

Assessment of Common Types of Vaginal Infections Among Women Attending Gynecological Clinics at El-Manial University Hospital: A Proposed Plan of Action

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Abstract

The aim of this exploratory study was two fold; to assess the common types of vaginal infection among women during childbearing period; and to prepare a plan of action for women suffering from vaginitis (10%) of sample". Four hundred women having abnormal vaginal discharge, and attending Gynecology Clinics at El-manial University Hospital, Cairo University, Egypt were recruited for the study. Data were collected through an interviewing questionnaire schedule, physical and vaginal examination, laboratory investigations, and follow up sheet. The study results indicated that the mean age of the sample was 31.44 ± 6.14 years old, 43% of the sample cannot read and write, 54% were living in urban area, 95% were married, and 82% were house wives, Ninety percent of them had regular menses, the mean interval of menstruation was 27.67 ± 4.16 days, the mean duration of menstruation was 4.94 ± 1.97 days, 77% of the sample were multigravida, while 72% of them were multiparous. Thirty nine point four of them had history of chronic illness. More than one third of them were using cotton underwear, and 39.6% of them were using vaginal douche. The prevalence of vaginal infections among the total sample was 58.8%. Vulvo-vaginal Candidiasis was diagnosed in 156 women (41%), Bacterial Vaginosis was identified in 39 women (10.2%), twenty three women (6%) had Trichomonas Vaginalis, and six women (1.6%) had mixed infection. The results indicated also that subside the women complaint with statistically significant difference, and normal vaginal swabs among 65% with highly statistically significant difference among women who were receiving health education and follow up. The study recommended that accurate diagnoses based on laboratory investigations and health education which helps in reducing the incidence and recurrence of vaginal infection.

Keywords: Common types of vaginal infection; Prevalence; Impact of health education