

Research Article

Knowledge, Perception and Attitude towards Abnormal Uterine Bleeding Among Women with AUB

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Abstract: AUB is a common but most overlooked condition. The lack of information and poor attitude towards health is often the reason. A cross sectional descriptive study was carried out among women with AUB. Structured interviewer administered questionnaire was used to collect the required information. Knowledge of AUB and its risk factors from women with AUB were given scores 1-8 and 1-6 respectively. Statistical analysis of data was done. Knowledge score for AUB ≤ 4 and its risk factors ≤ 3 was found in 63% and 72% of respondents respectively. 33% believed sterilization could cause AUB. Major sources of information were friends and relatives in 67% and TV/ radio in 18%. 68% women believed that hysterectomy was the only treatment and 27% thought medical treatment was helpful. Women willing for medical treatment and hysterectomy were 58% and 23% respectively. Major cause of late presentation was distance from the hospital. In 18% it was family problems and attitude. Knowledge of AUB, its risk factors, etiology and proper treatment was low. Intensive enlightenment of population using the mass media by trained personnel is recommended.

Keywords: Knowledge, Attitude, Abnormal uterine bleeding.

INTRODUCTION

One third of outpatient's visits to the gynecologists are due to AUB and it accounts for more than 70% of all gynecological consultation in the peri and postmenopausal years [1, 2]. Often women seek medical attention late, when anemia and other complications have set in.

Aims and Objectives

The study was undertaken to assess the knowledge, perception, and attitude of women with AUB regarding the condition, its etiology and risk factors, and treatment modalities and sources of information of AUB and to determine the factors responsible for late presentation among these women. It was hoped that the results of this study would help to increase awareness and to bring in intervention to reduce late presentation by the affected women.

MATERIALS AND METHOD

A cross sectional descriptive study was carried out among women with AUB. Two hundred women with AUB were enrolled in the study and consent was taken to participate in study. Structured interviewer administered both open and closed ended questionnaire to collect the required information. Knowledge of AUB was given score 1-8 and its risk factors were given scores 1-6. Information on sociodemographic indices of the respondents and their knowledge, perception and

attitude towards AUB was collected. Descriptive Statistical analysis was done for all relevant data.

RESULTS AND DISCUSSION

The age of respondents ranged from 13 yrs to 47 yrs. Mean age was 34.6 ± 2.3 years. There were girls in the pubertal age group also. Abnormal uterine bleeding occurred in 9 to 14 percent of women between menarche and menopause, significantly impacting quality of life and imposing financial burden [2]. 87.5% of the respondents were married. The majority of the respondents were multiparous, 15% were nulliparous. Most of the women had misconception that AUB is seen mostly in infertile females.

44.5% of respondents were unemployed, only 9.5% were professionals. 19.5% of respondents were illiterate and 33.5% had primary school education.

Majority of respondents had multiple complaints. 70% of respondents had abnormal bleeding though only 31.5% presented with complaint of abnormal bleeding. When interviewed it was found that 13% of respondents had mood changes although only 2% presented with this complaint. 30% of respondents had fatigue but only 8.5% of them had fatigue as their presenting complaint. Majority of the respondents (61%) presented late after 4 months.

The study showed most of the respondents (63%) had low knowledge score (<4) of AUB. Knowledge score about risk factors of AUB was further low (<3) in 72%, with high level of misconception about its etiology and treatment modalities. 33% thought that AUB could be caused by sterilization. Very few women believed that obesity may be a risk factor of AUB. Source of information was friends and relatives (67%). Contribution of health care workers and mass media in this regard was very less (5% and 28% respectively). Some women thought that fibroid is a spiritual problem and 10% thought that it would cure by itself. 10% women presented late to the hospital only because they did not bother about the condition and were negligent towards their health (Table 1).

Distance from the hospital was the main reason of late presentation (33.5%) besides dependency on husband and negligent attitude towards own health (Table 2).

68% of women believed that hysterectomy was the only treatment of AUB and 27% thought that medical treatment was helpful. 33% of women believed that sterilization could cause AUB. 23% of women were willing for hysterectomy while 58% asked for medical treatment. 10% of respondents thought that AUB would cure by itself. Table 3.

Table 1: Questionnaire

Knowledge of AUB		Score=8	
1.	AUB is a spiritual disease.	No	1
2.	AUB is seen mostly in infertile women.	No	1
3.	Sterilization can cause AUB.	No	1
4.	Postcoital bleeding may occur in AUB.	Yes	1
5.	AUB may be associated with vaginal discharge.	Yes	1
6.	Medical treatment is helpful in AUB.	Yes	1
7.	Hysterectomy is the only treatment of AUB.	No	1
8.	Dilatation and curettage is always the best treatment for AUB.	No	1
Knowledge of Risk Factors of AUB		Score=6	
1.	Obesity is a risk factor of AUB.	Yes	1
2.	Diabetes Mellitus causes AUB.	No	1
3.	Having multiple sexual partners may be a risk factor for AUB.	Yes	1
4.	Positive family history may be a risk factor for AUB.	Yes	1
5.	Stress may be a risk factor for AUB.	Yes	1
6.	Rigorous physical exercise may be a risk factor for AUB.	Yes	1

Table 2: Knowledge Score

Knowledge score of AUB		
≤4	126	63%
>4	74	37%
Knowledge score for Risk Factors of AUB		
≤3	144	72%
>3	56	28%

Table 3: Reasons for late presentation

Distance of hospital from home	67	33.5%
Lack of time due to domestic reasons	24	12%
Working monetary loss	21	10.5%
Joint family / family problems	30	15%
Dependency on husband	33	16.5%
Negligent attitude towards her own health	20	10%
Occupational problems	5	2.5%
Total	200	

Table 4: Attitude of patient towards treatment of AUB

No drug is required for treatment, AUB will cure by itself	20	10%
Herbal drugs and life style modification is the best treatment for AUB	18	9%
Patients willing for medical treatment of AUB	116	58%
Patients willing only for Hysterectomy	46	23%
Total	200	

CONCLUSION

This study showed that knowledge about AUB and its risk factors is very less. Role of health care workers in this regard is far from satisfactory. Women from lowest economic strata are less probably because of distance of hospital from their home, ignorance and illiteracy. Knowledge regarding efficacy of medical management in AUB is very poor. Many women had fatigue, decreased appetite and mood changes but these did not worry them enough to go to the hospital. It is therefore recommended that intensive enlightenment about the etiology and modality of treatment of the condition through the print and electronic media is commenced as this will go a long way in quelling the various misconceptions about the condition among the population and also encourage early presentation and

hence prevent complication of AUB. Health care professionals should actively be involved in this awareness campaign.

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