

# “A STUDY REGARDING PREVENTION OF URINARY TRACT INFECTION IN FEMALES AMONG NURSING STUDENTS OF SELECTED NURSING COLLEGE IN UTTAR PRADESH.”

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## ABSTRACT:

“A descriptive study was conducted to assess knowledge regarding the prevalence and risk factors of Urinary Tract Infection among the nursing students at CIMS Nursing college, Lucknow. Data was collected by Self Structured questionnaire and convenient sampling. The result revealed that the majority of nursing students have moderate knowledge regarding prevalence and risk factors of Urinary Tract Infection. **Objectives** To assess the knowledge of the prevalence and risk factors of UTI among the nursing students. To determine the association of knowledge level of nursing students regarding the UTI to selected demographic variables. **Research Methodology: Research design-** Descriptive research design. **Research setting-** CIMS Nursing college **Target population-** Nursing students. **Sample size-** 100 Nursing Students **Sampling Technique-** Convenient sampling **technique. Result and conclusion-** The result of the study revealed that the majority of nursing students that is 84% have moderate knowledge, 10% of students have inadequate knowledge and 6 % of students have adequate knowledge.

**KEYWORDS:** Knowledge, prevalence, risk factors, urinary tract infection, nursing students.

## INTRODUCTION:

The urinary system consists of the kidney, ureters, urinary bladder and urethra; the kidneys from the urine and accounts for the other functions attributed to urinary system. The ureters carry the urine away from the kidneys to the urinary bladder which is temporary reservoir for the urine. The urethra is tubular structure that carries the urine from urinary bladder to outside. The principle function of the urinary system to maintain the volume and composition of body fluids within the normal limits. One aspect of this function is to rid the body of waste products that accumulate as a result of cellular metabolism and because of this it is sometimes referred to as excretory system.

Urinary tract infection is infection that affects the parts of urinary tract. When it affects the lower urinary tract it is known as simple cystitis( bladder infection) and when it affect the upper tract it is known as pyelonephritis.( kidney infection). E.Coli is a cause of 80-85% of UTI and other like stones, DM, sexual activities, neurological disorders, catheterization. UTI is well known entity among females, occurring more than that in males due to shortness of female urethra. Prevalence has been reported at approximately 1.1% in school girls, 10% by the age of 50 years, 4-7% of childbearing –aged women. Every year 11% of women have at least one such infection and up to 60% of all women will develop UTI at some time in their lives. A third of these women will have a recurred within a year. UTI contributing to overall morbidity of females in all ages of their lives.

The commonest presenting complaint of UTI in adolescent girls is dysuria and coupled with an initial reaction of fear and apprehension at menarche in majority of girls. There would be a general false belief regarding cause of UTI and its prevention. Negligence of UTI leads to future complications like renal calculi, renal failure in extreme conditions.<sup>3</sup> There are number of general guidelines to avoid urinary tract infections in most instances. The effective preventive measures are able to block this bacterial migration. Take showers and avoid prolonged baths, wash the perineum from front to back. Do not hold urine for long. Do not wear tight fitting undergarments made of non breathing material. Drink more water. Cranberry juice and pills are effective in reducing urinary infections.

If the infection occurs in spite of preventive measures, promptly seek medical help. A urine specimen, examination of bladder, kidney radiography is done to diagnose the UTI. An estrogen vaginal creams help to resist bladder infections. Take antioibotics like sulphonamides (gentol and bactrim) with course of 10-21 days. The high prevalence in adolescents girls appear to be due to use of unsanitary pads during menstruation, practicing improper anal washing technique, having vaginal discharge, malnourishment, having pinworms in stools and using bad toilets. The educational interventions were successful in reducing the risk factors. The researcher

concluded that adolescents girls had less knowledge regarding prevention of urinary tract infections and by providing planned teaching interventions the occurrence of urinary tract infection in adolescent girls can be prevented.

## MATERIAL AND METHODS:

### Research approach and research design:

Quantitative descriptive research design was used.

### Setting of study:

Present study was conducted in the C.I.M.S Nursing college.

### Population:

The populations of this study were Nursing Students

### Sample:

Nursing students were sample for this study.

### Sampling Technique:

Convenient Sampling was used to collect the samples

### Sample size:

100 Nursing Students.

### Development & description of Tool:

The tool used for this study was structured Questionnaire schedule was selected. The tool consist of two sections-

**Section A** - Questionnaire to collect demographic data of Nursing Students

**Section B**- Structured Questionnaire schedule to assess the knowledge regarding prevalence and risk factors of urinary tract infection among the Nursing Students

It consists of 30 questions related to UTI.

### Ethical consideration:

Formal permission was obtained from Principal CIMS College of Nursing, and informed consent was taken from research sample.

## RESULT:

### Frequency and percentage of the sample characteristics:

Highest percentages 46 of nursing students were within the age group of 21-23 years and lowest percentages were belongs to the age of more than 24 years. and 46 % belongs to Christianity. Majority 70.4% of the subjects were belonged to nuclear family. Majorities 74 % of the students were vegetarian and highest percentages 53 % of nursing students were used common toilets. Majority of students 75 % were using cotton sanitary pads and least 10% were using other sanitary pads. 68% of nursing students were previously exposed to knowledge regarding UTI. Highest percentage 83.% of nursing students had information from books, newspaper, magazines.

Table 1: The knowledge of nursing students regarding prevalence and risk factors of UTI was assessed by structured questionnaire.

Level of knowledge	Frequency	Percentage
Inadequate knowledge	10	10
Moderately adequate knowledge	84	84
Adequate knowledge	6	6

**From above** depicts, the frequency and percentage distribution of level of nursing students knowledge score on prevalence and risk factors of urinary tract infections reveals that 10 subjects had inadequate knowledge followed by 84 of the subjects had moderately adequate knowledge and 6 had adequate knowledge.

In context of association between levels of knowledge with demographic variables of nursing students: There was significant association between sources of information. The other demographic variables like age, education, religion, type of family, dietary pattern, type of toilet facility, and type of sanitary pads and previous exposure of knowledge regarding UTI were not having significant association with level of Knowledge.

## DISCUSSION:

Urinary tract infections are of urinary tract infection and therefore it is most common infection among adolescent girls, which distresses them, concerns their parents, and may cause permanent kidney damage, if there is any delay in treatment.

The present study depicts the association of knowledge score with all demographic variables. It was found that the level of knowledge of students is significant with previous source of information regarding UTI.

A structured questionnaire was applied for collecting data. Data analysis was done and concluded that 22.3% of participants had history of experienced UTI at least one in lifelong. Result of this study is that there is need to offer training interventions for adequate knowledge regarding prevalence and risk factors of UTI. The association of level of knowledge with the age, education, religion, type of family, dietary pattern, type of toilet facility, type of sanitary pads, previous exposure of knowledge regarding UTI, is Non-Significant and association of level of knowledge with previous source of information regarding UTI is significant among female students.

## CONCLUSION:

Adolescents, they are not aware of their health needs and many diseases in adulthood. So researcher being in nursing profession felt the need to educate adolescent girls in selected college to impart appropriate knowledge regarding the prevention of urinary tract infection.

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