WOMEN'S HEALTH AND MIDWIFERY

One in ten Women who visited Health Facilities for Various Reasons had Pelvic Organ Prolapse in Harari Regional State, Eastern Ethiopia

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Background: Pelvic organ prolapse (POP) remains neglected a public health problem in developing countries. The burden of pelvic organ prolapse varies by region and ranges from 9% to 20%. It poses an impact on women's quality of life and affects their role at the community and family level. Although it has negative consequences and extensive burden, the true feature of pelvic organ prolapses have not been well known among ever-married women in the study area. We aimed to estimate predictors of POP among ever-married women in Eastern Ethiopia.

Methods: A facility-based cross-sectional study was conducted from March 4th to April 5th, 2020 among 458 ever-married women at public Hospitals in Eastern Ethiopia. The study participants were approached through face-to-face interviews using a standardized questionnaire. Data were analyzed using SPSS version 22. The prevalence was reported by proportion with 95% Confidence Interval (CI) and summary measures. Predictors were assessed using a multivariable logistic regression analysis model and reported using adjusted odds ratio with 95% CI. Statistical significance was declared at p-value <0.05.

Findings: Of 458 women enrolled in the study, 48 [10.5%, 95%CI (7.6, 13.5)] of them had pelvic organ prolapse based on women's reporting of symptoms. Predictors such as: History of lifting heavy objects [AOR=3.54, 95%CI (1.51, 8.31)], history of chronic cough [AOR=2.94, 95%CI(1.32, 6.53)], maternal age of≥55years[AOR=3.81,95%CI(1.08, 13.47)], history of chronic constipation (AOR=2.85, 95%CI(1.08, 7.56), multiparity [AOR= 5.41, 95%CI (2.36, 12.36)], and history of prolonged labor [AOR=3.44, 95%CI(1.62, 7.34)] were statistically associated with pelvic organ prolapse.

Conclusion: In this study, one in ten women suffers from pelvic organ prolapse. Modifiable and non-modifiable risk factors were identified as predictors. This result provides a cue to give due consideration to primary and secondary prevention through various techniques. The study shows how a staggering number of women suffering from pelvic organ prolapse in Ethiopia.