

Prevalence, symptoms and quality of life for Nepali women diagnosed with a pelvic organ prolapse attending reproductive health screening camps

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Introduction

Pelvic organ prolapse (POP) is a common condition in Nepal¹ and the onset of symptoms can occur under the age of 30.² Nepali women often experience POP symptoms for many years before seeking help.²



Aim

To determine the prevalence, symptoms and QoL scores for Nepali women diagnosed with a POP



Results

- Out of 404 women attending the reproductive health screening camps, 76 (19%) had a POP
- Mean age: 47 years (30-74)
- Mean BMI: 25 kg/m² (14-37)
- Median parity: 3 (1-10)

Table 1: Symptoms and QoL for Nepali women with a POP (n=76)

Symptoms	n	%
Vaginal bulge	37	49
SUI (stress urinary incontinence)	57	75
Constipation	41	54
QoL	n	%
Emotional Health	44	58
Sleep	33	43
Physical limitations	30	39
Role limitations	27	35
Personal relationships	20	26
Social limitations	13	17

Methods

- Three reproductive health screening camps, Kathmandu Valley (2018)
- ICS/POP-Q system
- Demographic questionnaire
- Prolapse Quality of Life (P-QoL)
- Descriptive statistics

Conclusion

Half the women with a POP reported feeling a vaginal bulge but most experienced co-existing SUI

Highest reported impact of POP on QoL was emotional wellbeing: anxiety and depression

Treatment strategies for POP should also acknowledge the individual emotional needs of women

1. UNFPA (2017). Study on selected reproductive health morbidities among women attending reproductive health camps in Nepal. *MoH*

2. Bodner-Adler, B., Shrivastava, C., & Bodner, K. (2007). Risk factors for uterine prolapse in Nepal. *Int Urogynecol J*, 18(11)