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A Study to Assess the Effectiveness of Planned Nursing Intervention on Knowledge and Practice Regarding Self-Care Management Among Antenatal Women with Vaginal Candidiasis in Selected Hospital in Uttar Pradesh

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Abstract

The present study aimed to evaluate the effectiveness of planned nursing intervention on knowledge and practice regarding self-care management of vaginal candidiasis among antenatal women admitted in Surya Institute of medical Sciences and Hospital Sultanpur Uttar Pradesh. The objectives were to assess the knowledge and practice regarding self-care management of vaginal candidiasis, evaluate the effect of planned nursing intervention and find out the association between knowledge, practice and selected socio personal variables. The conceptual framework of the study was based on Orem's theory of self-care deficit. The research design selected for the study was pre-experimental one group pre-test post-test design.30 antenatal women who met the inclusion criteria, were selected for the study using purposive sampling technique. The tools used were semi structured interview schedule and rating scale prepared by the investigator. Data collection period started from 10/11/2025 to 20/12/2025. A pretest was conducted and planned nursing intervention (video-teaching with discussion on various aspects of vaginal candidiasis and demonstration on preparation of saline solution for saline wash/sitz bath) was administered. A post test was conducted 2 weeks after the intervention. The results showed a significant improvement in the subjects in terms of knowledge (t=-21.96, p=0.000) and practice (t=-7.63, p=.000). There was no association between knowledge and practice with selected sociopersonal variables. Findings of the study call for the immediate attention of health care personnel to educate the pregnant women for improving their quality of life.

Keywords: Knowledge; practice; self-care management; vaginal candidiasis; antenatal women

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INTRODUCTION

Pregnancy is one of life's most exciting and fulfilling adventures. Pregnancy is a unique, exciting and often joyous time in a woman's life, as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. A healthy mother and healthy baby is the goal for every pregnancy. Sometimes this is easy, sometimes it requires intensive efforts by the mother, her physicians, her nurses, other health care givers, family members and newborn child's physicians [1].

Prenatal health depends partly on mother's health prior to pregnancy. Pregnancy comes with some

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cost, however, for a pregnant woman needs also to be a responsible woman so as to best support the health of her future child. The growing fetus depends entirely on its mother's healthy body for all needs. Consequently, pregnant women must take steps to remain as healthy and well-nourished as they possibly can. Pregnant women should take into account the many health care and lifestyle considerations [2].

Reproductive tract infections are common during pregnancy and vaginal candidiasis is a most common and frequently distressing infection for many pregnant women.3 Vaginal candidiasis is a fungal or yeast infection of the vulva and vagina. It is a common gynecologic ailment, affecting three out of four women in their lifetime. Most women experience a vaginal candida infection at some point in their lifetimes and more than 40% of affected women would have two or more vaginal candidiasis episodes. 4 About 75% of cases occur during the reproductive years [3].

The ailment causes a smelly, thick, curdy discharge that might be accompanied by itching, burning and swelling. It could also make walking, urinating

Statement of the Problem

A study to assess the effectiveness of planned nursing intervention on knowledge and practice regarding self-care management among antenatal women with vaginal candidiasis admitted in Surya Institute of Medical Science and Hospital Sultanpur Uttar Pradesh.

Purpose of the Study

To prevent the incidence and recurrence of vaginal candidiasis among antenatal women and thereby ensuring healthy pregnancy outcome.

Objectives of the Study

- Assess the knowledge on self-care management among antenatal women with vaginal candidiasis before and after planned nursing intervention.
- Assess the self-care practices of antenatal women with vaginal candidiasis before and after planned nursing intervention.
- Evaluate the effectiveness of planned nursing intervention on knowledge and practice regarding self-care management among antenatal women with vaginal candidiasis.
- Find out the association between knowledge, practice and selected socio personal variables that includes age, religion, education, occupation, economic status, type of family and type of diet.

Operational Definitions

- Effect refers to desired change in knowledge and practice score on self-care management of vaginal candidiasis as a result of planned nursing intervention among antenatal women with vaginal candidiasis as measured by interview schedule and rating scale.
- Planned Nursing Intervention refers to video-teaching with discussion on various aspects of vaginal candidiasis and demonstration on preparation of saline solution for saline wash/sitz bath. The areas included in video-teaching are vaginal candidiasis, diagnosis, treatment, sitz bath and prevention.
- Knowledge refers to awareness of antenatal women in the aspects of vaginal candidiasis, diagnosis, treatment, sitz bath and prevention as measured by interview schedule.
- Practice refers to performance of self-care activities related to prevention and management of vaginal candidiasis reported by rating scale.
- Vaginal candidiasis refers to infections of the vagina involving the overgrowth of yeast.
- Self-care management refers to knowledge and practice on self-care activities regarding prevention and management of vaginal candidiasis on hygiene, nutrition and medication.
- Antenatal women refer to pregnant women admitted in antenatal wards of Surya Institute of Medical Science and Hospital Sultanpur Uttar Pradesh with symptoms of vaginal candidiasis on treatment.

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- Selected variables include age, religion, education, occupation, economic status, type of family and type of diet.

Hypotheses

- *H1*:-There is a significant difference in mean score of knowledge regarding self-care management among antenatal women with vaginal candidiasis before and after planned nursing intervention.
- *H2*:-There is a significant difference in mean score of practice regarding self-care activities among antenatal women with vaginal candidiasis before and after planned nursing intervention.
- *H3*:-There is a significant association between knowledge, practice and selected socio personal variables.
- *H4:*-There is a significant relationship between knowledge and practice regarding self-care management among antenatal women with vaginal candidiasis.

Variables

- *Independent Variable*: In this study, the independent variable was the planned nursing intervention.
- *Dependent Variable*: In this study, the dependent variables were knowledge and practice of antenatal women regarding self-care management of vaginal candidiasis.

Schematic Representation of the Study

Schematic representation of the study is presented in Figure 1.

Setting of the Study

The study was conducted in antenatal wards of Surya Institute of Medical Sciences and Hospital, Sultanpur Uttar Pradesh. This institute is Private governed owned tertiary care referral center with a bed capacity of 100, which offers maternal and child health care. Moreover, the researcher is more familiar to this hospital.

Population: In this study, the population was referred to as antenatal women with vaginal candidiasis.

Sample and Sampling Technique

The sample for the present study was 30 antenatal women with vaginal candidiasis in antenatal wards of Surya Institute of Medical Sciences and Hospital, Sultanpur Uttar Pradesh who fulfilled the criteria for sample selection. Purposive sampling technique was adopted to select the sample.

Inclusion Criteria: *Antenatal Women*

- With symptoms of vaginal candidiasis on treatment
- Who are willing to participate in the study.
- Who are able to understand Hindi, Bhojpuri

Exclusion Criteria

Antenatal women with vaginal candidiasis who are advised for bed rest.

Tool /Instruments

Technique for data collection is interview and self-report.

Development of the Tool

The tool was selected on the basis of research problem. The following steps were taken to prepare the tool.

- Review of research and non-research literature in related areas
- Formal discussions were held with nursing and medical experts, statistician and research methodologist and their valuable suggestions were utilized for developing the tool.

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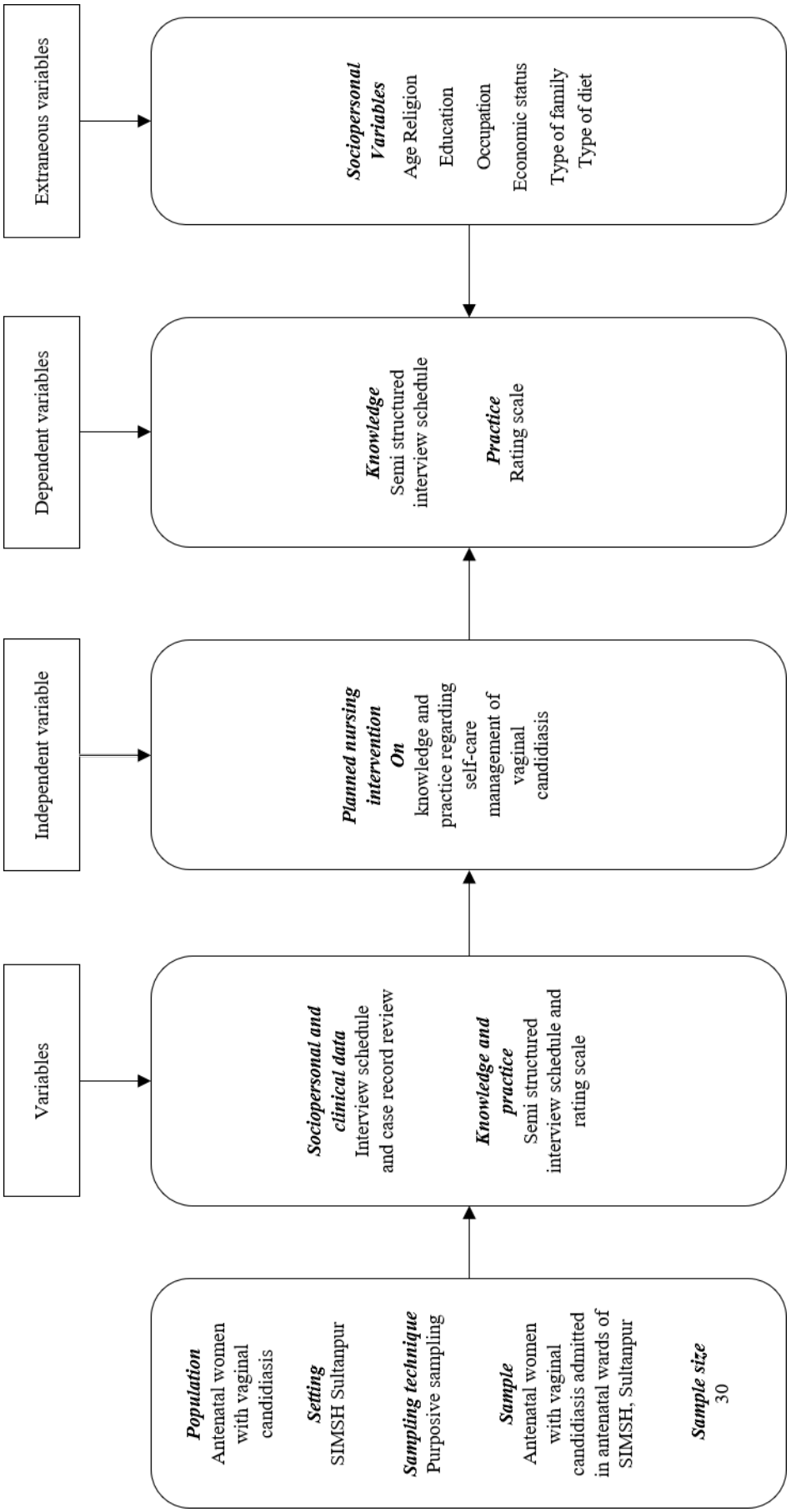


Figure 1. Schematic representation of the study.

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Description of the Tools

In the present study the following tools were used

Tool I: Interview schedule for collecting the sociopersonal variables and clinical profile of antenatal women with vaginal candidiasis. It consists of two sections:

Section I – Sociopersonal variables- to assess socio personal data interview schedule was developed by researcher, and it consists of 7 items. It includes age, education, occupation, religion, economic status, type of diet and type of family of antenatal women with symptoms of vaginal candidiasis.

Section II- Clinical profile- consists of 15 items, each related to the clinical condition of the participants.

Tool II: Semi structured interview schedule to assess the knowledge regarding self-care management of vaginal candidiasis developed by the researcher which consists of 4 sections –vaginal candidiasis, diagnosis and treatment, sitz bath and prevention. Each section consists of 9,7,5 and 6 items respectively. Each correct answer carries one score. Maximum possible score for each section are 24, 17,7 and 12 respectively. Total maximum score is 60, minimum score is 0. Based on the scores obtained in different areas of knowledge, the scores were categorized as.

Vaginal candidiasis – poor (<8), average (8-15), good (>15) Diagnosis and treatment – poor (<6), average (6-12), good (>12)

Sitz bath – poor (<2), average (2-5), good (>5)

Prevention – poor (<4), average (4-7), good (≥8)

Tool III: Rating scale to assess the self-care practices of antenatal women with vaginal candidiasis was developed by the researcher which consists of 15 items. Each item has 3 options [Always, occasionally and never]. Each item carries a maximum score of 2. Total score is 30. Maximum score is 30, minimum score is 0. Based on the scores obtained practice of antenatal women is rated as given below

Poor - <10

Average - 10-19

Good - ≥20

Description of Planned Nursing Intervention Programme

The planned nursing intervention refers to a systematically developed instructional programme designed for antenatal women with vaginal candidiasis to acquire knowledge and self-care practice for prevention and management of vaginal candidiasis which is imparted through video-teaching with discussion on various aspects of vaginal candidiasis and demonstration on preparation of saline solution for saline wash/sitz bath. The areas included in videoteachng are vaginal candidiasis, diagnosis, treatment, sitz bath and prevention. The duration of planned nursing intervention is 30 minutes.

Content Validity

To ensure the content validity, the tools and planned intervention programme were given to 9 experts along with blue print, and objectives of the study. Items, which had 80-100% agreement, were included and less than 60% of agreement was discarded. As per the suggestions and opinion of experts, modifications were made in the tool and planned nursing intervention.

Reliability of the Tool

The reliability of the tool was established using test-retest method and intraclass coefficient. Reliability was found 0 .770 for Tool II and 0.706 for Tool III respectively.

Translation of the Tool

The tool and planned intervention were translated to Hindi and were retranslated to English with the help of language experts. It was found that the language used was clear and simple. The participants were able to understand clearly.

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Pre testing of the Tool

The tools were pretested by administering them to 3 antenatal women with vaginal candidiasis and it was found that the tools were clear, simple and unambiguous. Pilot study

After getting approval from institutional ethics committee of Surya Institute of Medical Sciences & Hospital and administrative sanction from HOD, Obstetrics and Gynecology SIMSH Sultanpur Uttar Pradesh, a pilot study was conducted SIMSH, Sultanpur from 8/12/2025 to 20/12/2025.

Researcher has selected 3 participants from antenatal wards by purposive sampling after case record reviews and personal interview. A detailed explanation was given about the purpose of the study. After obtaining informed consent from participants, the researcher established rapport and collected sociopersonal data and clinical profile using interview schedule and case record review. Then researcher assessed knowledge and practice with tool II and tool III respectively which was followed by planned nursing intervention. Posttest was conducted after 2 weeks using the same tools. The pilot study revealed that the methodology selected, comprehensibility of the tool and practicability of intervention were appropriate. The data collected were amenable to statistical analysis and thus the study was found feasible. It was found that the participants were cooperative and willing to give necessary information.

Data Collection Process

After getting approval from Institutional Ethics Committee and administrative sanction from HOD Obstetrics and Gynecology, SIMSH Sultanpur data collection was started from 10/11/2025 to 20/12/2025. The data were collected from 30 antenatal women with vaginal candidiasis. Each day from Monday to Saturday the investigator visited the obstetrics and gynecologic wards 23, 31, 41, 51 of SIMSH, Sultanpur. After reviewing the case record of the antenatal women, a personal interview was conducted and based on the inclusion criteria the participants were selected by using the purposive sampling technique. The investigator personally explained the purpose of the study and assured the confidentiality of their information. The research objectives were clearly explained to the participants and informed consent was obtained from them. On the first day sociopersonal data and clinical profile was obtained from the participants by using interview schedule with tool I and case record review. About 6 to 8 antenatal women were interviewed each day and out of them 2 to 3 were selected as participants on an average.

After that the knowledge and practice of the participants regarding self-care management of vaginal candidiasis was assessed by using tool II and tool III respectively and followed by planned nursing intervention which was implemented through video-teaching with discussion on various aspects of vaginal candidiasis and demonstration on preparation of saline solution for saline wash/sitz bath. Intervention was provided individually to each participant. It lasted for 30 minutes and the total duration for pretest and intervention was 40 minutes. All the doubts were cleared and participants were encouraged to follow the directions. After two weeks a posttest was conducted using same tools. All the participants were co-operative. The data obtained were analyzed using descriptive and inferential statistics.

Plan for Data Analysis

The following methods of analysis were planned with the help of experts.

- Analysis of sociopersonal and clinical data using frequencies and percentages.
- Analysis of pretest and post test score by calculating mean and standard deviation.
- Significance of the difference between pretest and post test score by paired ‘t’ test.
- Association between knowledge, practice and sociopersonal data by chi- square test.
- Correlation between knowledge and practice score by using Pearson’s correlation coefficient ‘r’.

From the Table 1 it is evident that all the participants had poor knowledge on vaginal candidiasis, diagnosis and treatment and sitz bath (100%) before the intervention. However, 40% of study participants had average knowledge on prevention of vaginal candidiasis.

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Table 1. Distribution of participants based on grade of knowledge in different areas before planned nursing intervention(N=30).

Subareas of knowledge	Poor			Average			Good			
	f			%	f		%	f		%
Vaginal candidiasis			30	100		-	-	-	-	
Diagnosis and treatment			30	100		-	-	-	-	
Sitz bath			30	100		-	-	-	-	
Prevention			20	60		10	40	-	-	

Table 2. Distribution of participants based on knowledge score in different areas before planned nursing intervention Areas of knowledge Maximum (N=30).

Obtained	Mean	SD

Possible score		**Minimum score**	**Maximum score**		
Vaginal candidiasis	24	0	4	1.16	1.08
Diagnosis and treatment	17	1	5	2.66	0.99
Sitz bath	7	0	0	0	0
Prevention	12	1	5	3	1.20
Total	60	2	14	6.83	2.73

Table 2 reveals that before the intervention, the participants had the total maximum score of 14 and minimum score of 2. The mean knowledge score obtained in vaginal candidiasis, diagnosis and treatment, sitz bath and prevention were 1.16, 0.99,0 and 3 respectively. The total mean knowledge score obtained was 6.83. Hence, it indicates that the knowledge score of antenatal women with vaginal candidiasis vary in different sub areas before intervention.

RESULTS

This article deals with the brief description of the study including the objectives, hypotheses and major findings of the study. The present study was conducted to evaluate the effectiveness of planned nursing intervention on knowledge and practice regarding self-care management among antenatal women with vaginal candidiasis admitted in Surya Institute of Medical Sciences and Hospital Sultanpur Uttar Pradesh.

RESULTS

Section I: Sample Characteristics

- Among the participants 33.3% of participants belonged to the age group of 22-26 years, 30% belonged to 27-31 years and only 16.7 % belonged to less than 21 years of age.
- More than half of the study participants were Hindus (53.3%) and belonged to BPL family (56.7%).
- Majority of study participants (83.3%) were unemployed.
- Half of the participants (50%) had only primary education.
- Half of the study participants (50%) belonged to joint family and most of them (86.7%) follows mixed dietary pattern.

Section II: Clinical Profile

- More than half of the participants (60%) were multigravida.
- 66.7% of study participants had 36-37 weeks of gestational age and 26.7% had 38-39 weeks of gestational age. Hence, it is clear that majority of study participants belonged to near term.
- 36.7% of study participants were admitted for controlling Gestational Diabetes. Another 36.7% of participants were admitted for other causes. 16.7% for safe confinement and only 10% were admitted with anemia.

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- Other than vaginal candidiasis 46.7% of study participants had Gestational Diabetes, 30% had anemia, 3.3% had urinary tract infection and skin infection in the present pregnancy.
- 30% of study participants had previous history of vaginal infection, 23.3% had urinary tract infection and 10% had diabetes mellitus in the previous pregnancy.
- Among the study participants, 36.7% were taking insulin, 20% were taking antibiotics and only 3.3% were taking corticosteroids in the present pregnancy.
- Most of the participants (63.3%) developed vaginal infection before hospitalization whereas 26.7% developed the infection after hospitalization.
- Vulval itching was the major complaint among 46.7% of the study participants whereas 40% had both vaginal discharge and vulval itching.
- Duration of symptoms in most of the study participants (66.6%) was for 1-3 days whereas 3.3% of participants had the symptoms for more than 7days. 30% had the symptoms for 3- 7 days.
- 6.7% of study participants had history of frequent vaginal infection, 33.3% had occasional vaginal infection whereas more than half of the study participants (60%) never had vaginal infection before.
- 40% of participants had taken treatment for vaginal infection previously from allopathy medicine whereas 60% had not taken any treatment.
- Most of the study participant's (60%) spouse had no perineal infection whereas 3.3% had perineal infection.
- Majority of study participants (83.3%) had no information regarding vaginal infection.
- Among 16.7% of participants with knowledge on vaginal infection the source of information for 60% of the participants was from the newspaper/magazine whereas for 40%, the health care professionals were the source of information.

Section III: Knowledge And Practice of The Participants Before and After Planned Nursing Intervention

- The knowledge score of all participants (100%) was poor before nursing intervention.
- The knowledge on vaginal candidiasis, diagnosis and treatment and sitz bath of all study participants (100%) was poor before the intervention. However, 40% of study participants had average knowledge on prevention of vaginal candidiasis.
- Before the intervention, the participants had the total maximum score of 14 and minimum score of 2. Mean knowledge score obtained in vaginal candidiasis, diagnosis and treatment, sitz bath and prevention were 1.16, 0.99,0 and 3 respectively. The total mean knowledge score obtained was 6.83.
- Most of the study participants (76.7%) acquired average knowledge after the planned nursing intervention.13.3% acquired good knowledge. This indicates that planned nursing intervention is very effective among antenatal women with vaginal candidiasis.
- Majority of study participants (98.33%) acquired good knowledge on prevention and most of them (70%) acquired good knowledge on sitz bath after the intervention. 73.33% acquired average knowledge on diagnosis and treatment following the intervention.
- After the intervention, the total maximum score is 42 and the minimum score is 15. Mean knowledge score obtained in vaginal candidiasis, diagnosis and treatment, sitz bath and prevention were 8.46, 9.36, 5.03 and 9.13 respectively. The total mean knowledge score obtained was 31.96 where as it was 6.83 before the intervention.
- The knowledge level of most of the participants has increased from poor (100%) to average (76.7%) and 13.3% had acquired good knowledge after the intervention. The practice level of most of the participants has increased from average level (70%) to good level (73.3%) after the intervention. Hence, most of the antenatal women with vaginal candidiasis had good practice level after the planned nursing intervention.
- The mean and standard deviation of practice score has increased from 18.20 and 3.29 to 21.80 and 2.67 respectively after the intervention.

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- The practice level of most of the participants has increased from average (70%) to good (73.3%) after the intervention.

Section IV: Effectiveness of Planned Nursing Intervention on Knowledge and Practice

- A significant change was observed in the mean total knowledge score from6.83 to 31.96 after the planned intervention.
- There is a significant difference ($p < 0.001$) in the mean knowledge scores on self-care management of vaginal candidiasis among antenatal women before and after the planned nursing intervention. Hence, there is an increase in the knowledge level after the intervention. Thus, it proves that planned nursing intervention is effective method for educating antenatal women regarding self-care management of vaginal candidiasis.
- A significant change was observed in the mean total practice score from 18 to 21 after the planned intervention.
- There is a significant difference ($p < 0.001$) in the mean practice scores on self-care management of vaginal candidiasis among antenatal women before and after the planned nursing intervention. Hence, there is an increase in the practice level after the intervention thus, it proves that planned nursing intervention is an educational method for improving the practice of antennal women regarding self-care management of vaginal candidiasis.

Section V: Association Between Knowledge, Practice and Selected Sociopersonal Characteristics

- There is a significant association ($p < 0.05$) between knowledge and religion.
- There is no association ($p > 0.05$) between knowledge and age, occupation, education, economic status, type of diet and type of family.
- There is no association ($p>0.05$) between practice and age, religion, occupation, education, economic status, type of diet and type of family.

Section VI: Correlation Between Knowledge and Practice of Antenatal Women Regarding Self-Care Management of Vaginal Candidiasis

- There is no relationship ($r = 0.291$, p value 0.118) between knowledge and practice on self-care management among antenatal women with vaginal candidiasis.

DISCUSSION

The findings of the present study are discussed below in relation to the findings of other studies, which the investigator has reviewed.

The current study revealed that, among 30 antenatal women with symptoms of vaginal candidiasis, 33.3% of participants belonged to the age group of 22- 26 years, and 30% belonged to 27-31 years [4–8]. The findings are supported by a similar study conducted on the prevalence of vaginal candidiasis and determination of the occurrence of candida species in pregnant women attending the antenatal clinic of Thika District Hospital, Kenya, which showed that the prevalence was highest in the age groups 26 - 35 years with 60% and in the 3rd trimester of pregnancy with 68.09%. The results indicated a high prevalence of vaginal candidiasis that is 42.7% [9–11].

CONCLUSION

Planned nursing intervention on self-care management of vaginal candidiasis has significantly improved the knowledge and practice among antenatal women with vaginal candidiasis. The mean posttest scores of knowledges and practice of antenatal women with vaginal candidiasis were significantly higher than that of the pretest values. The findings of the study revealed that planned nursing intervention is an effective method of teaching for acquiring knowledge and improving practice regarding self-care management of vaginal candidiasis. Findings of the present study call for the immediate attention of health care personnel to educate the pregnant women for improving their quality of life.

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