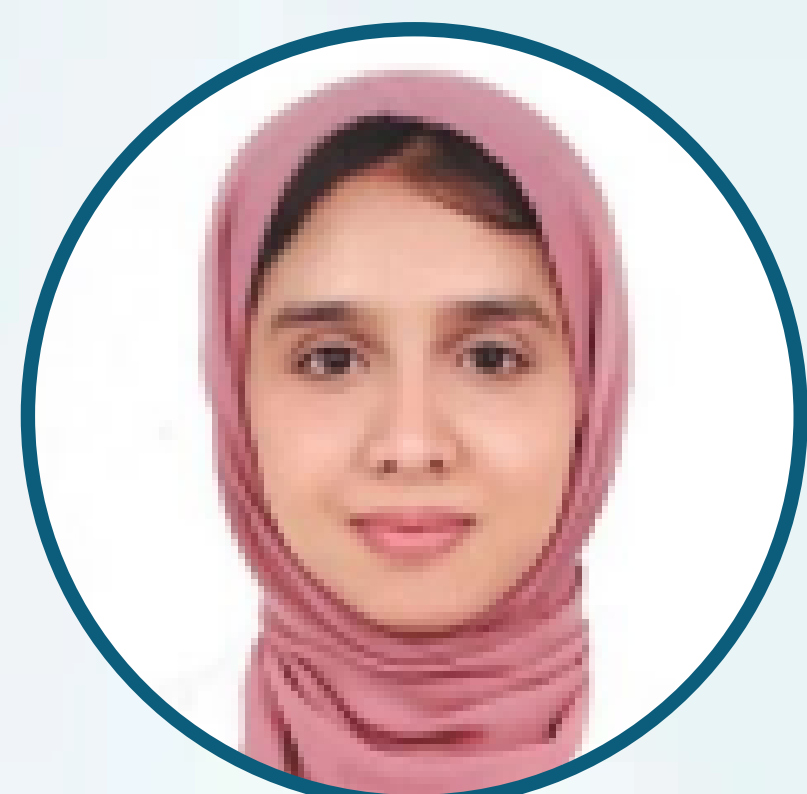


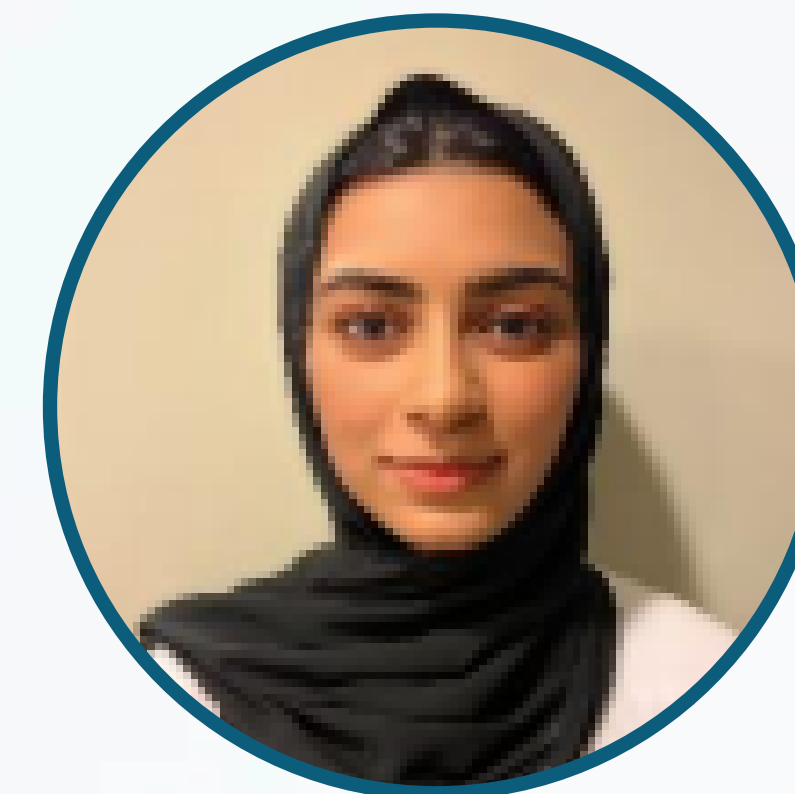
GLOBAL WELLNESS AND INTEGRATED HEALTH CONGRESS

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Effect of menstrual disturbances on female medical students

Background:

Menstrual disturbances are very common among female students and cause major impact on their quality of life. The disturbances range from mild premenstrual syndrome (PMS) and dysmenorrhea to more severe conditions such as severe menorrhagia and polycystic ovarian disease. Psychosomatic discomfort poses a risk for inaccurate self-medication, thus directly impacting personal and academic wellbeing. Medical students are prone to stress due to the abundant curriculum and dense academic schedules. Menstrual disturbances create an added challenge to their daily lifestyle. There is clear evidence in the literature that menstrual health affects the academic and social lives of medical students. However, there is a need for greater awareness of medical academia on menstrual disturbances and thereby urge them to establish systematic measures to support students who are affected by this. Objective: The aim of the study is to explore the prevalence and impact of menstrual disturbances among female medical students and its impact on their academic and social life. This is anticipated to promote supportive actions to overcome the challenges caused by it.

Method:

A systematic review of research articles published regarding the prevalence and effect of menstrual disturbances amongst female medical students.

Results:

The common menstrual disturbances faced by medical students are PMS, dysmenorrhea, menorrhagia, and amenorrhea. The findings show that absenteeism and decrease in academic performance among students facing these issues. The majority of the students facing these issues resort to self-medication for ameliorating their symptoms: only a small proportion of students seek medical attention.

Conclusion:

The prevalence of menstrual disturbances among medical students and its impact on their social and academic performance shows that supportive strategies are needed to be implemented by medical schools to support these students.

Keywords: Menstrual cycle disturbance, Female medical students, Women health

Biography:

Sadiyah Shamim Hashmath & Sara Liba Changaai Mangalote, We are medical students currently in our 5th year. As female students we have faced these disturbances and have realised menstrual cycle plays a crucial role that impacts not only our mental, physical but also academic health. Upon searching and reviewing various articles on this context, we found out that menstrual disturbances amongst female medical students is widely prevalent and in turn has a significant impact on the overall quality of student life. As female medical students ourselves, we want to understand the pattern and triggers of various menstrual disturbances, so as to implement and encourage students to adopt healthy lifestyle and management practices. As we have been studying this topic and reading numerous literature reviews over the past few months, we would be grateful for this opportunity to present our knowledge in the form of a poster presentation. We are enthusiastic in the field of research and community wellness.