

# Uterus Prolapse & Menstrual Hygiene Awareness Program Parbat District 8<sup>th</sup> – April – 2019



On April 8<sup>th</sup>, 2019 we went to Falame Danda, Parbat for Medical camp regarding Female Hygiene and Uterine Prolapse. We had divided our camp into two sessions. In the morning session we planned to examine all the patients. And in the afternoon session we planned to explain young girls regarding personal hygiene and how to maintain hygiene during their menstrual period.

## Uterus Prolapse



Our morning session started around 10 am. We had around 26 patients who came for check up. We did per speculum and per vaginal examination to almost all the patients. Most of the patients came with the complaint of pain lower abdomen and white discharge per vagina. We explained them about the personal hygiene. Some of them complained of urinary tract infection.



Since our main focus for the camp was uterine prolapsed so we screened the entire patient on the line of uterine prolapse. Out of 26 patients only one old lady aged 76 years had uterine prolapse grade III. We advised this old lady to visit tertiary hospital since she had to undergo surgery.

Some of the patient had uterine prolapsed grade I, so I explained them about the pelvic floor exercise, which they could do at home by themselves, for 15 minutes and three times a day, regularly.

While doing pelvic examination I also found some abnormality in few of them patients so advised them to undergo ultrasound.



## Menstrual Hygiene Awareness Program



In the afternoon session we collected adolescents girls who already had their menses. We kept a counseling session for them. In this counseling session we explained them about the personal hygiene and menstrual hygiene.







We explained them how to stay clean during and after menstruation, we even distributed vaginal wash so that they can use it. And we even advised them to explain about personal hygiene to their friends and relatives.

Girls were fascinated to receive vaginal wash.

Although very shy, one of the girls volunteered to repeat what she understood on Menstrual Hygiene session. They also took vaginal washes for their friends who weren't able to attend the sessions for various reasons.

All these girls had just appeared their SEE exams and looking forward for the results and bigger future. They were quiet during the session but later they opened up and told about their future plans and also thanked Healing Hands Nepal for bringing awareness program of this sort.

Also they promised that they would maintain proper intimate hygiene and keeping passing the knowledge to friends and family.

