

Menstrual hygiene management practices and associated factors among women in medical wards of Teaching Hospital Jaffna

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Introduction and Objectives: Menstruation is a natural physiological process. There is a lack of proper practices related to menstrual hygiene as women are not well informed about the need to ensure hygiene. Poor menstrual hygiene practices can lead to genitourinary tract infections and increases the risk for cervical cancer. The aim of this study was to determine the menstrual hygiene management practices and associated factors among women in medical wards of Teaching Hospital Jaffna.

Methods: This institution based descriptive cross-sectional study was carried out among 427 females admitted to medical wards of Jaffna Teaching Hospital from October 2020 to December 2020. Participants were selected using systematic sampling. Informed written consent was obtained. Data was collected using interviewer administered questionnaire and entered using the Kobo collect application. Descriptive and inferential statistics were used to analyse the data using Statistical Product and Service Solutions (SPSS).

Results: Among the participants, 89.5% (n=382) reported using sanitary pads, 17.8% (n=76) changed the absorbents four hourly and majority 82.2% (n=351) changed their absorbents more than six hourly. 89.5% (n=382) wrapped their used absorbents before disposal. 87.1% (n=372) disposed their used absorbents using burying or burning method. 85% (n=363) preferred bathing and 92.3% (n=394) preferred cleaning genital areas during menstruation. There were significant associations between religion ($\chi^2=17.4$, df=1, p-value <0.05), ethnicity ($\chi^2=38.2$, df=1, p-value <0.05), educational level ($\chi^2=4.1$, df=1, p-value <0.05) and knowledge ($\chi^2=23.6$, df=1, p-value <0.05) and menstrual hygiene practices.

Conclusion: Our study found majority of the participants have knowledge about menstrual hygiene and they are practicing proper menstrual hygiene practices. Education on awareness, access to sanitary absorbents and proper disposal of used sanitary absorbents need to be addressed. More studies regarding menstruation are needed in Jaffna.

Keywords: Menstrual hygiene management, Jaffna, Absorbents.