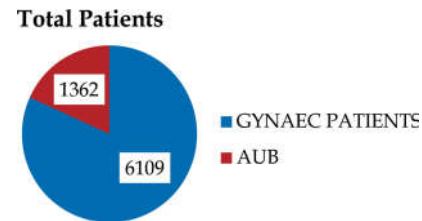

Fig. 1: Shows total patients with Abnormal Uterine Bleeding: n=7471

Out of 1362 patients of Abnormal Uterine Bleeding, 450(33%) pa-tients had menorrhagia followed by 272 (19.97%) had oligomenorrhoea, 250 (18.35%) had polymenorrhoea, 228(16.74%) patients had dysfunctional uterine bleed-ing and least i.e. 162 (11.89%) patients had hypomenor-rhoea (Figure 2) [6].
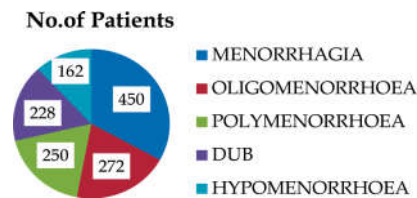

Fig. 2: Prevalence of different menstrual disorders in women of reproductive age group n=1362

Methodology

Research Approach

Non-Experimental approach was selected

Research Design

Cross sectional descriptive design was used.

Sample and Sample Size

In this study sample consisted of 100 reproductive age group women.

Setting

The study was conducted in RHC, Chandragiri, Tirupathi.

Tool

Tool consists of two sections, section-I includes demographic variables. Section II contains self

administered questionnaire with 33 questions related to knowledge regarding Dysfunctional uterine bleeding.

Tool was sound to be highly reliable and valid. Pilot study was conducted before the main study to assess the feasibility. Data was collected from reproductive age group women in RHC, Chandragiri, Tirupathi by taking permission from the medical officer at chandragiri, and written consent was taken from the reproductive age group women.

Finally all the respondents were thanked for their co-operation and given information booklet as a self instructional module for creating awareness regarding Dysfunctional uterine bleeding among reproductive age group women.

Findings

Section-I: Distribution of Demographic Variables of the Women in Frequency and Percentage

The data have been analysed using descriptive and inferential statistics. The main findings of the study were: Most of the subjects were age group between 36-45 years 50(50%) respondents, 66(66%) were Hindu, the majority 40(40%) were illiterates, 50(50%) were housewife's, 39(39%) were earning 3001-6000, women's 58(58%) were belongs to nuclear family, 100(100%) were married, duration of marital life out of 100 women's 70(70%) were above 8 years, 54(54%) had two children, source of information 45(45%) had through radio &television, 82(82%) attained menarche in the age group of 12 years, 81(81%) were under gone tubectomy.

Section-II : Distribution of Knowledge scores on Dysfunctional Uterine Bleeding among Women in RHC Center at Chandragiri N=100

Aspects of knowledge Knowledge on Dysfunctional uterine bleeding	Adequate knowledge		Knowledge score Moderate knowledge		In-Adequate knowledge	
	N	%	N	%	N	%
	2	2	69	69	29	29
Overall		2		69		29

Section-II Shows that out of 100 women's majority 69(69%)had moderate knowledge,29(29%) had poor knowledge,2(2%) had adequate knowledge on Dysfunctional uterine bleeding.
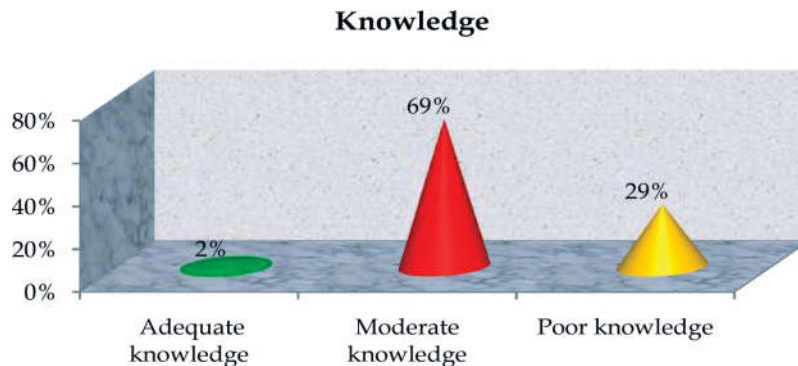

Fig. 3: Shows percentage distribution of women's knowledge scores on dysfunctional uterine bleeding

Section III: Mean, standard deviation and std. Error mean of knowledge scores on dysfunctional uterine bleeding among women in rhc center at chandragiri. N=100

KNOWLEDGE SCORES	MEAN	N	Std. Deviation	Std. Error mean	p-value	Sig
Level of knowledge	53.72	100	7.934	.793	0.00	**

Section-III Shows that knowledge scores on Dysfunctional uterine bleeding among women had mean score 53.72, standard deviation 7.934 and t-value was 67.707, hence it indicates there was a significant at P<0.001 level.
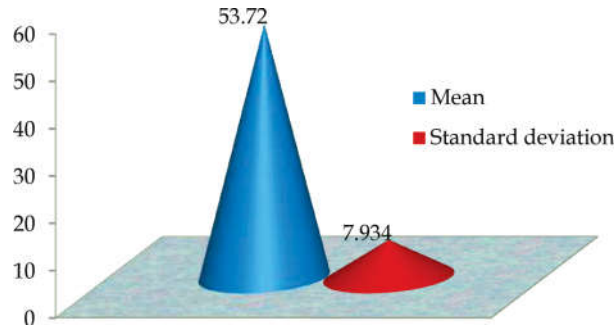
Fig. 4: Shows mean and SD of women's knowledge scores on
Dysfunctional uterine bleeding

*Section-IV: Association of knowledge scores regarding Dysfunctional Uterine Bleeding with Demographic Variables
of the Women.*   *N=100*

Sl. No	Demographic Variables	Chi-Square	Sig/Ns
1.	Age in years	2.171	0.704 / NS
2	Religion	4.386	0.625/NS
3	Educational status	59.894	0.000**
4	Occupation	18.323	0.019**
5	Monthly income of family in Rupees	16.169	0.013**
6	Type of family	6.092	NS 0.192
7	Marital status	-	NS
8	Duration of marital life [in years]	15.767	0.015**
9	Number of children [if married]	6.746	0.345/NS
10	Source of information	14.356	0.026**
11	Age at menarche in years	2.788	0.594/NS
12	Did you under gone tubectomy?	1.308	0.520 / NS

NS=Not significant
*= Significant at 0.05 level
**= Significant at 0.01 level

Section-IV Shows the association between the demographic variables with the level of knowledge on Dysfunctional uterine bleeding among reproductive age group women with the aspects of educational status,occupation, income, duration of marriage, source of information at p< 0.01 and the other variables were not had significant with the Dysfunctional uterine bleeding.

Discussion

Hence the Null hypothesis formulated in the study was Rejected that there is significant relationship between the level of knowledge on Dysfunctional uterine bleeding with selected demographic variables.

The findings was supported by a study conducted by Nisha Singh (2014) was conducted a cross sectional descriptive study to assess the Knowledge, Perception and Attitude towards Abnormal Uterine Bleeding Among 200 Women with AUB inS.M.S. Medical College & Hospital, Jaipur, Rajasthan, India. The study findings reveals that Knowledge score for AUB < 4 and its risk factors < 3 was found in 63% and 72% of respondents respectively. 33% believed sterilization could cause AUB. The study concludes that knowledge of AUB, its risk factors, etiology and proper treatment was low. Intensive enlightenment of population using the mass media by trained personnel is recommended [7].

In relation to Association between demographic variables and knowledge levels a similar study was conducted by K. Padmaleela et al (2013) was conducted a hospital based cross sectional study among 83 reproductive age group women. The study showed that most of the DUB cases were in the age group of 35 – 45 years, (53%) followed by 25-34 years (31.3%) and 15.7% were in the age group of 15 – 24 years. Thyroid disorders were prevalent in 26.5% of the women studied [8].

Implications

The findings of the study have implications in various areas of nursing profession i.e., nursing service, nursing education, nursing administration and nursing research.

Nursing Practice

- The expanded role of professional nurse emphasizes the activities which promote health.

- All the health team members should be made aware of the need of observing, supervising, teaching and improving the knowledge on Dysfunctional uterine bleeding among women.

- Nurses working in the hospital and community should impart the health education as an integral component of nursing practice to highlight the women on Dysfunctional uterine bleeding.

- There was need for early identification and diagnosis of Dysfunctional uterine bleeding.

- Health education programmes must emphasize the early signs and symptoms of the Dysfunctional uterine bleeding and stress the importance of seeking professional help immediately.

- The protocol for the management of Dysfunctional uterine bleeding must be available in every obstetric unit.

- In service education sessions need to be organized to train health team members on Dysfunctional uterine bleeding.

Nursing Education

- The students must be under adequate supervision and guidance while rendering the knowledge adequately to provide health education to the women in community in prevention of Dysfunctional uterine bleeding.

- Workshop must be conducted on various preventive methods in reducing Dysfunctional uterine bleeding which may helps to improve our knowledge in that particular aspect.

- The holistic health care approach should pay more attention on training of nursing students because they can import appropriate knowledge to women.

Nursing Administration

- Administrative department of nursing at various levels like institutional, local, state and national level should take stemmeasures to improve public awareness regarding Dysfunctional uterine bleeding.

- It is the of health administration, to make education department aware of existing health problems of the women.

- Promotion of healthy behavior such as preventive measures for Dysfunctional uterine bleeding can be done through media, newspaper, internet, TV, magazines etc.

- Administrative support should be provided to activities which encourage public education for prevention of Dysfunctional uterine bleeding.

Nursing Research

- The findings of the study serves as a basis for the professional and the student nurses to conduct further studies on Dysfunctional uterine bleeding.

- The study will motivate the beginning researchers to conduct same study with different variables and on large scale.

Recommendations

- A descriptive study can be conducted on knowledge about prevention of Dysfunctional uterine bleeding among large population for generalization.

- A comparative study can be conducted to assess the knowledge about prevention of Dysfunctional uterine bleeding between urban and rural women.

- A study may be conducted by the student nurses with more elaborate planned teaching programmes.

- Longitudinal studies may be conducted to determine the knowledge assessment on prevention of Dysfunctional uterine bleeding among rural women over a period of time.

Conclusion

It was concluded that knowledge of Dysfunctional uterine bleeding, risk factors, etiology and it's management was moderate. So, there is a need to educate the rural women to increase awareness about Dysfunctional uterine bleeding. Intensive enlightenment of population using the mass media by trained personnel is recommended.

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