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### A study to assess the effect of health teaching on knowledge regarding urinary tract infection among female patients of 20-40 age group admitted in selected hospitals

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#### Abstract

Acute illness is one of the most common reasons for consulting health care worldwide, and Urinary Tract Infection (UTI) is an important cause of serious bacterial illness in adult women. Particularly in primary care where there is evidence that UTIs are missed. It is also recommended a large prospective study to provide the diagnostic evidence needed to help primary care clinicians improve their recognition of Adults women with UTI.

**Methods Research Approach:** evaluative approach. Research design used was Pre experimental one group pre-test post-test research design. The setting for this study was the selected hospital in PCMC, Pune. Probability simple random Sampling Technique was used for 60 sample.

**Result:** The demographic variable education ( $\chi^2 = 8.57$ ,  $df = 3$ ,  $P < 0.05$ ,  $S^*$ ) found the significant association. But other demographic variables did not shown significant association.

**Conclusion:** This study has also proved that health teaching improved the knowledge of female patients regarding Urinary Tract Infection.

**Keywords:** Assess, female patient, urinary tract infection, health teaching, effect, knowledge

#### Introduction

Urinary Tract Infection affects both genders, women of the reproductive age group are the most vulnerable, may be due to their anatomy and reproductive physiology. Women are particularly at risk of developing Urinary Tract Infection because of their short urethra, and certain behavioural factors which include delay in micturition, sexual activity and the use of contraceptives which promote colonization of the periurethral area with coliform bacteria. They are particularly common among the female population with an incidence of about 1% among school girls and 4% among women through child bearing years. Incidence of infection in females increases directly with sexual activity and child bearing. It is found that nearly, 25-30% of women between 20-40 years of age will get Urinary Tract Infections.

#### Research Design

Pre experimental one group pre-test post-test Research design

#### Variables under Study

##### Dependent Variable

In this study dependent variable is Knowledge regarding urinary tract infection

##### Independent variable

In this study independent variable is health teaching regarding urinary tract infection

#### Research Setting

The setting for this study was the selected hospital Dr. D. Y Patil Pimpri Pune 18.

#### Population

The population of the present study conducted in female patients admitted in Dr. D.Y. Patil Hospital and Research centre.

#### Sample

The sample selected for the present study female patients of 20-40 age group admitted in selected hospital

#### Inclusion criteria

1. The female patients of 20-40 age group.
2. The female patients who know to speak, read and write English/Marathi
3. The female patients who are willing to participate.

#### Exclusion criteria

1. The female patients of age below 20 & above 40.
2. The female patients who are not willing to participate.

**Sample Size:** 60

#### Sampling technique

Simple random sampling technique is used

### Development of tool

Opinions and suggestions were taken from the experts, which helped in determining the important areas to be included.

### Description of the tool

It includes two sections:

**Section A:** Demographic variable consist of age, marital status, occupation, education, type of family, family monthly income, previous knowledge and source of knowledge.

**Section B:** Self structured questionnaire to assess effect of health teaching on the knowledge of female patient regarding urinary tract infection, question different areas like meaning of urinary tract infection causes, risk factors, sign and symptoms, diagnostic evaluation management, home management, complications, prevention of urinary tract infection

### Validity

The tool was validated by 15 experts from different specialties i.e., child Health Nursing, doctors from pediatric department, community health nursing, obstetrics nursing, statistics etc. Based on the suggestions given by the experts modification like in section B que.no1 all options are same so they suggest change options etc. and rearrangements in the all three sections were done. Their valuable suggestions and corrections were taken into consideration and after discussion with the guide the tool was finalized.

### Plan for Data Collection

Permission from the matron of the selected hospital. Consent from female patient of urinary Tract Infection The investigator approached the female patient of selected samples, informed them regarding the objectives of the study and obtained their informed consent after assuring the confidentiality of the data. The data collection was done among selected sample by using structured questionnaires. The duration of the data collection for each sample was 45 minutes Pre test was administered followed by health teaching was given to the samples then the post test was conducted after one week. In data collection demographic data was also obtained to find out the association between knowledge.

### Data analysis and interpretation

Items related to the background variables were be analyzed in terms of frequency and percentage Frequency distribution were plotted to represent the final score. Mean, standard deviation of the test was computed The association with the selected demographic variables would be assessed by chi-square test. The findings were documented in tables, graphs and diagrams.

### Pilot study

After doing pilot study investigator found that it is feasible to carry out actual study. In these study data was done among selected female patient of urinary tract infection

### Result

The finding of the study based on the objective of the study. Section-1

### Demographic Details

1. In this study, 28.33% were 20-25 years age group, 38.33% were 26-30 years age group, 23.33% were 31-35 years age group and 10% were 36-40 years age group.
2. 13.33% were single, 83.33% were married, 1.66% were widowed, and 1.66% were divorced.
3. 38.33% were having primary education, 46.66% were having secondary, 11.66% were having higher secondary and 3.33% were graduates.
4. 68.33% were housewives, 16.66% were doing service, 5% were doing business and 10% were doing daily wages.
5. 86.66% were Hindus, 0% were Christians, 11.66% were Muslims and 1.66% were from other religion.
6. 36.66% are having monthly income below Rs.5000/-, 46.66% are having Rs.5000/- to Rs.10,000/-, 13.33% are having Rs.10,001/- to Rs.20,000/- and 3.33% are having above Rs.20,000/-.
7. 41.66% are from nuclear family, 53.33% are from joint family and 5% are from other type of family.
8. 16.66% are having previous knowledge about Urinary Tract Infection, 83.33% are not having any previous knowledge regarding Urinary Tract Infection.
9. 5% of the sample got the knowledge from television/ radio/ media/ internet, 5% got the knowledge from newspaper/journals/health magazines, 3.33% got the knowledge from hospital/health personnel/friends and 3.33% got the knowledge from other sources.

### Section-1

#### Comparing the knowledge score of pre and post test

##### Pre-test knowledge score

- In this study, 13.33% of the patients have poor knowledge regarding Urinary Tract Infection.
- 48.33% of patients have average knowledge.
- 38.33% of patients have good knowledge.
- No one have excellent knowledge.

##### Post-test Knowledge Score

- In this study, 5% of the patients have excellent knowledge regarding Urinary Tract Infection.
- 76.66% of patients have good knowledge.
- 18.33% of patients have average knowledge.
- No one have poor knowledge regarding Urinary Tract Infection.

After administration of health teaching it was found that the post test percentage score was higher than the pre-test percentage knowledge score.

### Section-2: Association

The demographic variable education ( $\chi^2 = 8.57$ .  $df = 3$ ,  $P < 0.05$ ,  $S^*$ ) found the significant association. But other demographic variables did not shown significant association.

### Section-3: Effect of Health Teaching

The finding in the pre-test of female patients of health teaching regarding Urinary Tract Infection indicates that the patients were not having enough knowledge. After the administration of health teaching the score of the patients

increased. It can be concluded that the health teaching regarding Urinary Tract Infection has proved to be effective in delivering the knowledge and awareness.

### Conclusion

The various findings of the study show that the knowledge regarding Urinary Tract Infection has been improved through health teaching. There is association between knowledge levels about the Urinary Tract Infection which can be updated through education.

This study has also proved that health teaching improved the knowledge of female patients regarding Urinary Tract Infection.

### Recommendations

On the basis of the findings of the study, the following recommendations are made for future research.

- The single study to assess the knowledge regarding Urinary tract infection of female patients of age group 20-40 years.
- The study can be repeated on the large scale to validate and for better generalization of the findings.
- The study can be repeated on a large sample having a control group.
- Comparative study can be done in different hospitals on the same topic

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