

**“A STUDY TO ASSESS THE KNOWLEDGE OF URINARY TRACT INFECTION
REGARDING ITS PREVENTION AND MANAGEMENT AMONG
ADOLESCENTS GIRLS IN SELECTED 1ST YEAR NURSING STUDENT IN
BENGALURU”**

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RESEARCH PROJECT WORK

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We hereby declare that this dissertation/thesis entitled **“Study to assess the knowledge on urinary tract infection regarding its prevention and management among adolescent girls in selected 1st year nursing student in Bengaluru.”** Is a bonafide and research work carried out by us **Ms. Kaya Ghosh, Mr. Kranti Banerjee, Mr. Jaipal M, Mr. Manoj Chouhan, Mr. Md. Ehsan, Mr. Faiyaz Ansari, Mr. Mohd. Ibraheem** under the guidance of **Mrs. NAGAMMAL M, Assistant professor, Department of OBG, Smt. Nagarathamma College of Nursing, Bengaluru**

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Declaration By The Guide

This is to certify that the dissertation entitled "**Study to assess the knowledge on urinary tract infection regarding its prevention and management among adolescent girls of selected 1st year nursing student in Bengaluru.**" Is a bonafide research work done by **Ms. Keya Ghosh, Mr. Kranti Banerjee, Mr. Jaipal M, Mr. Manoj Chouhan, Mr. Md. Ehsan, Mr. Faiyaz Ansari, Mr. Mohd. Ibraheem** in partial requirements for the degree of **Bachelor of Science in MEDICAL SURGICAL NURSING.**

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Acknowledgement

“Knowledge is in the end based on acknowledgement”

-Ludwig Wittgenstein

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TABLE OF CONTENT

Sl. No.	CHAPTER	PAGE NO
1	INTRODUCTION	10-14
2	OBJECTIVES	15-16
3	REVIEW OF LITERATURE	17-19
4	METHODOLOGY	20-24
5	RESULTS	25-33
6	DISCUSSION	34-36
7	CONCLUSION	37-40
8	SUMMARY	41-43
9	BIBLIOGRAPHY	44-45
10	ANNEXURES	46-58

List of Table

SL. No	Content	Page number
I.	Frequency and percentage distribution of students according to their age group	28
II.	Frequency and percentage distribution of students according to their class	29
III.	Frequency and percentage distribution of students according to their family type	30
IV.	Frequency and percentage distribution of students according to their family income	31
V.	Frequency and percentage distribution of students according to source of previous knowledge of UTI	32
VI.	Frequency and percentage distribution of various levels of knowledge among students	33

List of Figures

SL. No	Content	Page No.
I.	Pie Chart shows percentage distribution of students by age.	28
II.	Pie Chart shows percentage distribution of students by class.	29
III.	Pie Chart shows percentage distribution of students by family type.	30
IV.	Pie Chart shows percentage distribution of students by family income.	31
V.	Pie Chart shows percentage distribution of students by sources of previous knowledge of UTI.	32
VI.	Pie Chart shows percentage distribution of students according to their level of knowledge	33

INTRODUCTION

PHASE – I

INTRODUCTION

“Always walk-through life as if you have something new to learn and you will”

“I am still learning”

- *Michelangelo at age 87*

Good health is the fundamental right of every human being and it is essential to lead a successful life. The preamble to the WHO Constitution also affirms that it is one of the fundamental rights of every human being is to enjoy "The highest attainable standard of health." Moreover, emphasis is based on health promotion and preventive healthcare. Good physical and mental health of children and adolescents makes for good health in adulthood. Agreeably, adolescence is a transitional period from dependent childhood to independent adulthood, that is, age group from 10-19 years. About one-fifth of India's population is in the adolescent age group and this is the earliest age where we can prevent morbidity in later life by means of health interventions.

The human body gets rid of liquid waste products through the urinary system, and so, it is important to protect this system from infections. Urinary tract infections are the second most common bacterial disease which accounts for more than eight million office visits per year. More than 1,00,000 people are hospitalized annually because of urinary tract infection and it is an important cause of morbidity and mortality in Indian subjects. Young age and female sex are the two important factors that contribute to the development 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.

According to the National Institute of Health and Clinical Excellence guidelines urinary tract infection is defined by combination of clinical symptoms of urinary tract infection that usually include frequency, dysuria, pyuria, abdominal pain, back pain, fever, Or urgency. Most urinary tract infections result from ascending infection by single gram-negative bacteria such as Escherichia coli, Klebsiella, Proteus, Enterobacter, Or Pseudomonas. Staphylococcal infections especial due to staphylococcal saprophyticus common cause of urinary tract infection among adolescent girls. The two broad categories of urinary tract infection are pyelonephritis or upper Urinary tract infection and cystitis or lower urinary tract infection. Lower urinary tract infections are common among adolescent girls.

The incidence of urinary tract infection in adolescent girls is high when compared to other age groups and the high incidence is probably because female urethra is short and lie closer to the anal and vaginal opening, which increases the risk of bacterial contamination of the lower urinary tract. Every one in three women have at least one episode of urinary tract infection by the age of 24 years. In India, the National Family Health Survey reported the prevalence of urinary tract infection in females as 16.6% and the risk of bacteremia developing in girls is 5 -10 %. Urinary tract infection occurs in 3-5% of girls and only 1% of boys. According to an article in urology, the incidence of urinary tract infection in school age girls is 1-3% whereas in boys it is 0.03-1.2% and following puberty the incidence increases for females and remain uncommon for males. Another article in urologic nursing journal shows that prevalence of urinary tract infection in preschool and school age children is about 1-5% for females and is rare in males. These statistics show the severity of the problem in adolescent girls.

Hall's (1904) influential work at the turn of last century identified adolescence as a distinct developmental stage. The World Health Organization has defined adolescence as the age group 10-19 years. Agreeably it is a transitional period from dependent childhood to independent adulthood. Therefore, a good physical and mental health of children and adolescents make for good health in adulthood.

Urinary tract infection (UTI) is characterized by bacterial invasion and multiplication involving the kidneys and urinary tract pathways. Approximately 60% of women will have at least one episode of UTI during their lives. The prevalence of UTI is higher during adolescence, a period in which hormonal changes favors vaginal colonization by nephritogenic strains of bacteria, which can migrate to the periurethral area and cause urinary tract infection. It is associated with poor self-esteem, impaired quality of life, social isolation, and depression. Significantly, this health problem is contributing to the overall morbidity of females in all ages of their life.