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V Rajamani
Research Scholar, JJT
University, Jhunjhunu,
Rajasthan, India

Dr. Koushal Dave
Lecturer, AIIMS, New Delhi,
India

Assess the knowledge regarding prevention of complications of thyroid disorders among women attending endocrine OPD, MGM hospital, Warangal, Telangana

V Rajamani and Dr. Koushal Dave

Abstract

Prevention is better than cure. A Non- experimental descriptive study was undertaken to "Assess the Knowledge regarding prevention of complications of thyroid disorders among women attending endocrine OPD, MGM hospital, Warangal, Telangana". Objectives of the study were to assess the knowledge of women regarding prevention of complications of thyroid disorders, identify the relationship between the knowledge level of women regarding prevention of complications of thyroid disorders with selected variables, develop and distribute an information module on prevention of complications of thyroid disorders. The research design used for the present study was non-experimental descriptive study. The method adopted for the present study was split half method using Karl Pearson's Correlation Coefficient formula and the reliability was found to be $r=1$. Purposive sampling method was used to select the sample for data collection. The data was analyzed with the help of descriptive statistical method. The results of the study revealed that 53.3% of women were having below average level of knowledge, 40% of women were having average level of knowledge and 6.7% of women were having above average level of knowledge regarding prevention of complications of thyroid disorders. The chi-square test was done to find out the relationship between the knowledge of women regarding prevention of complications of thyroid disorders with selected variables. The result of Chi- square test revealed that there was no significant relationship between the knowledge levels of women with selected variables as the Chi-square values under 0.05 probability was less than table value. Hence, null hypothesis was accepted and research hypothesis was rejected. In conclusion the investigators had developed and distributed an information module on prevention of complications of thyroid disorders and educated the women those who were under average and below average level of knowledge scores.

Keywords: Knowledge, women, thyroid disorders, prevention, complications

Introduction

An ounce of prevention is worth a pound of cure.

-Devita.

The dramatic advancement in scientific technology, the so-called modernization led to modern diseases of civilization. Arising of new diseases every day, due to the life style modifications, changes of food patterns, environmental pollutants and hereditary. Modern medicine has gained prominence and widespread acceptance as the preferred method of curing diseases. The advances in modern medicine have made it clearer the physical and psychological causes behind various diseases. Advancement in the field of health and medicine has been there in every civilization. Thyroid disorders affects women more compared to men. According to 2011 thyroid statistics 27,000,000 people in US and 200 million people worldwide have a thyroid disorder.

Health is a state that allows the individual to adequately cope with all demands of daily life. The state of positive health implies the notion of "perfect functioning" of the body and mind. Health promotion is the process of fostering awareness, influencing attitudes, and identifying alternatives so that people can make informed choices and change behaviors to achieve an optimum level of physical and mental health. In 21st century, the diseases have doubled when compared with 20th century. Thyroid disorders can be managed and its complications can be prevented through dietary management and life style changes. There is no best diet, but making a significant change to how you eat is usually necessary.

Corresponding Author:
V Rajamani
Research Scholar, JJT
University, Jhunjhunu,
Rajasthan, India

Methodology

Research approach for the study was the descriptive survey method. The descriptive survey is non-experimental type of research design in which the researcher investigates the knowledge regarding prevention of complications of thyroid disorders among women. The setting for the present study was Mahatma Gandhi Memorial Hospital, Warangal, Telangana.

The sample for the present study consists of 30 women (20-60 years) attending Endocrine OPD, MGM Hospital, Warangal, Telangana, and Purposive sampling technique was used for choosing the sample. The data was collected with the help of a structured questionnaire. Pilot study was conducted to assess the knowledge regarding prevention of complication of thyroid disorders among women attending endocrine OPD. The correlation coefficient of the tool was obtained by using the following Karl Pearson's Correlation coefficient formula and the reliability was found to be $r = 1$. Reliability and practicability of the tool was tested through pilot study and used for main study. The tool was found to be reliable. The data was collected for '4' days (i.e., from 20.03.2021 to 24.03.2021) for main study. Each day 8 samples were collected and given health education regarding prevention of complications of thyroid disorders and also distributed planned information module regarding prevention of complications of thyroid disorders.

Results: Descriptive analysis is used to find out the frequency and percentage distribution of demographic variables of the study and inferential analysis is used to find out the association between the selected demographic variables and levels of knowledge about prevention of complications of thyroid disorders among women.

Table 1: Frequency and Percentage Distribution of women According to Level of Knowledge Regarding Structure, Types, Causes, Risk factors, Signs and Symptoms and Normal Values of Thyroid Hormones n=30

Level of knowledge	Score average	Frequency	Percentage
Below Average	0-8	11	36.6
Average	9-15	17	56.7
Above Average	16-23	02	6.7
Total	-	30	100

The above table reveals about the level of knowledge score of women regarding g prevention of complications s of thyroid disorders that is out of 30 sample, majority 17 women (56.7%) having average level of knowledge. 11 women (36.6%) having below average level of knowledge and 2 women (6.7%) having above average level of knowledge.

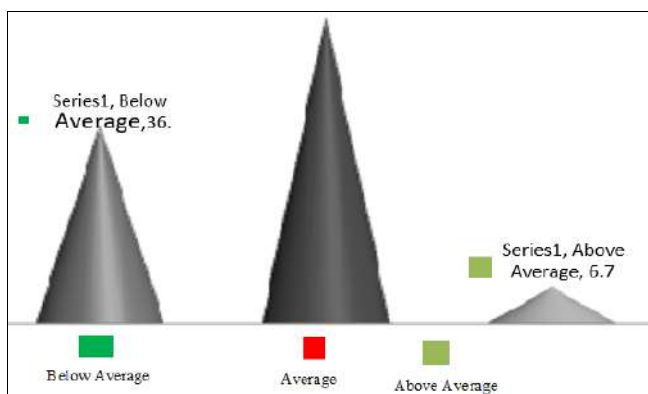


Fig 1: Cone Diagram Showing the Frequency and percentage Distribution of women According to Level of Knowledge

Table 2: Frequency and Percentage Distribution of Women According to Level of Knowledge Regarding Diagnoses, Treatment, Complications, Diet, Lifestyle, Home Care Management and Prevention of Complications of Thyroid Disorders n=30

Level of knowledge	Score average	Frequency	Percentage
Below Average	0-12	12	40
Average	13-24	16	53.3
Above Average	25-36	02	6.7
Total	-	30	100

The above table depicts about the level of knowledge score of women regarding diagnosis, treatment, complications, diet, lifestyle habits, home care management and prevention of complications of thyroid disorders, that is out of 30 sample, majority of 16 women (53.3%) were having average level of knowledge, 12 women (40%) were having below average level of knowledge and 2 women (6.7%) were having above average level of knowledge.

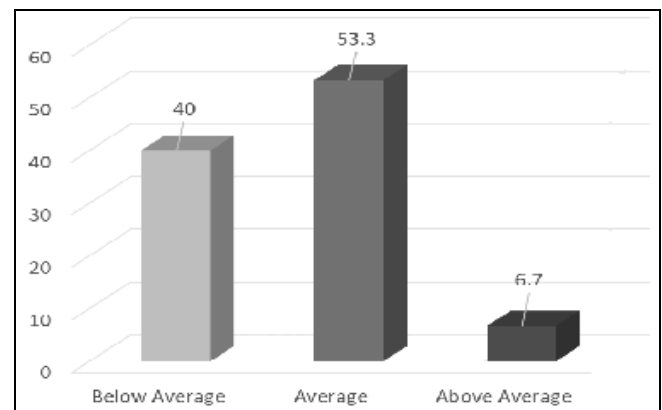


Fig 2: Bar Diagram Showing the Frequency and Percentage Distribution of Women According to Level of Knowledge

Table 3: Frequency and Percentage Distribution of Women Knowledge According to Overall Level of Knowledge Regarding Prevention of Complications of Thyroid Disorders n=30

Level of knowledge	Score average	Frequency	Percentage
Below Average	0 -20	16	53.3
Average	21-40	12	40.0
Above Average	41-59	02	06.7
Total	-	30	100

The above table depicts the overall level of knowledge score of women regarding prevention of complications of thyroid disorders that is out of 30 women, majority of 16 women (53.3%) were having below average level of knowledge, 12 women (40%) were having average level of knowledge and 2 women (6.7%) were having above average level of knowledge.

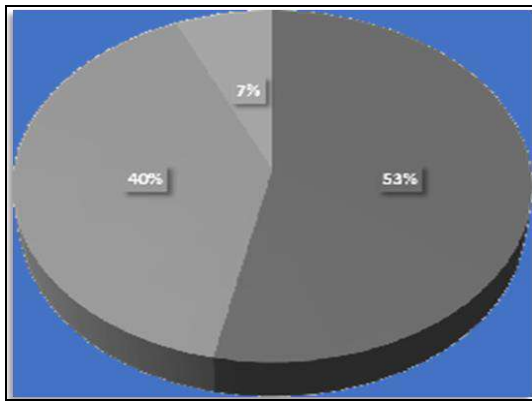


Fig 3: Pie Diagram Showing the Frequency and Percentage Distribution of Women Knowledge According to Overall Level of Knowledge Regarding Prevention of Complications of Thyroid Disorders

Table 4: Frequency and Percentage Distribution of Women According to Any Other Disorder Diagnosed with other than Thyroid Disorder in Relation to Level of Knowledge n=30

Any other disorders diagnosed other than thyroid disorder	Below average		Average		Above average		Grand total	
	F	P	F	P	F	P	F	P
yes	-	-	06	20	01	03.3	07	23.3
No	16	53.3	06	20	01	03.3	23	76.7
Total	16	53.3	12	40	02	6.7	30	100

The above table enumerates about the level of knowledge in relation to frequency and percentage distribution of women according to their history of any other disorder they are diagnosed with other than thyroid disorder, that is out of 30s ample, 7 women (23.3%) were diagnosed with other disorders, among them 6 women (20%) were having average level of knowledge and 1 woman (3.3%) was having above average level of knowledge .23 women (76.7%) were not diagnosed with any other disorders, among them 16 women (53.3%) were having below average level of knowledge.

Table 5: Relationship between knowledge level of women regarding prevention of complications of thyroid disorders with selected variables n=30

S. No	Demographic Variables	Degree of Freedom (DF)	X ² Values	Table values
1.	Age	3	0	7.82
2.	Relation	3	0	7.82
3.	Education	4	0	9.49
4.	Occupation	3	0	7.82
5.	Marital Status	3	0	7.82
6.	Type of Family	3	0	7.82
7.	Monthly Income	3	0	7.82
8.	Area of living	2	0	5.99
9.	Food Pattern	2	0	5.99
10.	Life style Habits	3	0	7.82
11.	Family history of thyroid disorders	1	0	3.84
12.	Type of thyroid disorder the y are diagnosed with	3	0	7.8
13.	Any Other disease diagnose do ther than thyroiditis order.	1	0	3.84

The above table depicts the obtained Chi- square value 0.05 level of significance denotes the relationship between the knowledge level of women regarding prevention of complications of thyroid disorders with selected variables. The obtained Chi- square value under probability 0.05 is “X²=0” for the selected variables. So, the calculated X²-

value is less than the tabulated value a 0.05 level of significance. There is no significant relationship between the knowledge level of women with selected variables ($p>0.05$). Hence, null hypothesis is accepted and research hypothesis is rejected.

Findings of the Study

The finding of the study shows that most of the study subjects,16 women (53.3 percent) had below average level of knowledge, 12 women (40 percent) of them had average level of knowledge and 02women (6.7percent)of them had above average level of knowledge regarding prevention of complications of thyroid disorders. There is no significant relationship between the knowledge level of women with selected variables ($p>0.05$). Hence, null hypothesis is accepted and research hypothesis is rejected.

Conclusion

The result of the study revealed that 2 women (6.7 percent) had above average level of knowledge, 12 women (40 percent) of them had average level of knowledge and 16 women (53.3 percent) had below average level of knowledge. It is evident that a majority of 16 women (53.3 percent) have below average level of knowledge regarding prevention of complications of thyroid disorders. The study indicates provide adequate knowledge and guidance to these women to adopt a healthy life style and prevent complications that are caused due to already a residing thyroid disorder. Hence the investigators developed, distributed an information module among women to improve knowledge regarding prevention of complications of thyroid disorders.

Implications

The findings of the study have implications in the following areas.

- Nursing education
- Nursing practice
- Nursing administration
- Nursing research

Nursing Education

Nursing educational institution should prepare nurses with update knowledge and potential for imparting health information about prevention of complications of thyroid disorders. More emphasis needs to be given for nursing students to learn and acquire in-depth knowledge about thyroid disorders.

Nursing educators can educate students related to thyroid disorders like types, signs and symptoms, treatment, home-care management and complications in nursing.

Nursing educators should educate the women diagnosed with thyroid disorder to create awareness regarding prevention of complications of thyroid disorders.

Nursing Practice

Nursing students and health personnel must take an opportunity to conduct health education, programs to create awareness among women regarding prevention of complications of thyroid disorders.

Nurses should organize special campaigns and clinics to address the complications of thyroid disorders to all the women diagnosed with thyroid disorder and create awareness regarding prevention of complications of thyroid disorders should be emphasized through pamphlets topic presentation and handouts.

Nursing Administration

A nursing administrator can play a better role in educating the women. Nursing administrator is responsible to promote health, as an active member of nursing can initiate to plan staff develop programs of nursing personnel keep them informed about health check-ups, referrals and follow-up care to be carried out improve the health.

Nursing Research

Nurses need to engage in multi-disciplinary research so that it will help to improve their knowledge. They should be initiative to conduct research on prevention of complications of thyroid disorders among women. Research will provide nurses the credibility to influence, decision making and policies to meet specific specialized need of women diagnosed with thyroid disorder. Therefore, innovative methods of creating awareness with preparation of teaching material associated with thyroid disorders will create awareness among women regarding prevention of complications of thyroid disorders. As there is prevalence of various thyroid disorders and its complications throughout the country more research need to be conducted.

Conflict of Interest

Not available

Financial Support

Not available

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