A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME (PTP) REGARDING KNOWLEDGE ON POLYCYSTIC OVARIAN SYNDROME (PCOS) AMONG STAFF NURSES WORKING IN PHCS OF BELLARY DISTRICT

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ABSTRACT

Polycystic Ovarian Syndrome, (PCOS) is the most common problem encountered with fertility of women of reproductive age. The prevalence of polycystic ovaries in Indian subcontinent Asian women is very high. The evaluative research approach was appropriate for the current study. The quasi-experimental one-group pre–test, post-test design without a control group was used to assess the effectiveness of the planned teaching program on polycystic ovarian syndrome among staff nurses working in PHCS. The study was conducted in selected working in PHCS of Bellary District and staff nurses were selected by the simple random technique. The quasi-experimental group pre–test, and post-test design without a control group. The target population of the present study consists of all staff nurses working in PHCs government sectors at Bellary District. The sample for the present study was composed of 200 staff nurses of selected PHC government sectors at Bellary District. In this study, simple random sampling entitles the conscious selection by the researcher of certain subjects or elements to include in the study.

Keywords*: Planned teaching, ovarian syndrome, Bellary, India.*

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INTRODUCTION

World Health Organization (WHO) estimates that 116 million women (3.4%) worldwide in 2012 were affected by PCOS. Globally, the prevalence of PCOS are estimated as highly variable, ranging from 2.2% to as high as 26%. In India, experts claim 10% of the women to be affected by PCOS and yet no proper published statistical data on the prevalence of PCOS is available. **[Vidya Bharathi R et al 2017]**

Polycystic ovary syndrome is the most common endocrine disorder among women of reproductive age. Although traditionally viewed as a reproductive disorder, there is increasing appreciation that it is associated with a significantly increased risk of cardiometabolic disorders. Women with polycystic ovary syndrome may present to clinicians via a variety of different routes and symptoms. Although the impact on reproduction predominates during the reproductive years, the increased cardiometabolic problems are likely to become more important at later stages of the life course. Women with polycystic ovary syndrome have an approximately 2- to 5-fold increased risk of dysglycaemia or type 2 diabetes, and hence regular screening with oral glucose tolerance test is warranted. Although the diagnostic criteria for polycystic ovary syndrome are still evolving and are undergoing revision, the diagnosis is increasingly focused on the presence of hyperandrogenism, with the significance of polycystic ovary.

 (Yau TT et al 2017)

Polycystic ovary syndrome (PCOS) is a heterogeneous condition that is related to an endocrine reproductive disorder of females. It affects females of 18-44 age. The persistent hormonal disbalance leads to complexities such as numerous cysts, an irregular menstrual cycle that ultimately leads to infertility among females. Many candidate genes have been identified to be one of the causes of PCOS.

(Ajmal N et al 2019).

Polycystic ovary syndrome (PCOS) is a common endocrine disorder that affects up to 6.8% of reproductive age women. Experimental research and clinical observations suggest that PCOS may originate in the very early stages of development, possibly even during intrauterine life. This suggests that PCOS is either genetically transmitted or is due to epigenetic alterations that develop in the intrauterine microenvironment. Although familial cases support the role of genetic factors, no specific genetic pattern has been defined in PCOS**. (Gur EB et al 2015)**

METHODOLOGY

The evaluative research approach was appropriate for the current study. The quasi-experimental one-group pre–test, post-test design without a control group was used to assess the effectiveness of the planned teaching program on polycystic ovarian syndrome among staff nurses working in PHCS. The study was conducted in selected working in PHCS of Bellary District and staff nurses were selected by the simple random technique. The quasi-experimental group pre–test, and post-test design without a control group. The target population of the present study consists of all staff nurses working in PHCs government sectors at Bellary District. The sample for the present study comprised 200 staff nurses of selected PHC government sectors in Bellary District. In this study, simple random sampling entitles the conscious selection by the researcher of certain subjects or elements to include in the study.

RESULTS AND INTERPRETATION

Assessment of existing knowledge regarding Polycystic OvarianSyndrome among staff nurses (Pre Test)

Table 1 Distribution of knowledge level according to scores

Sl, No	Knowledge level	Scores
1	Adequate	24 to 36.
2	Satisfactory	13 to 24.
3	Inadequate	1 to 12.

Table 2: Distribution of study subjects according to levels of knowledge in pre test

Test	Levels of knowledge	Number	Percentage
PRE TEST	Adequate	36	18.00
	Satisfactory	48	24.00
	Inadequate	116	58.00
	Total	**200**	**100.00**

Pre test knowledge scores percentage distribution regarding Polycystic OvarianSyndrome:

Assessing the knowledge regarding PCOS after P.T.P (Post Test):

Table.3 : Post test knowledge of Staff Nurses

Test	Levels of knowledge	Number	Percentage
POST TEST	Adequate	136	68.00
	Satisfactory	64	32.00
	Inadequate	00	0.00
	Total	**200**	**100.00**

Above table represents after implementation of planned teaching programme (POSTTEST) about 136 (68%) subjects had adequate knowledge 64 (32%) satisfactory knowledge, and there are no any subjects with inadequate knowledge regarding Polycystic Ovarian Syndrome.

DISCUSSION

Assessment of existing knowledge regarding Polycystic OvarianSyndrome among staff nurses (Pre Test)

The study shows that out of 200 subjects, 116 (58%) of had inadequate knowledge, 48 (24%) had satisfactory and only 36 (18%) subjects had adequate knowledge before the implementation of the planned teaching programme (PRE TEST).

Assessing the knowledge regarding PCOS after P.T.P (Post Test) after the Planned Teaching Programme

After the implementation of the planned teaching program (POST TEST) about 136 (68%) subjects had adequate knowledge 64 (32%) had satisfactory knowledge, and there were no subjects with inadequate knowledge regarding Polycystic Ovarian Syndrome.

A Prospective baseline uncontrolled clinical study was conducted to investigate the effects of education programs on autonomic function and inflammatory patterns in PCOS women. One hundred and twenty four women were subdivided into two groups, each composed of 62 patients: PCOS trained group underwent a 3month structurededucational programme, whereas the PCOS untrained group did not. At baseline and at 3month follow up, hormonal and metabolic profile, cardiopulmonary parameters, autonomic function and inflammatory pattern and white blood cells were evaluated. After 3 month ET program PCOS _t' showed a significant improvement in peak oxygenconsumption (VO2max) and in post exercise heart rate, and a significant decrease in($p<0.001$)CRP and WBCs, whereas no statistically significant changes of the same parameters were observed in PCOS untrained exercise training improves autonomicfunction and inflammatory pattern in PCOS women.

A retrospective analysis was conducted in 2013- 2014 to evaluate the incidence, treatment and outcome of patients with PCOS at Karnataka. The study comprised of2270 infertility patients in that 46.50% (1057) had PCOS. In which 86.47% (914) was investigated and 77% (814) came for treatment. Overall pregnancy rate was 48.40% (394/814). The pregnancy rate per cycle with timed intercourse (TI) was 44.77% (47/105), 17.09% (286/1673) with intrauterine insemination (IUI), 29.82% (51/171) with in vitro fertilization (IVF) and 22.22% (10/45) with frozen embryo transfer (FET). The maximum number of pregnancies (85.29%, 284/333) was achieved in the first three treatment cycles. So the study concludes that most PCOS symptoms could be adequately controlled or eliminated with proper diagnosis and treatment. Thus, ovulation induction protocols and treatment modalities must be balanced for optimal results.

A Retrospective study was carried out in an academic hospital in Bologna, Italy. To determine whether maternal polycystic ovary syndrome (PCOS) is associated with adverse pregnancy outcomes in a population of Italian parturients. It includes 516 consecutive Italian women who delivered between January and April 2006 and women with hyperandrogenic features not configuring PCOS (Intermediate group) and non-hyperandrogenic controls were 229 women. The study shows that Gestational diabetes mellitus was significantly more frequent in the PCOS group than in the other group (20%vs. 3.6% and 4%; $P<0.01$) and Preterm birth was more frequent in the PCOS group thanin the control group (20% vs. 6.9%; $P<0.05$).So the study concludes that Women affected byPCOS carry an increased risk of adverse pregnancy outcomes.

CONCLUSION

These findings will serve as a baseline to evaluate the effectiveness of the planned teaching program (ptp) regarding knowledge of polycystic ovarian syndrome (PCOS) among staff nurses working

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