

Hysteroscopy as a diagnostic and an operative

Case series

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Objective: Hysteroscopy as a diagnostic and an operative tool -

Introduction: With the increasing trend towards minimal invasive procedures, hysteroscopy is used as an intrauterine diagnostic and operative tool. A wide range of surgical procedures has gained increased diagnostic accuracy as well as fewer complications.

Objective: To assess the challenges, complications and outcomes of Hysteroscopic procedures

Methods: Data from 34 cases of hysteroscopic procedures over a period of nine months (2016/07 – 2017/04), performed at a tertiary care hospital in Sri Lanka, were analyzed. All procedures were carried out under general anaesthesia and performed by a Consultant, Senior Registrar or Registrar. 0.9% Normal saline was used as the distension medium in all cases.

Results: Age distribution was 30 to 52 years and parity ranged from 0 – 5. Majority of the cases presented with abnormal uterine bleeding (73%) and dysmenorrhoea (11%), post-menopausal bleeding, Subfertility and missing IUCD were among the rest.

Conclusion: Duration for the procedure was 33 min (range 15 – 60 min) whereas the mean volume of saline used was 1185ml (range 100-2000ml). Among the 34, 17 (50%) had endometrial polyps and submucosal fibroids which were removed and directed biopsies were taken in 12 cases.

Post-operative stay was one day while three had complications including electrolyte imbalance, abdominal pain and urinary retention which were managed conservatively.

Conclusion: Hysteroscopy is a minimally invasive, accurate and safe procedure which can be used in diagnostic and operative

Study to determine the importance of cervical screening in women below 35 years of age

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Objective: To study the importance of screening of young women for cervical dysplasia.

Design, setting and methods: A retrospective study was carried out on 537 consecutive cervical smears which were done at NFTH over a period of three years. Cervical smears were carried out using conventional and liquid based cytology. All smears were processed as per the 2001 Bethesda system. Sample was divided into two groups according to the ages less than 35 and more than 35. To study the importance of early screening. A correlation was made between the microscopic findings and the age.

Results: From a total of 537 Pap smear reports, there were 527 (98.1%) satisfactory samples whilst 10 (1.9%) were

unsatisfactory. There were 60 samples from women below 35 years of age out of which, cellular atypia was present in 21.7% with one patient had cervical malignancy. Out of 477 samples in women above 35 years, cellular atypia was noted in 6.2% and there was no malignancy detected.

Conclusion: The importance of cervical screening in women below 35 years is emphasized. It appears that with advancing age the incidence of cellular atypia is decreasing.

KO051

Health seeking behaviours related to vaginal discharge among women living in an urban slum community

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Abstract: Background and Objective: Abnormal vaginal discharge (leucorrhoea) is a common gynaecological complaint among women aged 15 to 49 years which leads to distress and discomfort to many women. This study aimed at describing knowledge, attitudes and health seeking behaviours associated with vaginal discharge among females aged 18 - 49 years living in an urban slum community in Colombo District, Sri Lanka.

Design, setting and methods: A community based descriptive cross sectional study was conducted using a self-developed, validated, pretested Interviewer Administered Questionnaire. Multistage cluster sampling with stratification method was adopted to select 550 women during September- December 2015. Descriptive and relevant inferential statistics were used in analysis.

Results: The majority of women was unemployed (89.5%) and was married (92%). The mean age of the women was 32.51 (SD±7.94) years. Mean knowledge score was 29.18 (SD± 8.68). Most women (97.1%) had inadequate level of knowledge (<50%). Major areas of knowledge deficit include causes for pathological vaginal discharge and reproductive tract infections. Nearly half of the participants identified HIV as a sexually transmitted infection. Majority of them (82.2%) identified high body temperature as the main causes for abnormal vaginal discharge.

KO052

Knowledge and attitudes towards menopause in perimenopausal age - A prospective descriptive study

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Introduction: Perimenopause or the menopausal transition takes place over several years in advance of the menopause. It can last for 4 to 8 years. It is frequently the time period women will experience the most common symptoms of menopause. Therefore women should be ready to accept the changes and need to develop strategies to overcome the upcoming challenges. Therefore, women need to have sound knowledge and awareness to face this biological phenomenon successfully.