

ABSTRACT:

OBJECTIVES:

To analysis of premenstrual symptoms which are affecting family social and occupational life of the health workers. In addition to that to describe the type and their prevalence of symptoms, to explain how to affect family, social and occupational life, to evaluate economical & intangible losses, and to assess the treatment seeking behaviors.

Methodology:

It is descriptive cross sectional study. Used structured self administered questionnaire and individually over the phone interview survey to collect the data. Study area was castle street hospital for women. In this hospital, works 941 employees at present. Out of them more than 80% are female employees our target group was nurses, midwives, attendants and other health assistances. Before collect the data, prior written and verbal instructions were given to participants to explain how to answer the questions.

RESULTS:

402 completed questionnaires were received. According to our criteria, we excluded 36 numbers of questionnaires. Then analyzed 366 numbers of questionnaires. Response rate >96%, 5% of them didn't have any symptoms. 89% had mild to moderately severe symptoms. 6% had severe symptoms affected to their daily activities

Commonest seven physical symptoms experienced by them are joint & muscle pain-72%, abdominal pain-70%, tiredness-65%, bloatedness-56%, breast tenderness-54%, headache-48%, acne-50%.

Commonest six psycho-behavioral symptoms experienced by them are, feeling tense & anxiety-64%, irritability-60%, feeling of sadness-55%, tiredness of the body-65%, disinterest daily activity-54%, sleeping problems-35%.

70% of workers are continue their work with symptoms while 17% work with treatments,

62% had experienced inconvenience embarrassing feelings at their works, 31% had experienced inability to concentrate at work. 60% of workers avoided domestic activity during the PMS periods.

70% workers take their own treatments. Only 12% seek a doctors help for their illness. On economically <500/RS expensed by 62% of workers. Meanwhile 4% expensed >2000/RS annually.

When we consider intangible losses in their life due to effect of PMS. 60% mentioned, they had experienced blames & criticizing from others. 55% of them had bad impression at work. while, 50% recorded reduced working & education performances.

CONCLUSION:

Working women experiencing symptoms in their premenstrual period cyclically are responsible for their unexpected activities & behaviours. so these symptoms affect their own quality of life as well as patient care managements also. It is the responsibility of the authorities to identify these minority workers with problems & manage them in successful way by avoiding unnecessary problems in working place and their personal life.