

A STUDY TO ASSESS THE PRE-TEST AND POST TEST KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG GNM STUDENTS IN SELECTED SCHOOLS OF NURSING, MOGA , PUNJAB

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ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is a common endocrine and metabolic disorder affecting adolescent and young women, often presenting with menstrual irregularities, hyperandrogenism, obesity, and long-term risks such as type 2 diabetes and cardiovascular disease. Early diagnosis and education are essential to prevent complications. The present study aimed to evaluate the effectiveness of a structured teaching programme on knowledge regarding PCOS among GNM students. A quasi-experimental research design was adopted with a sample of 500 GNM students selected through purposive sampling, comprising 250 in the experimental group and 250 in the control group from selected nursing colleges of Moga. Pre-test findings revealed that the majority of students in both groups had below-average knowledge. After the structured teaching programme, 68% of students in the experimental group achieved good knowledge scores, while the control group showed minimal improvement. The study concluded that the structured teaching programme was effective in improving knowledge regarding PCOS among GNM students.

Keywords: Polycystic Ovarian Syndrome, Structured Teaching Programme, Knowledge, GNM Students, Quasi-Experimental Design, Adolescents.

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INTRODUCTION

The polycystic ovarian syndrome (PCOS) often presents in adolescence with menstrual disorders, acne and hirsutism. The early diagnostic signs are sometimes dismissed as 'normal' changes of adolescence, and the opportunity to save the teenager from the stigmata of the syndrome is missed. The finding that the metabolic syndrome is a possible long-term sequela of PCOS now presents a challenge to make an early diagnosis, educate patients regarding the importance of weight control and exercise, and treat accordingly both symptomatically and prophylactically. The use of long-term insulin sensitizers, particularly metformin, for these purposes in adolescents is now the subject of an inter-disciplinary debate. Good, hard supportive data are not yet forthcoming but, as in the adult, the establishment of metformin treatment for the hyperinsulinaemic adolescent with PCOS may precede the evidence. (B.L Cornelius,2002)

Cahill DJ Polycystic ovary syndrome (PCOS) is classically characterised by an accumulation of incompletely developed follicles in the ovaries due to anovulation. However, since the publication of the Rotterdam criteria, there is acceptance that menstrual cycle and endocrine dysfunction with hyperandrogenism is more important in reaching the diagnosis than ultrasound findings. It is diagnosed in up to 10% of women attending gynaecology clinics, but the prevalence in the population as a whole varies from 10% to 20%, depending on which diagnostic criteria are used. PCOS has been associated with hirsutism, infertility, acne, weight gain, type 2 diabetes, cardiovascular disease (CVD), and endometrial hyperplasia (Disease Control and Prevention, Nursing Journal of India, June 2011)

Who 2026 PCOS is a leading cause of irregular menstrual periods and one of the most common causes of infertility. Irregular or infrequent menstrual periods among women with PCOS may also raise their risk for endometrial hyperplasia and/or endometrial cancer. PCOS can start as early as during adolescence but is most commonly detected or diagnosed when women struggle to become pregnant. Further, PCOS is a chronic metabolic condition associated with heightened long-term risk for insulin resistance, type 2 diabetes mellitus and obesity. There is currently no cure for PCOS, but lifestyle changes, medications and fertility treatments can reduce symptoms, increase fertility rates and protect longer-term health. (Gita Ganguly Mukherjee et al 2010)

REVIEW OF LITERATURE

Nitin Joseph, Aditya G.R.Reddy, Divya Joy, Vishakha Patel, (2016), conducted a cross-sectional study to assess the proportion of university students with PCO among 480 participants in Mangalore city in Karnataka state. The study revealed that 39 were already diagnosed with PCOS, 40 were at high risk and 401 were at low risk for PCOS. The study concluded that PCOS is a common disorder among young women in this setting and this warrants provide screening activities.

Dr. Kalavathi, D. Biradar, Dr. Amrita N Shanmanr wadi (2015) conducted a descriptive study to determine the prevalence of PCOS among adolescent girls in Bangalore. The study revealed that majority that is 76.2% of adolescent were in their late adolescent. Ultrasound report of the adolescent revealed that 30 of them were diagnosed as PCOS. This difference was statistically significant. The study concluded that early diagnosis and intervention will reduce the long-term health complications associated with PCOS.

Beena Joshi, Srabani Mukherjee, Rama Vaidya (2014) conducted a cross-sectional study to assess the prevalence of polycystic ovarian syndrome among 778 adolescents and young girls aged 15-24 years in Mumbai. The study revealed that there is no community-based prevalence data is available for this syndrome. The study concluded that PCOS is an emerging disorder during adolescence and screening could provide opportunity to target the group for promoting healthy lifestyle and early interventions to prevent PCOS. Swetha Balaji, Chioma Amadi, Satish Prasad, Jyoti Bala Kasav, (2014) conducted a cross-sectional study to determine urban and rural differences in the burden of polycystic ovarian syndrome, among adolescent girls aged 12-19 years in Vellore, Tamilnadu. The study revealed that 18% of the participants were confirmed of having PCOS. The study concluded that participants diagnosed with PCOS were higher among urban participants in comparison to rural participants. Pratik Kumar Chatterjee, P. Prasanna Mithra, Raghul Pal (2014) conducted a cross-sectional study to find out the epidemiological correlation among 100 patients with PCOS women in Karnataka. The study revealed that there was significant differences in blood groups along with their age and BMI, diabetes family history were also

considered. The study concluded that early screening help for better management prevention of further complications

RESEARCH METHODOLOGY

The research design selected for the present study was quasi experimental design. The target population of the study was GNM students of Dr Shyam Lal Thapar School of Nursing Babe Ke college of nursing and Lala Lajpat Rai college of nursing and MLM College of nursing Moga. The sample of 500 GNM students, 250 for experimental and 250 for control group by using purposive sampling method.

DATA ANALYSIS AND INTERPRETATION

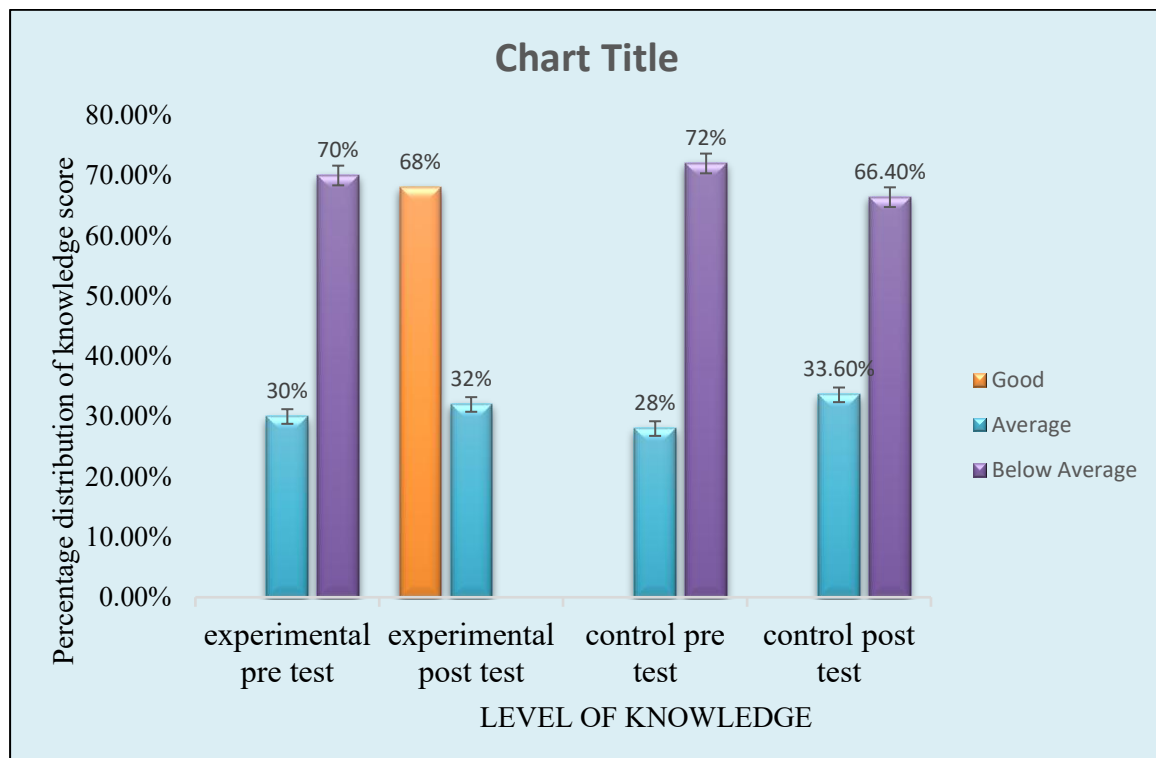


Figure 1: Percentage distribution of Pre and Post test Knowledge Score among GNM students regarding PCOS in experimental and control group according to the level of Knowledge

Figure 1 depicts that in experimental group maximum number 175(70%) GNM students had below average knowledge and minimum number 75(30%) GNM students had average knowledge regarding Polycystic Ovarian Syndrome in pretest. In posttest maximum number 170(68%) GNM students had good knowledge and minimum number 80(32%) GNM student had average knowledge regarding Polycystic Ovarian Syndrome. But in control group maximum number 180(72%) GNM students had below average knowledge and minimum number 70(28%) GNM student have average knowledge in pretest. In post-test maximum number 166(66.4%) GNM student had below average knowledge, and minimum number 84(33.6%) GNM average knowledge regarding Polycystic Ovarian Syndrome.

Hence it was concluded that maximum number of GNM students 170(68%) had good knowledge and 80(32%) GNM student had average knowledge in experimental group after structured teaching programme regarding polycystic ovarian syndrome.

CONCLUSION

The study concludes that the structured teaching programme was effective in significantly improving the knowledge of GNM students regarding Polycystic Ovarian Syndrome (PCOS). The post-test results of the experimental group showed marked improvement compared to the control group, indicating the importance of planned educational interventions. Enhancing knowledge among nursing students can contribute to early identification, prevention, and better management of PCOS, thereby reducing long-term complications among adolescents and women.

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