



ORIGINAL RESEARCH PAPER

A STUDY TO ASSESS THE EFFECTIVENESS OF POLYCYSTIC OVARIAN SYNDROME RISK REDUCTION PACKAGE ON KNOWLEDGE, PRACTICE AND LEVEL OF RISK AMONG YOUNG WOMEN – PILOT STUDY

Nursing

KEY WORDS: Polycystic ovarian syndrome, Young women, PCOS risk reduction package, Knowledge, Practice and level of risk for PCOS

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ABSTRACT

Aim: To study the effectiveness of polycystic ovarian syndrome risk reduction package on knowledge, practice and level of risk among young women. **Materials And Methods:** Quasi experimental research design was used among 30 (18 – 21years) Young women. **Results:** out of 30 young women 53.33% had inadequate knowledge during pretest whereas in post test 60% had adequate knowledge in experimental group also statistically there was significant difference in yoga practice ($t = -3.98$ & $P = 0.001^{**}$) dietary practice (Kcal - $t = 7.78$ & $p = 0.001^{***}$ and level of risk ($t = -5.98$ & $P = 0.001^{**}$) **Conclusion:** Polycystic ovarian syndrome risk reduction package was effective in improving knowledge, practice and reduce the level of risk among young women

INTRODUCTION

Every human being is the author of his own health, especially women's health is very crucial for community health. Health challenges of women starts from womb to tomb. A fundamental component of women's overall health status determines the quality of life. At present Polycystic ovary syndrome (PCOS) has been recognized as the most common endocrine abnormality and emerges as a public health issue affecting millions of women in reproductive age worldwide, specifically adolescence and young women.

Severe cases PCOS show an increased risk of endometrial cancer compared to non-PCOS healthy women, So early identification of young women at risk for PCOS and sensitizing the high risk young women about the healthy life style is a vital role. Hence the investigator was motivated to develop intervention that are specific for young women at risk for PCOS and to prescribe this, the present study was undertaken to test the effect of polycystic ovarian syndrome risk reduction package on knowledge, practice and level of risk.

MATERIALS AND METHODS

Source Of The Study: UG students of Arts & Science Colleges, Dindigul

Study Design: Quasi experimental research design was used.

Sample Size: 30

METHODS:

- Quasi experimental research design was used among 30 (18 – 21years) Young women by purposive sampling technique
- Risk Assessment Chart was used to screen and assess the level of risk for PCOS
- Structured knowledge questionnaire was used to assess the knowledge related to PCOS and practice compliance chart is used to assess the yoga practice also 72 hours dietary recall was used to assess the dietary practice.

INTERVENTION Poly Cystic Ovarian Syndrome Risk Reduction Package:

Video Assisted Teaching and discussion on Poly Cystic Ovarian Syndrome on definition, incidence, risk factors, causes, investigation signs & symptoms, complications, Preventive measures and home remedies regarding polycystic ovarian syndrome to a small group of 5-7 young women for 30 minutes.

Demonstration Of Yoga- Simple yoga asanas is demonstrated by the investigator which includes baddha

konasana, ardhmatsyendrasana, pawanmuktasana, ustrasana, pranayama and shavasana for a **group of 5-7 young women** at risk of PCOS for 30 -40 minutes and is redemonstrated by the young women immediately. and the same is recommended to the young women at risk of PCOS to practice daily morning and evening for 30-40 minutes.

Special Pulse Based Dietary Recommendation- Refers to the ability of the young women at risk of PCOS to follow the dietary plan prepared by the investigator and assessed using the 72 hours dietary recall before intervention.

RESULTS:

Out of 30 young women 53.33% had inadequate knowledge during pretest whereas in post test 60% had adequate knowledge in experimental group and there was significant difference in mean knowledge score between experimental and control group in post test ($t = 11.028$ & $P = 0.000$)

Statistically there was significant difference in yoga practice ($t = -3.98$ & $P = 0.001^{**}$) dietary practice (Kcal - $t = 7.78$ & $p = 0.001^{***}$) and level of risk ($t = -5.98$ & $P = 0.001^{**}$)

There was a significant positive fair correlation between knowledge gain score and practice gain score and risk reduction score.

Assess -ment	Level of knowledge	Group			
		Experimen tal (n=15)		Control (n=15)	
		n	%	n	%
Pretest	Inadequate	8	53.33	7	46.67
	Moderate	7	46.67	8	53.33
	Adequate	0	0.00	0	0.00
Posttest	Inadequate	0	0.00	5	33.33
	Moderate	6	40.00	10	66.67
	Adequate	9	60.00	0	0.00

	Level of risk	Risk score	
		Experimental group (n=15)	
		n	%
Pretest	Low	0	0.00
	Moderate	15	100.00
	High	0	0.00
Posttest	Low	3	20
	Moderate	12	80
	High	0	0.00

DISCUSSION

An estimated one in every five (20%) Indian women suffer from polycystic ovarian syndrome. Severe cases PCOS show an increased risk of endometrial cancer compared to non-PCOS healthy women.

In Tamil Nadu prevalence of PCOS among young women is 32.11 %. may be due to unhealthy dietary habits like junk foods, lack of exercises and sedentary life style practices.

Young women with PCOS present an adverse reproductive profile, also more likely to develop type 2 diabetes, high blood pressure, problems with the heart and blood vessels such as coronary vascular disease and uterine cancer.

So early identification of young women at risk for PCOS and sensitizing the high risk young women about the healthy life style is a vital role.

Our pilot study is conducted among 30 young women studying at Arts and Science Colleges Dindigul to assess the effectiveness of polycystic ovarian syndrome risk reduction package on knowledge, practice and level of risk among young women also assessed the practicability and feasibility of the tool and showed that 53.33% had inadequate knowledge during pretest whereas in post test 60% had adequate knowledge in experimental group and there was significant difference in mean knowledge score between experimental and control group in post test (t = 11.028 & P=0.000)

There was significant difference in yoga practice (t= -3.98& P=0.001**) dietary practice (Kcal - t=7.78&p=0.001***) and level of risk (t=- 5.98 &P=0.001**)

There was a significant positive fair correlation between knowledge gain score and practice gain score and risk reduction score.

The pilot study revealed that tool was reliable and the study is practicable and feasible to carry on with young women at risk for PCOS also polycystic ovarian syndrome risk reduction package was effective in improving knowledge, practice and reduce the level of risk among young women.

A study conducted by Paonam et al.(2024) found that 40.6% of the students had inadequate knowledge in pretest (66.7%) had adequate knowledge in the post test.

The study done by Mohseniet., al.(2021)found that yoga led to a significant improvement in hirsutism among the patients

in the intervention group (mean 98.06)

The study done by Wang et al (2024) found that High protein diet group showed a more significant reduction in body fat percentage (5.3 ± 3.3% vs 3.2 ± 4.5%, P < 0.05).

CONCLUSION

The pilot study revealed the tool was reliable and the study is practicable and feasible to carry on with young women at risk for PCOS.

The result of the pilot study revealed that there is a significant difference in the pretest and post test score of level of Knowledge, Practice and Level of risk. The suggestions of the pilot study were incorporated in the main study.

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