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Clinical evaluation of chronic pelvic pain at primary health care**Huma Sheikh**

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Statement of Problem: Chronic pelvic pain presents in primary care as frequently as migraine or low back pain. It is a symptom not a diagnosis but has significant impact on women quality of life and carries a heavy economic and social burden. This is affecting as many as 15% women and provides both diagnostic and therapeutic challenge. The objective of study is to evaluate chronic pelvic pain in females of reproductive age at primary health care.

Method: This is a descriptive study which is conducted at government maternity hospital Satellite Town, Gujranwala, Pakistan. A sample of 150 subjects is selected through convenient sampling technique with after taking prior informed consent. The survey was conducted using questionnaires comprising of questions regarding pain, gynecological, medical and surgical history.

Findings: Data was analyzed using SPSS 21 and the results indicated that out of 150 patients 28% presented with sole chronic pelvic pain while 55% presented with vaginal discharge, 7% with infertility, 3% with menstrual irregularities and 7% with dysmenorrhea. Most presenting complaint is vaginal discharge because of lack of hygiene and unsafe sexual practice acquiring infections. Increase in caesarian sections and associated nerve entrapment and pain due to adhesions is also an important reason.

Conclusion: At primary health care with first contact with GP and gynecologist detailed history of the patient and examination is key towards diagnosis. Sexual abuse, unsafe sexual practice has to be enquired in a very sensitive manner. Continuous antenatal care, safe home births, and avoidance of undue surgeries are keys towards prevention of complications and health burden on developing countries.

Biography

Huma Sheikh has been working in Reproductive Health Care for almost last 18 years. She is Gynecologist and Obstetrician and is serving in Government Maternity Hospital, Gujranwala Pakistan.

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