PREMENSTRUAL SYNDROME IN NURSES

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Background and Aims:

Premenstrual syndrome (PMS) is a condition which manifests with an array of predictable physical, emotional, cognitive, and behavioural symptom, that occur cyclically during the luteal phase of the menstrual cycle and resolve quickly at or within a few days of onset of menstruation. This study is being done in nurses because they are associated with much work in the hospitals even at night time which may have an impact on their work life.

Aim:. This study will allow us to estimate the prevalence and severity of PMS in nurses and identified probable associations of PMS and PMDD with age, locality, food habits, obesity, stress, genetic influence, menorrhagia and dysmenorrhoea.

Methods:

A cross-sectional observational study in which Premenstrual Symptoms Screening Tool for Adolescents (PSST-A) Questionnaire was self-administered to screen PMS and Premenstrual Dysphoric Disorder (PMDD).

Interim analysis of 100 nurses from 1 centre is presented.

MENSTRUAL CYCLE REGULARITY	
Regular	79
Irregular	19
Others	2
LOCALITY	
Urban	51
Semi urban	13
Rural	30
City slum	6

Junk food on regular	
NO	29
YES	71
Stress	
NO	37
YES	62

Results:

- ✓ **The mean(SD) age of nursing students was 19.57(1.30) years.**
- ✓ Most students were Hindu(94), from urban/semi urban locality(70) and pursuing degree course(65).
- ✓ **44 had PMS while 31 had PMDD.**
- ✓ Albeit limited by sample size, the study could not found association of PMS with sociodemographic variables (locality, age, religion etc.), clinical features (BMI, severity of pain, regularity of menstruation etc.) or lifestyle (stress, consumption of junk food) [all $p>0.05$].
- ✓ **Not a single student screened positive was under treatment for the same.**
- ✓ The students screened positive for PMS/PMDD were referred to a gynaecologist for further management.

Conclusion:

Prevalence of PMS and PMDD in this population was quite high as compared to the same reported elsewhere.

Increasing awareness regarding PMS/PMDD along with support services to effectively manage it should be explored along with identifying factors associated with PMS/PMDD.

EDUCATION	
BSc	64
GNM	35
Diploma	1
RELIGION	
Hindu	94
Christan	6
MARITAL STATUS	
Single	99
Married	1

	NO%	YES %
Complain of pain during menstruation	38.38	61.62
Family history	98.98	1
Junk food	29	71
Stresses	37.37	62.63
PMDD	69	31
PMS	56	44

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