“A Study to assess the effectiveness of health care package in terms of knowledge, attitude and practice on management of Infertility among the infertile Women ” at Selected Hospital of Delhi”

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I. Introduction
Infertility affects both men and women of reproductive age in all parts of the world. In some regions infertility is found to be widespread and its prevalence reaching such proportions that it can be considered a public health problem affecting the life of the whole society. Recently published studies revealed that infertility affects about one in six couples during their lifetime and is more frequent in obese. On the other hand the mood disorders may exacerbate the hormonal disturbances and worsen the effectiveness of infertility management.¹

Study done on quality of life (QOL) and its related factors in infertile couples and it was found that self-esteem scores were lower in the couples with longer infertility duration. Previous failed efforts for treatment of infertility were adversely associated with the lower social support and sexual satisfaction (Keramat et al. 2014).²

The study demonstrated that the ovarian response to controlled ovarian stimulation depends on a women’s age and on the pool of recruit able follicles, which may be indirectly measured using two hormonal markers of ovarian reserve and sensitivity, namely AMH and FSH (A La Marca, et al. 2012).³

Findings of the study revealed that even though women’s had little knowledge about the treatment modalities, still they had favorable attitude towards the same. The study also brought about the need for further teaching, guidance and counseling of the women or couples diagnosed with infertility (Shanthi Priya 2014).⁴

Providing information, counseling and support are also an integral part of the management to help the couple to cope with the stress of treatment and the possibilities of failure. Therefore, effective intervention likes use of health care package is needed to improve knowledge, attitude and practice among infertile women.

Objectives: 1. To develop health care package for the infertile women regarding management of infertility
2. To assess and evaluate knowledge, attitude and practice on management of infertility among the infertile women before and after administration of health care package

II. Methods and materials

2.1 Design and setting
Experimental study pre-test - post-test control group design was used for this study. The purposive sampling technique with random assignment was adopted and 60 infertile women (30 in experimental and 30 in control group) who visited infertility clinic in selected hospitals of Delhi were enrolled. Data was collected from June to December 2014. Ethical clearance for the study was obtained from institute ethics committee.

2.2 Procedure for data collection
The purpose of the study was explained to the group and confidentiality of their responses was assured. Signed informed consent was taken from the subjects. The sample included 60 infertile women, 30 each in experimental group and control group. Purposive sampling technique followed by random assignment by every fourth case coming to the infertility clinic was selected during data collection. Pre-test was taken first for both experimental and control group on Day 1 and the health care package on management of infertility was administered only to the experimental group on the same day. Post-test was taken on the seventh day for both experimental and control group.

2.2.1. Description of Health Care Package (HCP)
The first draft of health care package was prepared by researcher on the basis of blue print, criteria rating scale, review of research and non-research material on management of infertility with the opinion of experts. The title of health care package was health care package on management of infertility. The health care package covers the area like introduction on infertility, definition, risk factors, and causes of infertility,
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III. Results

3.1 Effects of health care package (HCP) on knowledge, attitude and practice

Figure 1 shows that the mean pre test knowledge scores of 14.3 in experimental group and 14.2 in control group revealed that the groups’ knowledge were similar initially. The mean post test knowledge score 25.7 ± 2.7 is higher than the mean pre test knowledge score of 14.3 ± 3.5 after administration of health care package (HCP) among infertile women in experimental group. The mean post test knowledge score was 14.3 among infertile women in control group without HCP. This finding shows that the health care package was effective in increasing the knowledge among infertile women (experimental group) on management of infertility.

Figure 2 revealed that the mean post test attitude score 74.3 ± 3.0 was higher than the mean pre test attitude score of 63.3 ± 4.3 after administration of HCP among infertile women in experimental group. In control group, pre test and post test attitude score was approximately similar i.e. 63.3 ± 4.4 and 64.3 ± 4.2 without administration of HCP. There was a gain in favorable attitude regarding management of infertility. These finding shows that the health care package was effective in increasing the attitude among infertile women (experimental group) on management of infertility.

Figure 3 shows that the mean post test practice scores 51.8 ± 3.8 was higher than the mean pre test practice score of 34.6 ± 4.2 after administration of HCP among infertile women in experimental group. In control group, pre test and post test practice score was 34.1 ± 4.0 and 34 ± 3.9 respectively without HCP. This indicates that health care package was effective in improvement of practices among infertile women (experimental group) on management of infertility. A significance effects on knowledge, attitude and practice were seen in experimental group as compared to control group at 0.05 levels. The p < 0.03, signifies that, health care package have significant effect to improve knowledge, attitude and practices among infertile women on management of infertility.

IV. Discussion

The present study findings showed that the women had knowledge, attitude and practice deficit. These findings are consistent with the study conducted by Gundla Sowjanya (2011), a study describes the knowledge and attitude of infertile women regarding assisted reproductive techniques (ART). There was a statistically significant association found between level of knowledge, attitude and demographic variables such as education, occupation, past obstetrical history and type of infertility. This study revealed that infertile women have moderate knowledge and neutral attitude towards ART. Hence, the nurses in infertility clinics should concentrate on health education.
“A Study to assess the effectiveness of health care package in terms of knowledge, attitude and practices among infertile women on management of infertility The above findings were similar to the study conducted by Carolyn Emslie et all (1993)\(^6\) to assess the infertile couple on practice that is “Do clinical guidelines improve general practice management and referral of infertile couples?” Improvements were greater when general practitioners used the disease specific reminder. Receiving guidelines led to improvements in the process of care of infertile couples within general practice. This effect was enhanced when the guidelines were embedded in a structured infertility management sheet for each couple.

The present study suggests that there is a need to plan and prepare materials for educating the women on management of infertility. The findings of all these studies are in consonance with the findings of our present study that showed that women had lacked adequate knowledge, unfavorable attitude and practice on management of infertility.

4.1 Study limitation

The study was confined to small sample size and limited to the development of health care package on management of infertility and assesses the effectiveness of HCP on management of infertility among infertile women.

4.2. Future recommendation

The study can be replicated on a large sample to validate the findings and make generalizations. Further studies must be focused on the other components of the family, the community and institution. The similar studies can be conducted using more effective strategies in the health care package like videos, and multi media.

4.3. Conclusion

Based on the findings of the study it is concluded that there was a knowledge deficit existed among infertility women on management of infertility. The present study identified poor comprehensive knowledge, negative attitude and improper practices on management of infertility. The health care package was effective to increase knowledge, attitude and practices regarding management of infertility among the infertile women. Thus, continuous reinforcement is needed by the health professionals by giving health education through various means will improve the knowledge, develop favorable attitude and practice on management of infertility.

References

[1]. Boivin J et al. knowledge about infertility risk factors, fertility myths and illusory benefits of healthy habits of young people Human reproduction 2008 may 10; (23): 1858—1863.

Fig.1: Knowledge score (Mean ± SD) among experimental and control groups
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Fig. 2: Attitude score (Mean ± SD) among experimental and control groups

Fig. 3: Practice score (Mean ± SD) among experimental and control groups