

Survey on knowledge, attitudes and practices on urolithiasis among final year students in the Faculty of Medicine, University of Peradeniya

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Urolithiasis is one of the major problems in urology. Inadequate knowledge, unfavorable attitudes and practices of health care providers' may result in delayed treatment. Therefore, it is important to assess the knowledge, attitudes and practices of urolithiasis among final year medical students to enable planning of health care education programs.

The objective of this study was to determine the knowledge, attitudes and practices on urolithiasis regarding urinary tract stones among final year medical students at the Faculty of Medicine, University of Peradeniya.

This study was a descriptive cross sectional study conducted over a period of three months. Final year medical students were the study population. The questionnaire was administered to 102 final year medical students between the ages of 22 to 28 years. The questionnaire was composed of four parts. The first part assessed demographic data of the students and the number of surgical appointments completed. The second part assessed the level of knowledge regarding urolithiasis. The third part assessed the attitudes towards urolithiasis, while the fourth was concerned with various practices of urolithiasis.

The mean age was 25.21 ± 1.04 years. Out of the sample 50.98% (n=52) were males. Their knowledge on risk factors of urolithiasis was poor with a mean knowledge score of 26.18 ± 3.13 out of 36.00. Only 20.58% (n=21) had a clear idea about risk factors but 96.08% (n=98) had adequate knowledge about symptoms. Out of the sample 55.55% had positive attitudes towards the urolithiasis. Regarding practice, 90.12% (n= 92) recommended to drink more than 2 liters of water instead of other liquids for patients who suffered from kidney stone disease. Out of the sample 83.35% (n=85) of the participants agreed to advice to avoid high Ca containing food like sprats, milk and cheese, and also to eat more sour sap ('katu anoda').

In conclusion, the knowledge score and practice score were comparatively higher than the score for attitudes which were poor.