

Knowledge of Ectopic Pregnancy in Young Adult Females

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ABSTRACT

Background: An ectopic pregnancy occurs when a fertilized egg implants and grows outside the main cavity of uterus. It commonly occurs in fallopian tube, which carries eggs from the ovaries to the uterus. This type of pregnancy is called a ectopic pregnancy.

The fertilized egg can't survive outside the uterus. If left to grow, it may damage nearby organs and cause life-threatening loss of blood. To prevent complications, medical and surgical treatments are done in early and later stages respectively.

Ectopic Pregnancy is the leading cause of pregnancy-related death during the first trimester. Women who have one ectopic pregnancy are at increased risk for another such pregnancy and for future infertility. If diagnosed early (6 to16 weeks), may decrease the rupture of fallopian tube.

Methodology: A questionnaire 'Awareness and Knowledge of Ectopic Pregnancy' was used for this study. Data was collected from 170 young adult females based on criteria using Google Form via online platform. Analysis of the obtained data was done through Microsoft excel sheet.

Result: In this study, according to the survey, 27% of females graduates and 43% of post graduate females are aware about EP. But has the poor knowledge i.e. around 98% about the risk factors associated with EP.

Conclusion: Young adult females are aware of ectopic pregnancy, but they do not have the knowledge of the signs, symptoms, and risks associated with EP.

Keywords: [Awareness, Ectopic Pregnancy, Tube Rupture, Young Adult Females]

INTRODUCTION

Ectopic pregnancy (EP) is defined as the implantation of a fertilized egg outside the uterine cavity. The most common ectopic site of implantation (97%) is the fallopian tube. The remaining 3% of ectopic pregnancies are implanted in the cervix, ovary, peritoneal cavity, or uterine scars. It is well recognized as a life-threatening emergency in early pregnancy. [1]

It occurs in about 1 in 100 pregnancies. It may develop sharply, or may slowly become worse over several days. It can become severe also.

The incidence of ectopic pregnancy among all pregnancies is about 0.25-2.0% worldwide and can occur in any sexually active woman of reproductive age. [2]

Globally the incidence of ectopic pregnancy has been on the rise over the past few decades because of increased incidence of salpingitis (infection of fallopian tubes mostly due to sexually transmitted infections), induction of ovulation, and tubal surgeries; and improved ability to detect ectopic pregnancy. [3]

The aim of the present study was to understand the knowledge and awareness of ectopic pregnancies in young adult females.

Ectopic pregnancy has become more common in recent years and continues to be prevalent.

This is because younger women are oblivious of the causes, symptoms, and risks associated with EP, which is preventing early diagnosis and treatment.

So, the EP awareness among younger women is entailed to enhance maternal survival and reproductive capacity conservation.

There are less number of research done till date which analyse the knowledge of ectopic pregnancy in young females. So, arises the need of the study.

MATERIALS & METHODS

Study Design: An observational and cross sectional survey

Sample size: 170

Study population: Females not involved in Medical Practices

Sampling technique: Convenience sampling

A Pre-designed, pre-tested Questionnaire ‘awareness and knowledge of ectopic pregnancy’ is used for this study prepared by author Dr. Ekpereonne Esu FRSPH

25 item questionnaire that includes:-

- 7 questions of demographic data
- 6 questions of Awareness and knowledge of risk factors for Ectopic Pregnancy
- 12 questions of prevalence of risk factors for Ectopic Pregnancy

Data was collected from 170 young adult females using Google Form via online platform.

Subject’s data was analysed through Microsoft excel sheet- from data filled by individuals in google form.

Inclusion Criteria:

1. Age group between 18-35 years
2. Non-medical females only
3. Individuals with education of at least secondary or more
4. Willingness of subjects to participate in this study

Exclusion Criteria:

1. Individuals who are in medical or para-medical
2. Any neurological disorder
3. Any visual impairments

STATISTICAL ANALYSIS RESULT

Overall; 170 young adult female completed the questionnaire and here are the percentage of individuals among different age group

Age Group	Number	Percentage
18-20	56	32.94
21-23	27	15.88
24-26	41	24.12
27-29	24	14.12
30-32	14	8.24
33-35	8	4.71

Table 1: Age group

According to the survey, 27% of females graduates and 43% of post graduate females are aware about EP.

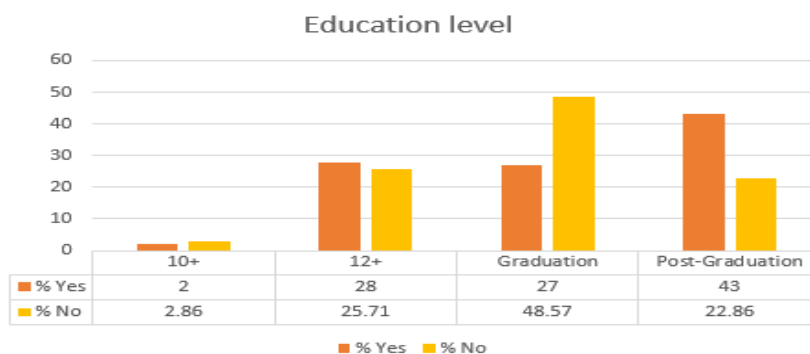


Figure 2: Education level

Almost all the females who were aware about the EP, has the poor knowledge i.e around 98% about the risk factors associated with EP.

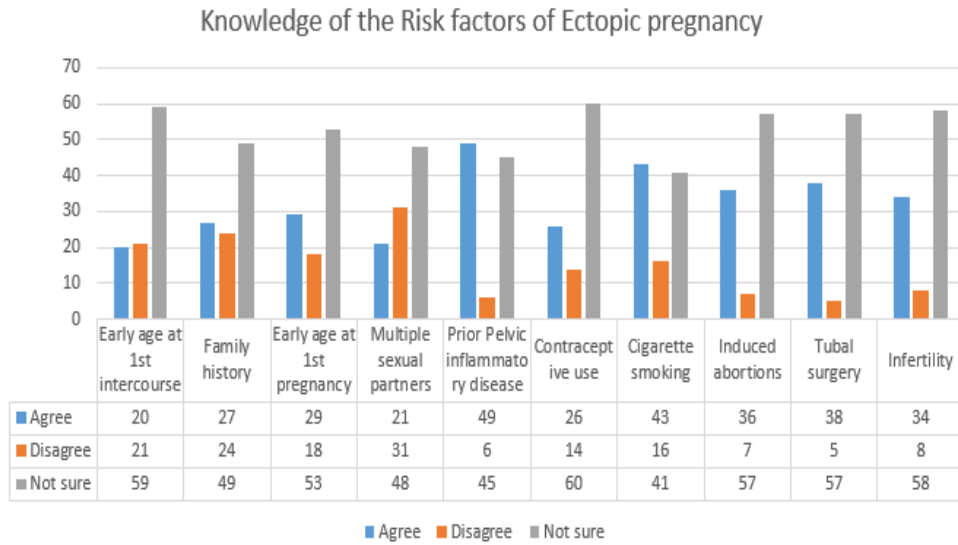


Figure 3: Knowledge of risk factors

The main source of information was social media (33%).

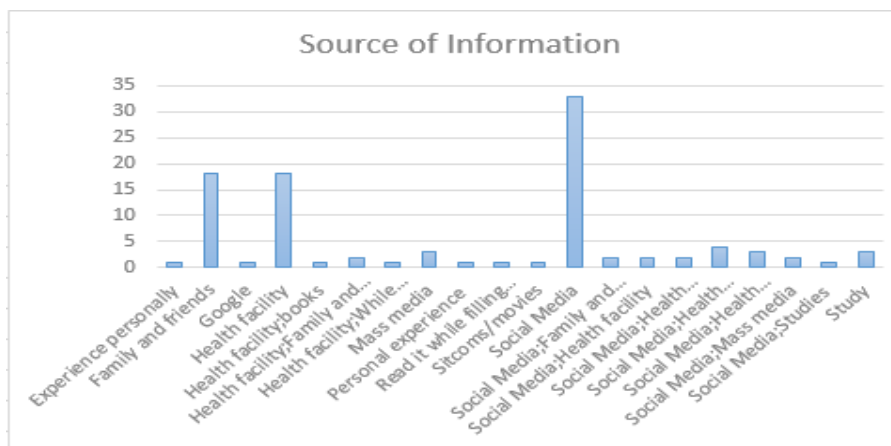


Figure 4: Source of Information

Out of 100 females who were aware about the EP, 48.6% of females agree about the signs and symptoms of EP.

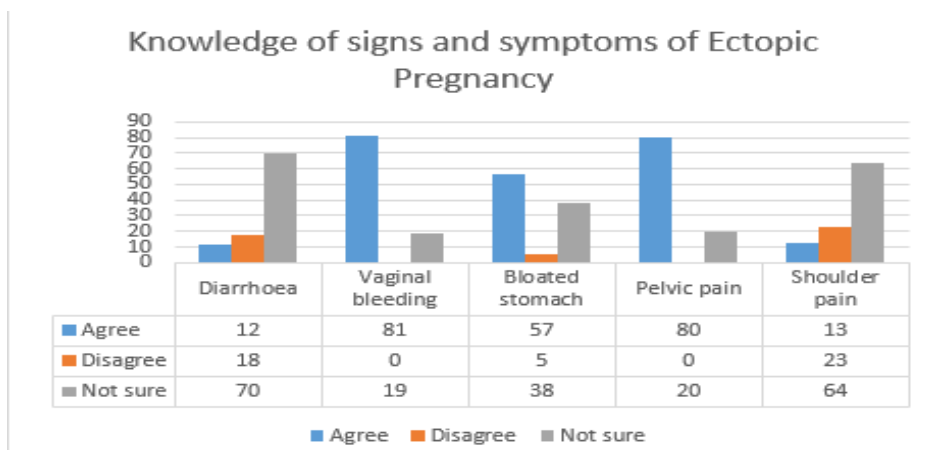


Figure 5: Knowledge of signs and symptoms

DISCUSSION

Incidence of ectopic pregnancy has increased over past few years and remains in high numbers.

Ectopic pregnancy accounts for 4% to 10% of pregnancy-related deaths and leads to a high incidence of ectopic site gestations in subsequent pregnancies. [3]

Ectopic pregnancy also accounts for 3.5-7.1% of maternal deaths in India. [3]

S Tahmina, Mary Daniel, and Preethy Solomon et al. in this study (2016) found that among the risk factors, previous pelvic surgery was the most common (37.5%), followed by previous abortions (36.1%) in their study. [3]

Data from this survey revealed that the awareness of EP was comparatively high, but knowledge of risk factors was low. This means that being aware of EP did not relate to being aware of the risk factors.

Ekpereonne Babatunde Esu, Enobong Ime Okpon et al. found that the most common practice among respondents that predisposes them to ectopic pregnancy is the use of oral contraceptives. [6]

This can also be explained by the fact that social media was the primary source of information, and low-quality information frequently provided through social media put individuals and health care providers at risk.

Also, according to the current survey, the majority of females who were aware of EP were unaware of the signs and symptoms of EP, which is preventing early detection and treatment.

Limitation of study: The study group size was small; hence study results cannot be generalized for the entire population.

Future studies:

- Similar study can be done with larger sample size.
- Different population with other associated factors can be considered in future study.
- As a result, several awareness programmes are required to educate people about EP and the available

treatment and prevention options through various channels such as campaigns, events, and mass media.

- A comparative study can be done with rural and urban population.

Clinical Implication: This study finding serves as basis for long term health educational initiatives targeting young adult females.

- This would promote prevention and early detection of EP.
- Effective EP health education can reduce out-of-pocket expenses for EP surgeries as well as EP-related mortality.

CONCLUSION

According to the survey findings, young adult females are aware of ectopic pregnancy, but they do not have the knowledge of the signs, symptoms, and risks associated with EP.

Declaration by Authors

Ethical Approval: Approved

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Conflict of Interest: The authors declare no conflict of interest.

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