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Adolescent health-an unexplored field

Introduction : As per WHO, adolescence age includes 10-19 years. It is further divided into early adolescence i.e. 10-14 years age group, and late adolescence between 15-19 years. Adolescent gynae has special importance in gynecology as problems of this group are very specific, having specific management. But adolescent gynae is still not explored optimally.

Aims and objective: To create awareness regarding the need of the adolescent clinic and study the prevalence of gynaecological problems in adolescent patients.

Material and methods: This was a cross-sectional observational study, conducted in the Dept. of OBGY, over a period of 12 months from 1st January 2020 – 31 December 2020. Total 200 patients were enrolled in the study. Detailed history was taken and thorough physical examination was done. Data were collected using a structured and self-administered questionnaire.

Results: Maximum patients (68%) had menstrual problems, 31.5% patients had complaints of leucorrhoea, and 27% had complaints related to weight gain or weight loss and pain in abdomen. Oligomenorrhea was the most common menstrual disorder (43% patients), followed by heavy menstrual bleeding. Maximum patients had associated condition like anemia and abnormal USG findings like, polycystic ovarian disease, simple ovarian cyst, endometriotic cyst, hematocolpos, atropic uterus.

Conclusion: In our study, most common disorder of adolescent was menstrual problems and anemia, which can be managed effectively only on OPD basis, if consulted at an early stage. Thus setting up an adolescent clinic where only adolsecents would be dealt, will help them to manage their problems more effectively.

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