

# Availability of Evidence Related to Menstruation Problems and its Management among Deaf and Mute Girls Population: A Narrative Review

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**Abstract:** *Adolescence is a period in which major physical and psychological changes occur in every young woman. Serious gynaecological pathology is rare in this age group, but menstrual disturbances are most commonly noticeable and may add further disruption to this difficult phase especially for adolescents with disability and their families. Menstrual related challenges commonly faced by girls across the globe. A narrative review carried out to determine the menstruation related issues and dysmenorrhea and its management published last 5 years was searched. In general, the review carried out by the assess knowledge related to reproductive health; health related issues, academic challenges, MHM issues, availability of WASH facilities, waste management during menstruation. Conclusion: lack of evidence and measures are available for deaf and mute girls related to menstruation issues and primary dysmenorrhea.*

**Keywords:** Adolescence, Menstruation, Deaf and Mute girls, Dysmenorrhea, Menstrual hygiene

## 1. Introduction

Adolescence is a period in which major physical and psychological changes occur in every young woman. Serious gynaecological pathology is rare in this age group, but menstrual disturbances are most commonly noticeable and may add further disruption to this difficult phase especially for adolescents with disability and their families. Sometimes Girls with disability have received very limited attention from society.<sup>1</sup>

During the period of menarche knowledge and awareness regarding menstruation as well as problems related menstruation are very important to discuss with them. In which Dysmenorrhea is a one of them the most common gynaecological complain among adolescent girl.

They found Physiological and psychological changes like Irregular bleeding, pain during menstruation, mood swings, and problems with hygiene often affect and complicate to manage of these adolescents. The care provider is asked to help with the pubertal transition and the issues surrounding menstruation and reproductive health. This review will concentrate on the issues related to menstruation and that need special focus in girls with developmental disability (DD).<sup>2</sup>

Childhood hearing problems may be hereditary or acquired which is the most common sensory deficit in humans today. According to WHO estimates in India, there are approximately 63 million people, who are suffering from Significant Auditory Impairment; this places the estimated prevalence at 6.3% in Indian population.<sup>3</sup> According to NSSO survey, currently there are 291 persons per one lakh population who are suffering from severe to profound hearing loss (NSSO, 2001). Of these, a large percentage is

children between the ages of 0 to 14 years. With such a large number of hearing impaired young Indians, it amounts to a severe loss of productivity, both physical and economic. (NPPCD)<sup>4</sup>

Most of the tasks in a human daily life depend on speaking and hearing, but people who do not know the sign language, which lead to problems in communication and create misinterpretation between the deaf mute and normal people. Difficulty in communication with the providers of reproductive health services and due to the lack of an understandable language between them, it is very important to know and aware about reproductive health among deaf and mute people.<sup>5</sup> these type of Adolescents may have difficulty raising issues of menstruation with their doctors<sup>8</sup> and may present with complaints of minor symptoms rather than their primary concerns.<sup>7</sup>

Adolescents with disabilities have limited access to health - related information, including even basic information on their own physical growth and changes. several studies have reported that people with hearing impairment faced several challenges during accessing reproductive health due to difficulty in communication with them.<sup>2, 3, 4, 5, 6</sup>

Menstrual related challenges commonly faced by girls across the globe. A narrative review carried out to determine the menstruation related issues and dysmenorrhea and management dysmenorrhea published last 5 years was searched.

## 2. Methodology

### Study design

The present study was conducted in accordance with the PRISMA (Preferred Reporting Items for Systematic

Reviews and Meta - analyses) checklist recent of evidence related to menstruation problems and its management among deaf and mute girls population

**Search strategy**

As it is difficult to locate physiotherapy trials in deaf and mute population, we considered that using multiple general searches was the optimum method. This review is part of a series that included menstruation, dysmenorrhea and reproductive health in girls with disability search terms. There are multiple studies available related to menstruation related issues, primary dysmenorrhea and various physiotherapy intervention for it but very few articles found related to deaf and mute population. Were prevalence of primary dysmenorrhea is more common found among adolescent girls population but no any data available in deaf and mute population till date.

If able women find menstruation is a challenge, then what about those who are deaf and mute. (By Pallavi Amte, Published: Tuesday 28 May 2019). Real communication happens when one can understand the message and can respond in same manner. Deaf and mute are at risk of not getting sufficient, accurate and secure healthcare information or proper care due to lack of communication between the communities.

**3. Result and Discussion**

In general, the review carried out by the assess knowledge related to reproductive health, health related issues, academic challenges, MHM issues, availability of WASH facilities, waste management during menstruation. Shown in below table.

**Table 1:** Description of Selected Reviews

Sr No.	Author	Title	Study Type	Sample Size	Variable	Measure
1.	Wisdom Kwadwo Mprah et al <sup>9</sup> .2022	Menstrual Hygiene Management Challenges Among In - School Deaf Adolescents in Ghana	descriptive design.	n=152 118 - girls 15 - boys 6 - teachers 6 - house mothers	Mixed method: interviews and questionnaires	MHM issues WASH facilities WASTE management Health related challenges Academic challenges
2.	Manal salah abd - Elhaleim et al <sup>5</sup> .2021	Dealing with Unmet Needs of the Deaf and Mute Adolescent Girls Students Regarding Reproductive Health	Quazi experimental design	Deaf & mute adolescent girls' students n=50	Questionnaire	1 <sup>st</sup> Tool: personal characteristics and knowledge assessment sheet regarding reproductive health, 2 <sup>nd</sup> tool: practice assessment checklist regarding personal hygiene during menstruation and breast self - examination. 3 <sup>rd</sup> tool: assess the adolescent girl's satisfaction regarding study.
3.	Serma Subathra Arunachalam et al <sup>10</sup> .2020	Knowledge and Practice on menstrual hygiene among specially abled (Deaf & Dumb) adolescent Girls at selected centres in Bhubaneswar, Odisha State - A Pilot Project.	Descriptive cross - sectional research	Deaf & mute adolescent girls' students n=22	Google form method on android telephones questionnaire	PART A Obstetric & Gynaecological related Characteristics on Menstrual bleeding, PART B Knowledge regarding menstrual hygiene, PART C Level of Practice on Menstrual Hygiene
4.	Acheampong Enoch et al <sup>11</sup> .2020	Menstrual Hygiene Management: Challenges and Coping Strategies for Adolescents with Disabilities in the Kumasi Metro of Ghana	exploratory study design	n=18 female adolescents with disability 6 - visual 6 - hearing 6 - physical	In - depth face - to - face interviews	Individual challenges in terms of managing menstrual experiences, restrictions placed on them by their culture, and coping strategies used to manage the challenges
5.	Samia Farouk Mahmoud et al <sup>12</sup> .2020	Effectiveness of Educational Sessions on Reproductive Health among Blind and Deaf Students at Zagazig City	quasi - experimental design	n=63 students Deaf and Blind		A questionnaire consisting of two parts: Part A; Socio - demographic characteristics of the student. Part B; Student's knowledge about reproductive health. Part B: assess the student's practice to breast self - examination

Pain during the menstruation may influence students' quality of life, which would be reflected in their performance in school. Wisdom Kwadwo Mprah et al<sup>32</sup>, reported that participants feel ashamed and uncomfortable to talk about menstrual issues when necessary, some of them sleep in their dorms rather than coming to school because they felt embarrassed and complained that male colleagues teased

them, especially when they stained their dresses in classes. So, housemother reported that they cannot go to school during menstruation. The girls experienced a wide range of health - related problems. The most reported health concern was vaginal itching, as reported by 51.1 percent of the girls, whereas abdominal pain was the least (0.8 percent) reported.

In present study we had not examined vaginal itching but we found abdominal pain among 87.9% deaf and mute girls.

Study also shows that menstruation had negative academic related effects on the girls. More than one - third (36.1 percent) of girls reported that they absented themselves from classes due to menstrual inconveniences, while 43.5 percent had low concentration in class, 58.5 percent of the girls reported that menstrual problems impacted negatively on their academic performance also. Similarly, girls may be absent from school or less attentive in class during menstruation if there are no WASH facilities or support from the school. In our study we found absenteeism (occasionally 53.03%) and mood changes (60.60%) related to primary dysmenorrhea but no significant difference found in domain of concentration, focus in exam and effect on relationship.

According to Acheampong Enoch et al<sup>41</sup>. The major challenge of the hearing impaired is communication. They revealed that they prefer to discuss issues with their deaf friends because most of the people with hearing cannot use sign language. Communication becomes difficult in consequence, and caregivers do not understand their pain and their feelings. The challenges that all three impairment groups face in common are menstrual pain, mood swings, weakness and tiredness, and lack of sanitary material. These are challenges commonly faced by other girls across the globe also. The study revealed that girls with mobility impairments face accessibility challenges. Girls who are hearing and speech limitation was the major challenge for them and faced Difficulty by families also in communicating with children who are deaf and mute. The visually impaired girls could not detect blood stains in their clothes during menstruation

#### 4. Conclusion

In spite of knowing about challenges commonly faced related to menstruation but lack of evidence and measures are available for deaf and mute girls related to menstruation issues and primary dysmenorrhea.

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