

# **Non pharmacological management vs pharmacological management of dysmenorrhea – a prospective study among nursing staff in a tertiary care hospital**

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Abstract:

Introduction:

Dysmenorrhea being one of the most distressing concerns in the reproductive age group is usually managed with NSAIDs to provide relief. However, due to limited knowledge and resistance towards pharmacological intervention, the likelihood of using non pharmacological methods to manage dysmenorrhea is proportionately high in Indian population. A small proportion of girls sought pharmacological management (25.5%) and 83.2% depended on non-pharmacological methods. Only 14.2% had sought medical advice. There are less significant data on how healthcare professionals manage their menstrual cramps.

Objectives:

1. To understand assess the knowledge of nursing staff about pharmacological intervention dysmenorrhea
2. To know their preferred method of choice to manage dysmenorrhea
3. To understand their resistance towards pharmacological intervention in managing dysmenorrhea.

Methodology:

A cross-sectional study was conducted from April 2022 to May 2022 by interviewing 50 female nursing staff aged 23 to 30 years using a standardized self-reporting questionnaire in a tertiary care hospital in India. Data was analysed by SPSS version 16. Informed consent form was obtained in the person's own language.

Results:

70% of the nursing staff were aware of the drugs used for treating dysmenorrhea. However, misconception about the side effects was about 93%. 80% of the nursing staff reported regular dysmenorrhea. 68% chose non pharmacological intervention (including resorting to particular body postures relieving the pain) as the initial modality of management. 45% of the females took NSAIDs after failure of non-pharmacological intervention. 10% chose NSAIDs as their first treatment modality to manage dysmenorrhea. 2% of them did not resort to any treatment options and instead endured the pain till it subsided.

Conclusion:

Knowledge and attitude about the usage of NSAIDs in the management of dysmenorrhea was limited among nursing population. Although the use of carbonated drinks and buttermilk in managing dysmenorrhea has not been fully studied, it definitely seems to provides a better sense of well-being in majority of the studied population.

#### References:

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Biography: Dr. Krithikalakshmi Sathiyamoorthy is a junior resident in cardiothoracic intensive care unit in India. She has been passionate about women's health since medical school and has already published an article on intimate partner violence as a medical student. She has been a part of medical student association of India and has organised and volunteered in many events like spreading awareness on HPV. She is looking forward to start her career in women's health and has completed several courses on international women's health by World Health Organisation. Her vision is to contribute her part to improve women's health with a holistic approach.

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