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POSTPARTUM VAGINAL OUTLET RELAXATION A STRESSFUL MORBIDITY IN YOUNG WOMEN IN THE DEVELOPING COUNTRY.

Hypothesis / aims of study

Young women with mild to moderate degree of perineal tear with loose vaginal support often leads to a silent stressful life in the developing country. Try to measure the problem by asking questions, examination and management given to them. Training centre needed to improve the quality of life.

Study design, materials and methods

A randomized control cross sectional study done on patient attending in private clinics during the period September 2009-January 2010, Medline search, study on different international journal were systematically reviewed. Among 40 young women suffering from different problem in the vagina and perineum were sorted. Structured questionnaires and systematic specific examination done with the verbal consent of the patient. Treatment given with counseling, physical therapy, anxiolytic and multivitamin with antioxidants. Follow up done after 3 months, those patients who are given altogether medicine plus exercise improve significantly then those who are taken only exercise and counselling.

Results

Incidence was 11%, mean age group 22 years, Anxiety and depression 32 (80%), Phobia about descent about the organ 36 (90%), low back pain 24 (60%), vaginal noise 12 (30%).
24 patients improved with counseling, physical therapy, anxiolytic and some multivitamin within three months.

Interpretation of results

Defective pelvic organ support is a common problem in postpartum cases as home delivery is 80% without skilled birth attendant .No proper setup for postnatal care. Good counselling, physical therapy, correction of nutrition and care to the perineum was found deficient.

Concluding message

Vaginal outlet relaxation, Pain, depression, changing lifestyle affecting work, recreation and personal relationship. The current generation of women wants to maintain a more active lifestyle. An integrated multidisciplinary team approach needed with a training center to give the women a greatest chance of a long term care.

References

1. Su-Lin Lee et al, Assesment of shape variation of the Levator Ani with optimal scan planning and statistical shape modelling Comul Assist Tomogr Valume 29,Narch Aptil 2003 Page 154-161
2. Dealing with Depression secondary of medical condition, pelvic floor dysfunction from www.hypoglycemia.asn.au

Specify source of funding or grant	Self
Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	No
Is this a Randomised Controlled Trial (RCT)?	Yes
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	Comilla Medical College
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes