AWARENESS AND PRACTICES REGARDING MENSTRUAL HYGIENE IN FEMALE PATIENTS OF REHMAN MEDICAL INSTITUTE

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Abstract

Objective: To know the awareness regarding menstrual hygiene among female patients. 2. To know the knowledge regarding menstrual hygiene among female patients.

Materials & Methods: A community based, cross-sectional study was conducted at Rehman Medical Institute, Peshawar. A total of 230 female patients of the age group between 14-45 years were included. Patients were selected randomly and data will be collected via convenient sampling technique.

Results: The study showed 93.5% of girls believed menstruation is a normal process. Regarding the cause of menstruation, 69.1% girls said the cause is hormonal. Majority (63.9%) of the respondents believed the origin of blood is from the uterus. 54.3% were not aware about menstruation before menarche while 45.7% had knowledge about menstruation before menarche. Mothers were the source of information in majority (56.5%) of the girls. Many girls (63%) thought there is a foul smell associated with menstruation. 94.8% of the girls said menstrual blood is unhygienic. Regarding the type of absorbent material used, 77% used sanitary pad and 20% used cloth. 95.7% of the girls clean their genital area after menstruation.

Conclusion: Majority of the female patients were aware regarding menstrual hygiene and its implications on the reproductive health. This information about awareness and practice regarding menstruation and menstrual hygiene in female patients needs to be considered and health promotion programs should be implemented.

Keywords: Menstruation, Menarche, Reproductive health, Hygiene, Awareness, Biological Phenomena

INTRODUCTION

UNICEF defines menstrual hygiene management (MHM) as when women and adolescent girls use a clean material to absorb menstrual blood, and this material can be changed in privacy as often as necessary for the duration of the menstrual period. MHM also includes soap and water for washing the body as required, and access to facilities for disposal of used materials.¹ Due to the taboo surrounding menstruation, there is limited information on the process of menstruation and the proper requirements for its management.²

Increasing evidence from low-income regions suggest that poor MHM is a considerable barrier to the advancement of women.³ The lack of accurate information about menstrual health have resulted in incorrect and unhealthy behaviors.⁴ MHM is a globally recognized public health issue.⁵ Worldwide research has addressed problems related to menstrual health.⁴

Reproductive tract infections have adverse effects on women’s lived and are closely related to poor
Awareness and practices regarding menstrual hygiene in female patients.

MATERIALS AND METHODS

This was a hospital-based cross sectional study with data collected through convenient sampling technique. The population for the study included all female patients aged between 14 and 45 years either admitted in gynecology department or opd in RMI, Peshawar while those presenting with primary amenorrhea were excluded from the study.

A KAP study was done of female patients in gynecology department and opd of Rehman Medical Institute, Peshawar from February 2018 to September 2018 by directly asking questions from the patients. Patients were categorized according to their age. The age categories were 14-24, 25-35, 36-45 years’ category. A total number of 230 patients were involved in this study.

The data collected was analyzed using SPSS 16. After the collection of data, all the data was entered into SPSS 16 for results and are presented as simple frequencies and tables. The data analyzed was based on the frequency of patients and the variables under study i.e. cause of menstruation, age of menses, information regarding menstruation, type of absorbent used, cleaning of genital area etc.

RESULTS

A total of 230 respondents were recruited for the study. Half of the population (50%) were between age group 25-35, 37.4% respondents were between 14-24 and 12.6% were between 36-45. Majority of the population (74.8%) were married while the remainder population (25.2%) were single. Educational status of the respondents was as follows; secondary 30.9%, graduate 23.5%, illiterate 19.6%, primary 18.7% and post-graduate 7%.

DISCUSSION

In the present study 45.7% of the subjects were aware about menstruation before menarche while 54.3% were not aware. A study in Nagpur suggested that only 36.95% of the subjects were aware about menstruation before menarche while another study showed that only 40% in urban area and 9.09% in rural area were partially aware of menstruation, 63.38% in urban area and 47.57% in rural area were aware of menstruation before menarche.

In the present study, mothers were the source
Awareness and practices regarding menstrual hygiene in female

It was also found in the present study that 95.7% of the subjects clean their genital area after menstruation and 55.2% of the girls stated that they use both soap and water to take bath during menstruation. A study conducted in West Bengal, India suggested that out of those having reproductive tract infection, most of the individuals complained of itching only (48.3%). Whereas, some complained of itching and rash, foul smelling white discharge per vagina. They found that a significant number of girls used to clean their genital area after menstruation. The mean age of menarche in the study subjects was 12.85 ± 0.867 years. Sanitary pads were used by 49.35% of the selected girls. The practice of the use of old clothes was reported 45.74% of the subjects.

In this study 87% thought that girls get menarche between ages 11 and 15. It showed 77% of the respondents use sanitary pad while 20% of the girls use cloth as an absorbent material. A study conducted in the city of Indore, India showed that significant number of the subjects used pads. It was found that a majority of them had knowledge about the use of sanitary pads. The mean age of menarche in the study subjects was 12.85 ± 0.867 years. Sanitary pads were used by 49.35% of the subjects. The practice of the use of old clothes was reported 45.74% of the subjects.

This study showed that 63% of the girls think there is a foul odor during menstruation while 57% responded by saying itching does not occur before/after menstruation. A study conducted in West Bengal, India suggested that out of those having reproductive tract infection, most of the individuals complained of itching only (48.3%). Whereas, some complained of itching and rash, foul smelling white discharge per vagina.

CONCLUSION

Our study showed that mothers were the main source of information regarding menarche. More than half of the girls were not aware about menstruation before menarche. Use of sanitary pads as an absorbent was most common among the girls. A significant number of girls used to clean their genital area after menstruation. Majority of the female patients were aware regarding menstrual hygiene and its implications on the reproductive health. This information about awareness and practice regarding menstruation and menstrual hygiene in female patients needs to be considered and health promotion programs should be implemented.

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