



A Descriptive Study To Assess The Knowledge Regarding Urinary Tract Infection Among The Women Of Reproductive Age Group Residing In Selected Rural Area Of Amritsar, Punjab.

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Abstract

Urinary tract infection is a common bacterial infection known to affect the different parts of urinary tract and the occurrence is found in both males and females. Despite the fact, that both the genders are susceptible to infection, women are mostly vulnerably due to their anatomy and reproductive physiology. The infection is usually caused as a consequence of bacterial invasion of urinary tract including lower and upper urinary tract. Among the bacterial species *Esherichia coli* account to 80% to 85% of infection. A variety of parameters are related to urinary tract infection which include age, parity, gravidity, pregnancy and association of diseases. The aim of the present study was to assess the knowledge regarding urinary tract infection among the women of reproductive age group in rural area of Amritsar, Punjab. Investigator selected a sample of 150 women of reproductive age group. Convenient sampling techniques was used to collect sample. A self structured knowledge questionnaire was prepared to assess the level of knowledge regarding urinary tract infection among Women of reproductive age group. The data was analysed by using descriptive and inferential statistics. The results showed that among 150 women of reproductive age group the majority (78%) of women having average knowledge and (16.67%) were having good knowledge and (5.33%) were having poor knowledge. Chi square test was applied to find out the association of knowledge regarding urinary tract infection among women of reproductive age group with respect to socio-demographic variables finding revealed that there was no significant association with socio-demographic variables.

Keywords: Urinary tract infection, knowledge.

Introduction

Urinary tract infection is a common contagious among the men and Women in reproductive age group due to their anatomy and physiology of urinary system. The prevalence is higher among women during pregnancy and is more in spring season. Infection occur in the urinary tract that involves upper and lower part. When infection affects the upper urinary part it is known as kidney infection (pyelonephritis) and when infection affects the lower urinary part it is known as bladder infection (cystitis). Occurrence of bladder infection is usually followed by kidney infection and result in blood borne infection and in severe circumstances can lead to death. One can experience episodes of UTI is about three times in a year. Urinary tract infection is caused by invasion of the urinary tract by bacteria. Urine is generally considered to be sterile and believed to be germ free. Any source of infection can invades through the urethra and can initiates the incidence of infection. The predominant pathogen responsible for urinary tract infection is E.coli which constitute upto 80-85% and is followed by staphylococcus saprophytics which accounts to 5-10%. The occurrence of infection due to the viral and fungal agent is rare. Other bacteria that are responsible for urinary tract infection are klebsiella, proteus, pseudomonas, and enterobacter. Hormone FSH/LH is also responsible for UTI. Host factors are also equally responsible for causing infection which makes the individual vulnerable These includes age, diabetes, long term hospitalization, medical devices such as catheter, immunosuppressant, bowel movement abnormality, kidney defect, during the gestational age, gravidity, parity, physiological changes. The three main risk factors for recurrent urinary tract infection in women are an increased frequency of intercourse, the use of a spermicide, diaphragm and the loss of estrogen effect in the vagina and the periurethral structures.

Person having the urinary tract infection shows various sign and symptoms depending on the part or the organ involved For example, if kidneys are involved it shows manifestations such as back and flank pain, high fever, shaking, chills, dysuria, nausea, and vomiting; involvement of bladder manifest pelvic pressure, lower abdominal discomfort, frequent painful urination, and blood in urine; involvement of urethra manifest burning sensation with urination.

Prevention of urinary tract infection some measures for females at risk of contracting UTI such as change their hygienic practices, adopt healthy life style and improve the knowledge related to genitourinary tract and its infections. Stay clean, dry and wipe genital area from front to back especially after bowel movement. Avoid nylon clothes and drink plenty of water which helps to flush out the bacteria out of the urinary tract. Cut off the food products that cause bladder irritation such as caffeine, alcohol, spicy foods nicotine, carbonated drinks and artificial sweeteners. These make harder for your body to hell. Focus on healthy foods , which are good for digestive system.

Objectives of the study

- To assess the knowledge regarding urinary tract infection among the women of reproductive age group.

- To determine the association of urinary tract infection among the women of reproductive age group with selected socio-demographic variables.
- To distribute the pamphlets regarding urinary tract infection to women of reproductive age group.

Methodology

In the present study Descriptive research design was used . This study is conducted in selected rural areas in Amritsar, Punjab. The population in present study included 150 women at selected rural areas were drawn by convenient sampling techniques. A self- structured knowledge questionnaire is prepared to assess the level of knowledge regarding urinary tract infection among women of reproductive age group. The data analysed by using descriptive and inferential statistics.

Findings of the study: Major findings are:

- According to age, majority (34.67%) of women of reproductive age group were in the age group of 31-41 years . Regarding as per family status, majority (52.67%) of women of reproductive age group were hailing from joint family.
- As per occupation, majority (64%) of women of reproductive age group were home maker . Regarding educational status , majority (100%) of women of reproductive age group were literate.
- According to family income, majority (58.67%) of women of reproductive age group were having family income of 20001- 30,000 per month. Regarding toilet facility, majority (100%) of women of reproductive age group were having personal toilet in their home.
- Regarding types of pads used, majority (65.3%) of women of reproductive age group were using cloth during periods. As per source of information, majority (44%) of women of reproductive age group gained information from magazines/ newspaper.
- The findings that the non significant as calculated value was less than tabulated value at 0.005, 0.001 level of significance. Chi square test result depicts that calculated value was more than tabulated value.

Conclusion

The major goal of nursing practice is to impart the knowledge regarding the prevention of Urinary Tract Infection. The present study was done to assess the knowledge regarding the Urinary Tract Infection among the women of Reproductive Age Group in selected rural areas, Amritsar. On the basis of study following conclusions were made. The results of analysis of knowledge regarding Urinary Tract Infection among the Women of Reproductive Age group shows that majority (78%) of women had average knowledge and (16%) have good knowledge and remaining (5%) of the women had poor knowledge.

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