

## COMMUNITY BASED PREVALENCE OF PELVIC FLOOR DISORDERS IN EASTERN NEPAL

### Hypothesis / aims of study

Pelvic floor disorders are one of the major causes of morbidities for women of both developing and developed countries. Determining their burden would help to identify health priority. The study was designed to find out prevalence of pelvic floor disorders in community level in Eastern Nepal

### Study design, materials and methods

Community based door to door survey with preformed questionnaires was done in 15 villages of 2 districts in Eastern Nepal covering 16551 women of reproductive ages having at least 1 child. Socio demographic variables and their responses were noted.

### Results

13446 women responded (81% response rate). 3.4% patients admitted having symptom of continuous leakage of urine. 4.2% patients had stress urinary incontinence. 4% patients had urge incontinence. 8.5% patients were having symptoms of pelvic organ prolapse. Structured questionnaire was used to assess feeling of quality of life having these symptoms and it was found that quality of life was affected in 60% of women.

### Interpretation of results

Pelvic floor disorder in Nepal is one of the public health problem affecting quality of life of many women.

### Concluding message

This is one of the first studies of this kind in Nepal. This would help to decide the priority in prevention. The clinical confirmation of such problem would help to plan the treatment

### References

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2. Hendrix SL, Clark A, Nygaard I, Aragaki A, Barnabei V, McTierman A. Pelvic organ prolapse in the Women's Health Initiative: gravity and gravidity. Am J Obstet Gynecol. 2002;186(6):1160–1162.

### Disclosures

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