



Assess the knowledge on prevention of vaginal candidiasis among pregnant women at saveetha medical college and hospital

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Abstract

Vaginal Candidiasis is a common problem among pregnant women. The health of mother during pregnancy is important to give birth to a healthy baby. The objective of the study is to assess the level of knowledge among pregnant women regarding vaginal candidiasis. Quantitative approach descriptive design was adopted to conduct this study. 60 pregnant women were selected with convenient sampling technique. The data was collected using the tools consist of two section demographical variable, and knowledge questionnaire on prevention of vaginal candidiasis. The data was collected, organized and analyzed in term of descriptive statistics. The study result are out of 60 samples, 7 (11.07%) had in- adequate knowledge, 40 (66.67%) of them had moderate knowledge and 13 (21.67%) of them had adequate knowledge. There was a significant association between age, education, occupation, religion, trimester of pregnancy, sources of health information, willing participation, assess the knowledge on prevention vaginal Candidiasis. The study suggest that Health professionals who are caring for pregnant women should find out about symptoms of vaginal candidiasis and they could give health education to make aware about vaginal candidiasis, which will make them in improving their health by adopting preventive measures and help them to avoid the complications.

Keywords: knowledge, vaginal candidiasis, pregnant women

1. Introduction

Candida' is a dreadful word meaning a set of unpleasant symptoms. Symptoms are often not just physical but also psychological, influencing one's self-concept as well as one's relationship with others. If you are one of those unlucky individuals who have Candida, please do not despair. Fortunately, today, thanks to the vast research that has been conducted on the subject, we have lots of tools in our hands on how to deal with this yeasty beastly organism. Genital tract infections are among the most common medical problems in women. Genital tract infections are often referred to as vaginal infection^[1, 2].

Vaginal Candidiasis is very common yeast infection of the vagina is caused by a fungal micro-organism called candida Albian is also called as vaginal thrush, that occurs when there is over growth of the fungus is always present in the body in small amounts. However when an imbalance occurs, such as when the normal acidity of the vagina, changes or when hormonal balance changes Candida can multiply^[3]. When that happens, symptoms of candidiasis appear vaginal candidiasis (VC) is common clinical problem in women of reproductive age throughout the world particularly in hot, subtropical climates. Annually in the United States there are approximately 13 million cases of vaginal candidiasis (VC), resulting in 10 million gynecologic office visits per year. It is estimated that 75% of women will experience at least one episode in their lifetime, with a projected 50% of all women experiencing multiple episodes^[4].

Candida Albian's is a dimorphic commensal organism of the urogenital tracts and has been identified as the main pathogenic agent in vaginal candidiasis (VC), accounting

for approximately 85-90% of patient with positive cultures. Traditionally it has been assumed that changes in host vaginal environment promote the dimorphic transition from blastopore to hyphae resulting in a shift from asymptomatic colonization to symptomatic vaginal candidiasis. Vaginal candidiasis (VC) is a mucosal infection of the urogenital tract of women and is primary caused by candida Albian's. Vaginal candidiasis (VC) is characterized by itching, burning, soreness, abnormal vaginal discharge, dyspareunia, and phenotypical signs such as vaginal and vulvar erythema and edema. That have been linked to idiopathic vaginal candidiasis (VC) include changes or imbalance in reproductive hormones, as a result of oral contraception, pregnancy, or hormone replacement therapy (HRT), as well as antibiotic usage, and diabetes mellitus. Most episodes of vaginal candidiasis respond well to treatment with currently available antifungals. While acute vaginal candidiasis is largely treatable with current chemotherapeutics, there remains a subset of the population (5%-10% of women diagnosed with vaginal candidiasis) that exhibit recurrent vaginal candidiasis (RVC). Recurrent vaginal candidiasis is defined as having three or more episodes per annum. Women are unlikely to seek advice because there is a tendency to view "white discharge" as normal and also because the condition is associated with shame and guilt. Usually women complain of vaginal discharge when they think it is unusual for them or if it causes itching or discomfort. The need for the study arises from the facts gathered from the few research studies focused on this area of health related issues, also the incidents the researcher come across in day to day life. This study has been taken up and supported by above stated studies and the data. It is

evident from the above cited studies that, vaginal candidiasis is common during pregnancy and pregnant women are at high risk of developing it. Three of every four women experience at least one have vaginal Candidiasis [4-8].

Candida species are part of lower genital tract infection is 20 to 50% in healthy asymptomatic women. Vaginal candidiasis is common in adults is 50% of female university students will have. Had at least one physician diagnosed episode by age 25, as many as 75% of pregnant women report having had at least one episode, and 45% of women have two or more episodes of vaginal candidiasis. The prevalence of vaginal condition was 42.9%. It was common or younger women between the age group 25to35 years. And in primigravida the attack rate was hitches in third trimester of pregnancy [9-10]. In view of the about facts the investigation a conducted study to assess the knowledge on prevention of vaginal candidiasis.

Objectives

1. To assess the level of knowledge among pregnant regarding vaginal candidiasis.
2. Association between level of knowledge on prevention of vaginal candidiasis among pregnant women and selected demographic variables.

Methodology

The research approach used for this study was quantitative research approach. The research design chosen for the present study is descriptive research design. This study was conducted in Saveetha medical college and hospital Thandalam. The 60 pregnant women who are attending antenatal OPD who met the inclusion criteria were selected by convenient sampling technique. After selecting the sample, the demographical data was collected by using structured questionnaire. The knowledge and practice was gathered by multiple choice questions. The data were analyzed by using descriptive statistics. The project has been approved by the ethical committee of the institution. Informed consent was obtained from the participants before initiating the study.

Result

Table 1: Frequency and percentage distribution to assess the knowledge on prevention of vaginal candidiasis among women

Knowledge on prevention of vaginal Candidiasis	Inadequate		Moderate		Adequate	
	N	%	N	%	N	%
	7	11.67%	40	66.67%	13	21.67%

The present study results reveal that 7 (11.67%) had inadequate knowledge on prevention of vaginal candidiasis, 40 (66.67%) had moderate knowledge, 13(21.67%) had adequate knowledge on prevention of vaginal Candidiasis (Table-1). By using chi-square it shows that there was no significant association between ages, education, occupation, and religion, trimester of pregnancy and source of health information.

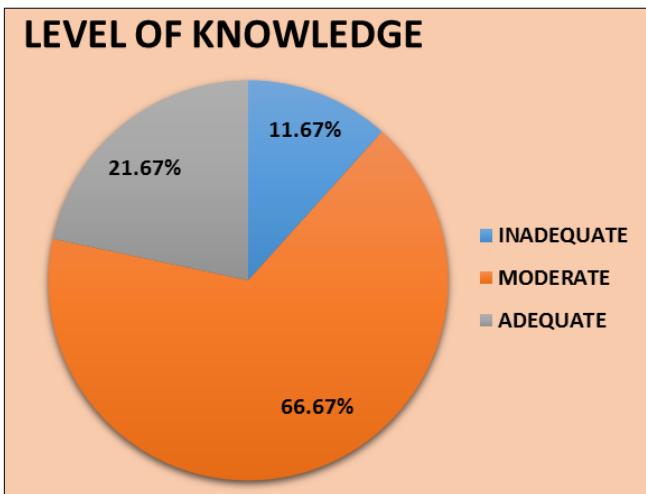


Fig 1: Frequency and percentage distribution of knowledge on prevention of vaginal candidiasis

Major Findings

The present study results reveal that out of 60 samples, 7(11.67%) had in-inadequate knowledge, 40(66.67%) of them had moderate knowledge and 13(21.67%) of them had adequate knowledge. The present is supported by Pratibha Kamath, Maria Pais, Malathi G. Nayak & Clara Pramila D'souza conducted a study on an awareness program on prevention of Vaginal Candidiasis among pregnant Women. The study results depicts that pre-test showed 89.2% of the pregnant women had poor knowledge, where as 95.8% had good knowledge in post-test [11].

By using chi-square it shows that there was no significant association between ages, education, occupation, and religion, trimester of pregnancy and source of health information. The present study was supported by Malathi K. who conducted a study on effectiveness of planned teaching regarding management of BPH on BPH patients; the result revealed that there was no significant association between the pre-test levels of knowledge with selected variables [12].

Conclusion

The study suggest that Health professionals who are caring for pregnant women should find out about symptoms of vaginal Candidiasis and they could give health education to make aware about vaginal Candidiasis, which will make them in improving their health by adopting preventive measures and help them to avoid the complications.

Acknowledgement

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Authors Contribution

All the authors actively participated in the work of the study. All authors read and approved the final manuscript.

Conflict of Interest

The authors declare no conflict of interests.

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