



A STUDY ON THYROID DISORDERS AMONG WOMEN OF AGE GROUP (15-60 YEARS) IN A TERTIARY HEALTH CARE CENTRE, SOUTH INDIA

Oncology

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ABSTRACT

BACKGROUND: Indian women who form a vast majority of those affected by thyroid disorders have poor knowledge regarding the practices and treatment of thyroid disorders. Health education and reinforcement of the need of regular treatment and screening of thyroid function tests is of great importance. **OBJECTIVES:** To find out the knowledge about thyroid disorders among women of age group 15-60 years in a tertiary health care centre **METHODOLOGY:** A Cross sectional study in which a pretested questionnaire is used which consists of demographic details of the participants and a set of questions about thyroid disorders. **RESULTS :** Among the 92 participants of this study 57.6%(n=53) had good knowledge. Good knowledge was significantly associated (p value <0.05) towards thyroid disorders.

KEYWORDS

Thyroid disorders , knowledge,

INTRODUCTION:

Thyroid disorders is a common disease presently in India affecting about 42 million people.¹ Thyroid disorders is now seen on the rising commonly in young women of the age group of 15-60 years.² Thyroid dysfunction now affects one out of eight young women of today's population.³ An Indian prevalence ranging from 3.9-5.4%.⁴ Iodine deficiency is one of the major causes of thyroid disorders leading to goitre and hypothyroidism.² It can lead to mental retardation, stillbirths, psychomotor defects and congenital anomalies.⁵

Thyroid dysfunction can lead to many other complications such as infertility, irregular menstruation and polycystic ovaries because of inadequate treatment and delayed diagnosis.¹ Therefore, a knowledge about thyroid disorders is very important among women of reproductive age group.

As there haven't been any previous studies conducted about awareness of thyroid disorders in the present setting, it has been planned to conduct a KAP study on awareness about thyroid disorders among women attending a tertiary care centre. Since it is most commonly affecting women, the study is focused on women of age group 15-60 years of age.

AIMS & OBJECTIVES: To find out the knowledge about thyroid disorders among women of age group 15-60 years in a tertiary health care centre.

METHODOLOGY

STUDY DESIGN: Cross sectional study.

STUDY PERIOD: 6 Months (July 2021-December 2021)

STUDY SETTING : Department Of Radiotherapy Sree Mookambika Institute of Medical sciences

STUDY PARTICIPANTS: women of age group 15-60 years of age .

INCLUSION CRITERIA: Women presenting with malignancies belongs to the group 15-60 years of age attending the outpatient department of Radiation Oncology sree mookambika institute of medical sciences,

EXCLUSION CRITERIA: Those who are already diagnosed with thyroid disorders ,not willing to participate are excluded from the study

SAMPLE SIZE CALCULATION:

Based on the prevalence of 52%⁸

$$\text{SAMPLE SIZE} = Z^2 \frac{pq}{L^2}$$

$$P = 52$$

$$Q = (100 - 52) = 48$$

$$N = \frac{(1.96)^2 \times 52 \times 48}{(10.4)^2} = 9984$$

$$(10.4)^2 = 108.16$$

$$= 92.30$$

$$\sim 92$$

STUDY TOOL: a pretested questionnaire was used which consists of demographic details of the participants and a set of questions about thyroid disorders.

Study procedure: After approval of study protocol from the Institutional Research Committee and Institutional Human Ethical Committee written and informed consent was taken from the study participants attending the outpatient departments of Sree Mookambika institute of medical sciences, Kulasekharam.

Variables and techniques: - Qualitative variables expressed as frequencies and percentages - Quantitative variables expressed as Mean and Standard Deviation. The p value of less than 0.05 was set as the level of significance .Data were entered in Microsoft Excel (Windows 7; Version 2007) and analyses were done using the Statistical Package for Social Sciences (SPSS) for Windows software (trial version 22.0; SPSS Inc, Chicago)

FUNDING: NIL

RESULTS:

Table -1 Knowledge, Attitude And Practice On Prevention Of Thyroid Disorders

	KNOWLEDGE		ATTITUDE		PRACTICE	
	Frequency n= 92	Percentage	Frequency n= 92	Percentage	Frequency n= 92	Percentage
GOOD	53	57.6	55	59.8	51	55.4
POOR	39	42.4	37	40.2	41	44.6

Among the 92 participants of this study 57.6%(n=53) had good knowledge and 42.4%(n=39) had poor knowledge on thyroid disorders (figure 1), 59.8%(n=55) had positive attitude and 40.2%(n=37) had negative attitude towards prevention of thyroid disorders (figure 2). 55.4%(n=51) showed good practice and 44.6%(n=41) poor practice towards prevention of thyroid disorders (figure 3). (TABLE-1)

KNOWLEDGE ABOUT THYROID DISORDERS:

Out of the 92 women participated , 80% had correct knowledge on the position of thyroid gland. 53.3% answered correctly on the number of hormones secreted by thyroid gland. from 92 women, 75% and 66.3% were aware of the meaning of hyperthyroidism and hypothyroidism respectively.

78.3% people had good knowledge that weight gain obesity were effects of hypothyroidism and 69.6% knew that cabbage cauliflower consumption should be avoided in hypothyroidism. 77.2%, 57.5%, 75% , 69.6% people had correct knowledge about effects of excessive sensitivity to heat and cold , menstrual irregularities, fatigue, hair loss respectively in thyroid disorders. 78.3% answered correctly that

thyroid swellings could become malignant, and 69.6% knew they could lead to a change in voice. A considerable number of people had incorrect/ no knowledge about the genetic predisposition of thyroid disorders (76.1%). 22.8% people incorrectly answered that thyroid disorders could be infectious. 51.1 % people who were tested had a family history of thyroid disorders.

DISCUSSION:

This study indicates the lack of awareness about thyroid disorders and its treatment among the people visiting SMIMS.

Rai S et al (2016)⁷ on a study of knowledge and awareness regarding thyroid disorders among women in a cosmopolitan city only 49.2% females knew about hyperthyroidism and hypothyroidism where as in our study 75% and 66.3% were aware of the meaning of hyperthyroidism and hypothyroidism respectively.

Asma Mohammad et al⁹ (2018) on a study on knowledge regarding differences between hyperthyroidism and hypothyroidism had a good knowledge of 52% and poor knowledge of 45% about thyroid gland and its disorders. manifestation of disorders such as weight gain (74%) and fatigability (74.9%). in our study 57.6% has good knowledge and 42% poor knowledge on thyroid disorders. 78.3% and 75 % tested knew of the effects of weight gain and tiredness and fatigue respectively.

CONCLUSION:

More than half of the participants in the study had good knowledge, towards Thyroid Disorders. But there need to be an educational program to reinforce the importance of timely detection and regular treatment of thyroid disorders. They should be educated on the continued regular treatment and regular estimation of thyroid profile. Dietary changes that help control thyroid disorders should be advised during every hospital visit. The results of this study can help the physician concentrate on these specific issues when interacting with their patients.

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