

Research Article


EVALUATION OF AWARENESS IN PROFESSIONAL STUDENTS OF IFTM UNIVERSITY ABOUT RHEUMATOID ARTHRITIS

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<p>* For Correspondence: Neetu Sachan School of Pharmaceutical Sciences (SPS) IFTM University Lodhipur Rajput, Delhi Road (NH-24) Moradabad- 244 102, Uttar Pradesh, India Email: neetuphool@gmail.com</p>	<p>ABSTRACT</p> <p>Rheumatoid arthritis (RA) is an autoimmune disease that results in a chronic, systemic inflammatory disorder that may affect many tissues and organs, but principally attacks flexible (synovial) joints. Lack of knowledge and awareness about RA are a persistent and major community problem. So it is responsibility of pharmacists to develop a common awareness for prevention, care and treatment of RA in the community. This survey is strictly based on assessing the awareness in professional students of IFTM University, Moradabad, India about rheumatoid arthritis. For evaluation of awareness about RA a questionnaire was framed and distributed among pharmacy and non-pharmacy students of the University. In that, 198 pharmacy and 158 non-pharmacy (all other department) students participated. In both categories, all females (100%) are aware about the name of the disease where as in case of male it is 96.88% and 78.57% in case of pharmacy and non-pharmacy students, respectively. Thus for the improvement of students' knowledge about rheumatoid arthritis, pharmacy student should join hands with the other student by organizing various programmes, debates and seminars in collaborations with hospitals and primary health centers. If these measures are implemented firmly, it can increase the awareness about RA in the university as well as in the community.</p> <p>KEY WORDS: Rheumatoid arthritis, questionnaire, awareness, joints.</p>
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INTRODUCTION

Rheumatoid arthritis (RA) is an autoimmune disease that results in a chronic, systemic inflammatory disorder that may affect many tissues and organs, but principally attacks flexible (synovial) joints. It can be a disabling and painful condition, which can lead to substantial loss of functioning and mobility if not adequately treated (Alamanos

et al., 2005 Majithia *et al.*, 2007 and Patel *et al.*, 2011). According to the 2011 census, the population of India stands at 1,210,569,573. The reported prevalence of RA in India has varied from 0.3% to 0.75% (Malaviya *et al.*, 1993 and Ganguly, 1997). Assuming an average prevalence of 0.5% with the adult population of 60%, the projected burden of RA in India is 36 million patients, out of which approximately 25 million patients are from

rural community and 11 million patients belongs to urban community (Joshi et al., 2013). Many studies have reported that education plays a major role in increasing the awareness, towards RA among schools, colleges and public. Studies indicate that there is a wide gap between the inputs by the government and the actual scenario regarding the knowledge, awareness on RA. With this background, the present study has been conducted to assess the awareness RA among pharmacy and non-pharmacy students.

MATERIALS AND METHODS

Sample and Study design

This study utilized a cross-sectional survey design and was conducted by administering a questionnaire to IFTM University students. Since this survey was administered during February- April 2013, the sample consisted of students in the department of pharmacy and other department (non-pharmacy) students.

Study Instrument

A questionnaire (Appendix 1) was designed to collect information on pharmacy students and non-pharmacy student's knowledge towards Rheumatoid arthritis. The survey questions were consisted of 16 questions. They have to tell the response on yes or no basis. The questionnaire was initially validated by two assistant professors and one pharmacist for content before data collection.

(Appendix 1)

Evaluation of awareness in professional students about rheumatoid arthritis

Basic Information

Name:

Age:

Sex:

Education:

Phone No:

RHEUMATOID ARTHRITIS

- 1) Have you heard about "Rheumatoid Arthritis"?
- 2) Is 'Rheumatoid Arthritis' an autoimmune and genetic disease?

- 3) Do you know that it is inflammatory or non-inflammatory disease?
- 4) Do you know the symptoms of RA?
- 5) Is there any change in level of uric acid?
- 6) Have you ever heard or seen an X-ray of RA patient?
- 7) Whether RA can be transmitted to other family members from a person having RA?
- 8) Is Joints the area where maximum pain felt?
- 9) Can a lady with RA breast feed her baby?
- 10) Is body weight interfere RA?
- 11) Is female suffers the more from RA than male?
- 12) Is diet is responsible to modified the problems associated with the disease?
- 13) Is aging responsible for RA?
- 14) Is Prednisolone and Methotrexate generally prescribed for the patient of the disease?
- 15) Is regular exercise helps in treating the RA?
- 16) Is RA is curable?

Signature

Statistical design

The results were expressed using GraphPad Prism 5.0 (Graph-Pad Software Inc., San Diego, California, USA).

RESULT AND DISCUSSION

198 Pharmacy and 158 non-pharmacy students participated in the study. Out of pharmacy students 64.65% participates are male and in case of non-pharmacy students the number reaches to 11.39%. All the students are of age group 18-27 years. The results of the entire question asked in the questionnaire were given either in YES or NO basis. The distribution of students on basis of department and sex are presented in the table 1.

Number of correct answer about the awareness given by the pharmacy students and their percentage is presented in the figure 1. Similarly, for the non-pharmacy students it is presented in the figure 2. From result it is clear that the female students (100%), in both categories, are aware about the name of the disease where as in the case of male it is

96.88% and 78.57% in of pharmacy and non-pharmacy students, respectively. More than 70% correct awareness in pharmacy students about the question asked in the questionnaire

are 1, 3, 5, 6, 8, 9, 10, 11, 13, 15 in males and 1, 3, 4, 5, 8, 9, 10, 11, 13, 15 in females whereas, in non-pharmacy students it is 1, 8, 11 in males and 1, 4, 10, 12, 13, 15 in females.

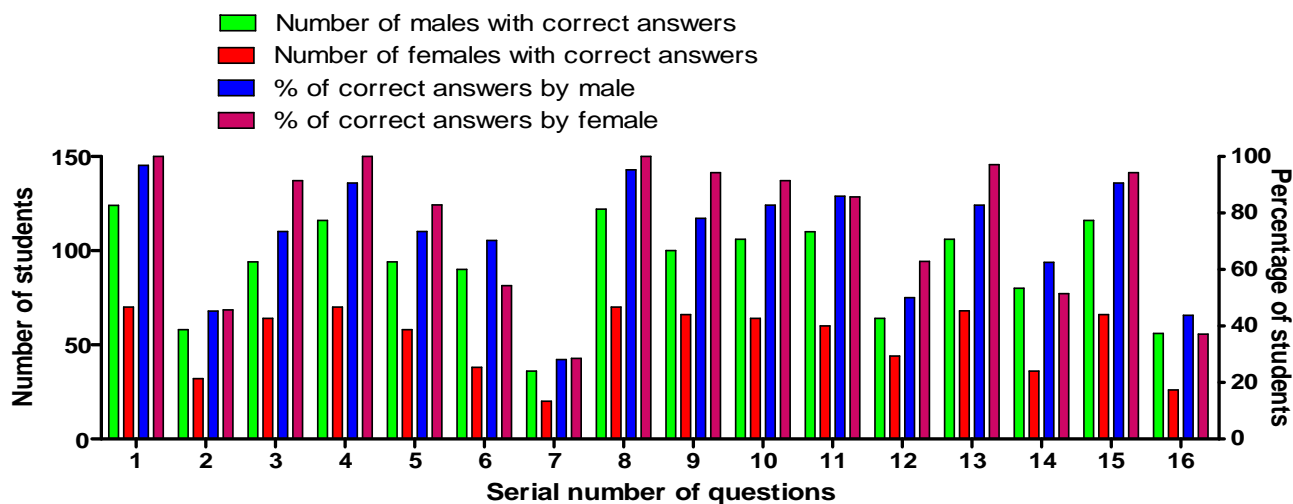


Figure-1: The number and percentage of students of pharmacy regarding awareness about RA.

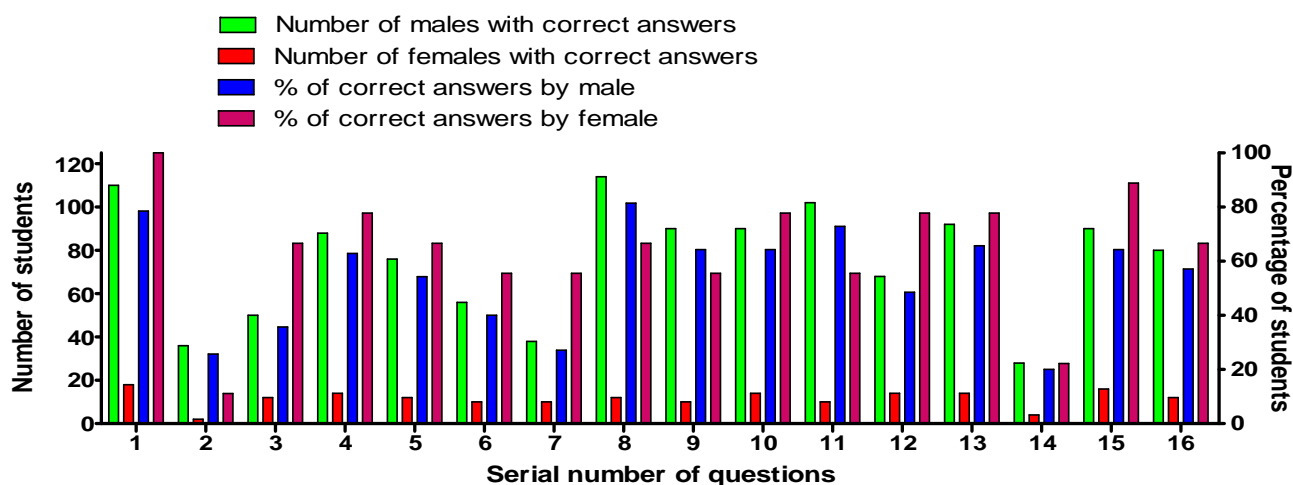


Figure-2: The number and percentage of students of non-pharmacy regarding awareness about RA.

Table-1: Distribution of students on based of sex and category level

S. No.	Category	Sex	No. of Students	Correct answers (%)
1	Pharmacy	Male	128	71.88
2		Female	70	76.07
3	Non-pharmacy	Male	140	53.93
4		Female	18	63.89

CONCLUSION

Conclusively, our study findings indicate that pharmacy student awareness was significantly higher than non-pharmacy students. Thus for the improvement of students knowledge about rheumatoid arthritis, pharmacy student should join hands with the other student of the university to dig up the cause of lack of awareness about RA by organizing various

programmes, debates and seminars in collaborations with hospitals and primary health centers which ultimately will increase the awareness of the RA among all professional students. If these measures are implemented firmly, it can increase the awareness about rheumatoid arthritis.

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