



Effectiveness of planned teaching programme on knowledge regarding thyroid disorder among women

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INTRODUCTION

There is a paucity of data on the Knowledge, Awareness and Practices (KAP) among these patients. Such studies will help the physician to concentrate on these specific issues during their interaction with the patients. Women are generally prone to develop hypothyroidism, but especially during puberty, first menstruation, pregnancy, within the first six months after giving birth, and during menopause. It is well documented that the sustainable elimination of IDD requires a strong will, wider awareness and cooperation among those who hold the key to the solution to this problem. For the effective implementation of any control programme, and for its success, it is essential that people's access to iodized salt be ensured. Survey reveals that in India, thyroid disorders are amongst the most common endocrine disorders. The prevalence and pattern of Thyroid disorders depend on sex, age, ethnic and geographical factors and especially on iodine intake. Iodine deficiency can lead to mental retardation, stillbirths, congenital anomalies and psychomotor defects. Research shows that hypothyroidism can contribute to

morbidity from Osteoporosis, Hyperlipidaemia, Hypercholesterolemia, Cardiovascular and Neuropsychiatry disease in the population.

STATEMENT

A pre-experimental study to assess the effectiveness of planned teaching programme on knowledge regarding thyroid disorder among women of selected urban area of Indore city.

OBJECTIVES OF THE STUDY WERE –

- To assess the pretest on knowledge regarding thyroid disorder among women of selected urban area of Indore city.
- To assess the effectiveness of planning teaching on knowledge regarding thyroid disorder among women of selected urban area of Indore city.

HYPOTHESIS –

- **HO** - There will be no significant difference between pretest knowledge and post test knowledge of women regarding thyroid disorder.
- **H1**- There will be a significant difference between pre-test knowledge and post test knowledge of women regarding thyroid disorder.

METHODOLOGY –

In this study examination the agent has embraced Pre-test one gathering pre-test, post-test outline. Pre-test configuration is an exploration outline that does exclude system to adjust for the nonattendance of either randomization or a control gathering. Pre-exploratory outline is the one in which the specialist has little control over the examination. Furthermore, the one gathering pre-test, post-test configuration gives correlation between a gathering of subjects when the exploratory treatment.



INTERPRETATION AND CONCLUSION -

After administration at day seven the average (Mean \pm Standard Deviation) score to judge the knowledge (10.1 \pm 2.81points) among women found to be significantly greater and improved as compared to average score of knowledge (6.1 \pm 3.02 points) at baseline stage. However, difference of 4.0 points in mean score of knowledge of women were statistically strongly ($p < 0.001$) significant between pre and post administration.

RESULTS –

The findings in the study proved that planned teaching programme is an effective way to acquire knowledge as well as to change the knowledge of women regarding thyroid disorder in Bardari urban area of Indore city.

overall, carrying out the present study was really an enriching experience to the investigator. It also helped a great deal to explore and improve the knowledge of the researcher and respondents. The constant encouragement and guidance by the guide, faculties, co-operation and interest of the samples in the study contributed to the fruitful completion of the study.

KEY WORDS –

Effectiveness, Structured Teaching Programme, Knowledge, Thyroid disorder

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