

# Evaluate The Effectiveness of Planned Teaching Programme on UTI And Its Preventive Measures Among Undergraduate Students

Mr. Amita Shukla<sup>1</sup>, Dr. Virendra Singh Choudhary<sup>2</sup>

<sup>2</sup>Principal

<sup>1,2</sup> Shri Venkateshwara University, Uttar Pradesh

**Abstract-** A study to evaluate the effectiveness of Planned Teaching Programme on UTI and its preventive measures among undergraduate students in Lucknow city.

**objectives** :1 To assess the existing knowledge of undergraduate students regarding UTI and its preventive measures.2 To assess the effectiveness of PTP among undergraduate students regarding UTI and its preventivemeasures.3 To find the association between pre-test knowledge of UG students and selected demographic variables. The research design for the present study is pre-experimental one group pre-test post-test design.

**Findings** related to the association of pre-test knowledge scores and the socio demographic variables of the UG students revealed that there were no significant association between the gender of UG students place of residence, type of family, religion and pre-test knowledge scoresand the given planned teaching programme was effective.

**Keywords-** Urinary Tract Infections, Undergraduate students, Planned Teaching Program

## I. INTRODUCTION

Urinary tract infections are caused by microbes such as bacteria overcoming the body's defenses in the urinary tract. They are one of the most common types of infection and account for around 8.1 million visits to a doctor every year. The urinary tract can be divided into the upper urinary tract and the lower urinary tract. The upper urinary tract consists of the kidneys and the ureters, and the lower urinary tract consists of the bladder and the urethra.

### Historical remarks

Curtis Nickel made an historical review of urinary tract infections in 2005; some key points are presented below: From ancient China (3000-2000 B.C.) there are texts discussing the inspection of urine as an important diagnostic

tool. In classical Greece, Hippocrates gave detailed descriptions of medical conditions in the kidneys and urinary tracts, and in ancient Rome Celsius (24) provided a detailed explanation of urinary catheterisation using bronze catheters. Aetius from Amida (Middle East, 500 A.D.) described urine examination (uroscopy) for clarity, colour, smell, cloudiness and presence of deposits and blood. It was then practiced in Europe for hundreds of years, until the time of the Renaissance. In the Renaissance (approximately 1500 to 1750), there were advances in anatomy and surgery but it was not until the 19th century that an understanding of disease etiology emerged. As for infectious diseases, Dutch microscopist Antony van Leeuwenhoek in the 17th century had managed to see small microorganisms, but it was not until the mid- 19th century that the etiology of infectious disease began to be clarified.

Urinary tract infections are one of the most common bacterial infections (1) in humans. They are common among sexually active women and, except in the first months of life, more common in women than in men. In adult women the incidence of urinary tract infection in 12 months is 10.8-13.3% and the lifetime risk of urinary tract infection in women is estimated at 50- 60%. The highest incidence rate is seen in women aged about 20, after which there is a slow decrease toward middle age and then a gradual increase from about 65 years of age. However, in old age the population of women is markedly larger than that of men. Consequently, women account for a proportionally larger proportion of the urinary tract infections treated in the health care system. This fact also in part explains studies on women being more common than on men. As urinary tract infections are often transient and self-healing, the real incidence in younger populations is probably higher.

### Prevalence

The prevalence of asymptomatic bacteriuria in schoolgirls is about 1%, in women up to 50 years, including pregnant women, 1-5% (22). From about 50 years of age the

prevalence increases from 3 to 9% to around 20% in women aged 80 and over. Asymptomatic bacteriuria, like symptomatic urinary tract infections, is more prevalent among sexually active women. Asymptomatic bacteriuria is uncommon in young men (<1%) but the prevalence increases from the age of 60 up to 5-10% in men aged 80 and over.

## II. NEED FOR STUDY

Making Career of UTI and its preventive measures to students is effective in reducing infections. As prevention and educating people is an important function, nurse can teach the students regarding UTI and its preventive measures and can help in reducing infections to some extent. Hence the study conducted to evaluate the effectiveness of Planned Teaching Programme on UTI and its preventive measures among undergraduate students in Lucknow city.

## STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of Planned Teaching Programme on UTI and its preventive measures among undergraduate students in Lucknow city.

## OBJECTIVES OF THE STUDY

1. To assess the existing knowledge of undergraduate students regarding UTI and its preventive measures.
2. To assess the effectiveness of PTP among undergraduate students regarding UTI and its preventive measures.
3. To find the association between pre-test knowledge of UG students and selected demographic variables.

## ASSUMPTIONS

1. Undergraduate students will have inadequate knowledge regarding UTI and its preventive measures.
2. Planned teaching programme will help to increase the knowledge and it has a valid place in continuing education.

## DELIMITATIONS

- This study limited to undergraduate students of Career College Of Nursing, Lucknow.
- Sample size is limited to 30 UG students.

## III. RESEARCH METHODOLOGY

**RESEARCH APPROACH:** An evaluative approach was adopted for the present study.

**RESEARCH DESIGN:** The research design for the present study is pre-experimental; one group pre-test post-test design.

## VARIABLES UNDER STUDY:

**Research variables:** Knowledge regarding UTI and its preventive measures among UG students.

**Demographic variables:** Gender, religion, place of residence, type of family, family income.

## POPULATION:

In the present study, the population comprises of UG students of Career College of Nursing, Lucknow city

## SAMPLE:

The sample for the present study was students of B.Sc nursing of Career College Of Nursing, Lucknow.

## Sample size and sampling technique:

The sample size considered for the study was 30 UG students in selected Career College Of Nursing, Lucknow. The sampling technique used for the study was convenient sampling, which is a type of non-probability sampling.

## ANALYSIS AND INTERPRETATION OF DATA:

In this study, data is collected to assess the knowledge regarding UTI and its preventive measures from UG students in selected Career College Of Nursing, Lucknow. The investigator administered structured questionnaire for UG students to collect data.

The collected data was analyzed according to the plan of data analysis which includes both descriptive and inferential statistics. The data findings have been tabulated according to plan of data analysis and interpreted under the following objectives.

## Objectives:

- To assess the existing knowledge of UG students regarding UTI and its preventive measures
- To assess the effectiveness of PTP among UG students regarding UTI and its preventive measures.
- To find the association between pre-test knowledge of UG students and selected demographic variables

**PRESENTATION OF DATA:**

The analysis of data was organized and presented under the following headings:

**Section A:** Findings related to socio-demographic variables of undergraduate students

**Section B:** Findings related to knowledge scores of undergraduate students.

**Table 1: Mean, Median, Mode, standard deviation, range of knowledge of Undergraduate students**

AREA OF ANALYSIS	MEAN	MEDIAN	MODE	STANDARD DEVIATION	RANGE
Pre-test	10	10	10	2.52	10
Post-test	16	16	15	1.56	5
Difference	7	7	6	1.38	5

**DISCUSSION:**

The major findings of the study are organized under the following Heading

1. Finding related to demographical data
2. Finding related to the pre-test knowledge score of the UG students.
3. Findings related to the effectiveness of planned teaching programme.

**Findings related to social demographic variables of UG students in UTI and its preventive measures:**

- Majority (83.3%) of the subjects are females, while minimum (40%) are male.
- Majority (66.6%) of the subjects belongs to Hindu (20%) belongs to Christian and (13.33%) belongs to Muslim.
- Majority (73.3%) of the subjects belongs to nuclear family, while minimum (26.66%) belongs to Joint family.
- Majority (93.33%) of the subjects are from rural area, while minimum (6.66%) are from urban area

**Findings related to the association of pre-test knowledge scores and the socio demographic variables of the UG students:**

There were no significant association between the gender of UG students place of residence, type of family religion and pre-test knowledge scores.

**IV. CONCLUSION**

The study showed that programme has resulted in significant improvement in the knowledge, development of students. Therefore special and continuous health education of college students in their formative years improve their knowledge and help to develop positive attitude which will eventually help to reduce and prevent Urinary Tract Infections

**V. IMPLICATION**

The finding of the study had varied implication in different areas of Nursing administration, Nursing Education and Nursing Research

**Nursing Education:**

Nursing Education should prepare nurse with the potential for imparting health education effectively to everyone. Nursing students should be Career of their role in promoting educational programmes to reduce UTI.

**Nursing Administration:**

Nurse as an administrator has a special role in planning the policies for imparting health information to the targeted population. Instructors in the Nursing field are in a better position to take initiative in imparting health information through differently effective teaching methods.

**Nursing Research:**

Research is a systematic attempt to obtain answers to meaningful questions about phenomenon or events through the application of scientific procedures. The findings of the present study can be utilized by nurse researcher in the future to conduct extensive studies to identify or assess the knowledge of undergraduate students. Present study would help the nurse to understand the level of knowledge of undergraduate students on UTI and its preventive measures.

**VI. RECOMMENDATION**

The following recommendation are offered for further studies

1. A similar study on large and wider sample for a longer period would be more pertinent in making generalization.
2. A similar study can be conducted in community setting.

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