

"A Study To Assess The Effectiveness of Structured Teaching Programme Regarding Knowledge on Prevention of Polycystic Ovarian Syndrome Among The Students of Girl's Hostel of IUST Awantipora"

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ABSTRACT

Polycystic Ovarian Syndrome is a polygenic gynecological endocrinopathy presenting combinations of signs and symptoms and range of phenotypes, which may include reproductive endocrine and metabolic alterations. This condition is also named as schlerocystic ovaries, multicystic ovaries and Stein Leventhal Syndrome.

Method: A Pre experimental one group pre-test posttest design was carried out on 225 female students residing on Girls Hostel IUST Awantipora among which 55 girls were selected by using Simple Random Sampling Technique., who were willing to participate in the study and present at data collection time. Pre- Test questionnaire were given to the sample and they took 30-45 minutes for answering it. On day 5th Structured Teaching Programme on knowledge regarding prevention of PCOS was given for 45 minutes via zoom. On 12th day the same questionnaire was provided to the samples and were asked them to answer, they took only 20-25 minutes to complete the questionnaire.

Result: Study results revealed that after giving knowledge the overall pretest knowledge mean was 23.01 with standard deviation of 5.75. The highest mean was 18.32 with standard deviation of 4.97 in relation to knowledge and prevention of PCOS and lowest mean was 4.67 with standard deviation of 1.503 in relation to introduction, anatomy and physiology of ovaries.

Conclusion: structured teaching was useful method to increase knowledge regarding Polycystic Ovarian Syndrome (PCOS).

PCOS is characterized by hypothalamic –pituitary ovary axis dysfunction and anovulation. Anovulation attributed to PCOS includes androgen excess, subtle alterations in serum levels of gonadotropin and estrogen and increased levels of Anti-Mullerian Hormone. 60-80% of affected women show hyperandrogenism. Due to altered GnRH release, there is increased luteinizing hormone [LH], which plays an important role in PCOS pathophysiology and infertility. Fertility complications may be attributed to the elevated hormones, insulin or glucose levels of which can interfere with implantation and development of the embryo. LH excess decreases the chance of conception and increases miscarriage. Furthermore insulin imbalance may reduce egg quality making conception more difficult. PCOS if left untreated has the potential for serious consequences, including increased risk for the development of endometrial hyperplasia and neoplasia.⁵

The emotional distress of women associated with the disorder may have psychosocial and/pathophysiological causes such as hirsutism, acne, obesity, alopecia and infertility. The prevalence of psychiatric morbidity has

been witnessed to be highest in Kashmir [52.7%].²

Management of Polycystic ovarian Syndrome includes symptom relief, planning safe fertility, general wellbeing and prevention of long term consequences. According to PCOS management guidelines linked by Royal College of Obstetricians and Gynecology London, lifestyle management including diet, exercises and weight loss is the first line of treatment for women with PCOS and these changes should proceed and/or accompany pharmacological treatment. Weight loss due to changes in diet and physical activity decreases serum insulin and androgen levels and reduces the risk of developing glucose intolerance and type 2 diabetes. Metformin is the most familiar drug used for the metabolic control of the patients. In women with PCOS, it has been well confirmed that metformin is one among the most suitable insulin-sensitizing and hypoglycemic agents. However metformin does not seem to have any effect on body adiposity. The overweight or obese patients with PCOS who wish to conceive require to lose 5-7% of body weight to promote regularization of menstrual cycle and spontaneous ovulation. A high fiber diet, low fat diet and omega 3 sources of fats, antioxidants in the form of fruits and vegetables should be added in diet and refined carbohydrates should be avoided like flour, shoji and sugars for the prevention of PCOS.

MATERIAL AND METHODS

This Pre experimental study approved by Institutional Ethical committee of Islamic university of health sciences and technology (IEC No. 1176). Ethical clearance was obtained from the Institutional Ethics Committee and the concerned authorities of SMMCNT. Prior to the conduction of the study formal permission was obtained from Chief-Warden Girls Hostel (IUST) Awantipora. The main data collection period was from 27/11/2020 to 8/12/2020. The total population was 225 and among which 55 girls were selected by using Simple Random