



ORIGINAL ARTICLE

FREQUENCY OF GYNECOLOGICAL AND OBSTETRICS CASES AT IMRAN IDREES HOSPITAL, SIALKOT

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ABSTRACT

Objectives: To study the Gynecological cases among the patients of different ages and the ratio of different diseases at different ages.

Methods: Retrospective study was conducted to collect the data of one hundred and forty-two patients. These patients were tabulated according to their age and their diagnosis. This study was carried out from 25th April 2023 to 16th May, 2023 in the department of Gynecology, Imran Idrees Teaching Hospital Sialkot.

Results: In our study there were a total of 142 patients in which, 10-20 yrs of age were 8%, 21 -30yrs of age were 43%, 31-40 yrs of age were 37%, 41 -50yrs of age were 8%, 51-60yrs of age were 3%, 61 -70 yrs of age were 1%. We studied and analyzed the data in which patients of different diseases were categorized according to their prevalence. Pt. of failure to progress (FTP) were 47%; of fibroid uterus were 17%; of fetal distress were 11%; of labor and abdominal pain were 12%; of gestational amenorrhea were 16% and other cases were 39% (including ectopic pregnancy, eclampsia, dermoid cyst, placenta previa and twin pregnancy).

Conclusions: It was concluded that most patients were in-between age 27 -31yrs. And the most common disease among all the patients was failure to progress (47%); refers to stalling of labor which prevents delivery of the fetus.

Keywords; Ectopic pregnancy, Eclampsia, Dermoid cyst, Placenta Previa and Twin pregnancy, FTP, Gestational Amenorrhea

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Introduction

The term gynecology pertains to the diseases of women and is generally used for diseases related to the female genital organs.¹ Gynecological disorders affect the female reproductive system and are regarded as social and public health unsoundness. These conditions include infections, endocrine problems, and benign and malignant tumors. Each of these illnesses significantly impairs women's quality of life, and sadly, many of them continue to lack effective treatment options.² For the benefit of these affected women and their reproductive health, primary and

secondary preventive measures, early diagnosis and prompt treatment must be encouraged. Applying such preventive strategies might occasionally be equally as vital as or even more so than using curative techniques. These essential steps include informing patients about the value of a healthy lifestyle and outlining dietary and hygiene precautions.³

Nutrition plays an important part in maintaining the reproductive health of women. In this study, we reviewed publicly available studies about the current relationship between nutrients and dietary supplements and prevalent gynecological illnesses, emphasizing the critical function of



nutrients and dietary supplements in slowing the progression of disease. The public and research community primarily relate gynecological care to reproductive health and questions such as family planning, pregnancy and birth². As women near the end of their reproductive years, for new reasons seek consultation and treatment with outpatient gynecological service providers.^{3,4,5} Breast and endometrial cancer prevalence and commonness rates increase with age and, following menopause, conditions such as urinary incontinence, osteoporosis and uterine prolapse become more frequent⁶. Some conditions may necessitate surgery that requires outpatient medical aftercare. From the perspective of prevention, cancers early detection gains great importance in gynecological practice.^{7,8,9,10} In January 2020, early detection of cervical cancer was changed from an opportunistic screening offer to an organized screening program, including an annual cervical cell smear (20 to 34 year old women) or a cervical cell smear and human papilloma virus test every three years (age 35 and older).¹⁰

For the early detection of breast cancer, women aged 30 years and older are offered annual breast palpation examinations, and 50- to 69 years old women can undergo a mammography of both breasts within scope of a biennial mammography screening.¹¹ Some patients will request further consultation on mammography screening by their gynecologist¹². A retrospective study in gynecology/obstetrics refers to a type of research study that looks back at past medical records and data to investigate a specific research question or hypothesis. By examining patient and taking information from the history of patient, researchers can gain insights into various aspects of gynecological conditions, treatments, outcomes, and trends.

Gynecological diseases are related to female genital organs and within it we can also talk about sexually transmitted diseases and obstetrics.¹³ Their diagnosis and treatment is an important aspect of the quality of life of women and their reproductive health because these diseases are public health and social problem and it is very important to deal with them at the level of Primary Health Care, so in this

context to promote both primary and secondary prevention, sometimes this is more important than curative procedures.¹³ A study conducted by the Robert Koch Institute (RKI), they used data from the German Health Interview and Examination Survey for Adults (DEGS1, 2008–2011). This paper describes the gynecological conditions that affect women aged 50 years and older over time, and possible reasons for gynecological appointments. The RKI collected representative data on the health of the German population aged 18 to 79 years. This study, which covered 8,151 participants, included questionnaires, interviews, physical examinations and tests. These conditions can be grouped into the following four categories:

- a.1 'gynecological cancer screening',
- a.2 'menopause and contraception', 'diseases and complaints'
- a.3 'gynecological operations'.¹⁴

Age group	18-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years
Diseases						
Urinary incontinence (currently, n=3,276)	4.2%	11.4%	17.1%	23.2%	30.1%	42.3%
Osteoporosis (lifetime, n=313)	n.s.	n.s.	n.s.	4.1%	12.7%	25.2%
Uterus prolapse (lifetime, n=136)	0.2%	0.0%	2.5%	4.7%	4.6%	7.6%
Breast cancer (lifetime, n=112)	0.0%	0.1%	1.3%	2.9%	5.4%	6.2%
Gynecological cancers (lifetime, n=87)	0.2%	0.9%	1.1%	3.3%	3.6%	1.7%
Hysterectomy	0.0%	0.5%	10.2%	26.8%	35.2%	38.0%

Table-I, Prevalence of specific diseases and operations in 18- to 79-year-old women by age (n=4,198)

Objective:

The purpose of study is to utilize the existing data for the generation of knowledge, for clinical practice and to contribute to the understanding of gynecological conditions.

Methodology:

A retrospective observational study was conducted from April to May 2023 on the 142 patients of Imran Idrees Teaching Hospital, presented to Gynecological outpatient department and their records were observed and analyzed for the study.

Criteria for participants' selection: Patients who had any gynecological issues were considered for being the subject of this audit.



Results and Findings:

Age of patients	No. of patients
10 to 15	2
16 to 20	9
21 to 25	27
26 to 30	34
31 to 35	28
36 to 40	24
41 to 45	9
46 to 50	4
51 to 55	4
56 to 60	0
61 to 65	0
66 to 70	1

Table 1: Number of Patients in Age Group which is also shown in the following Pie-chart.

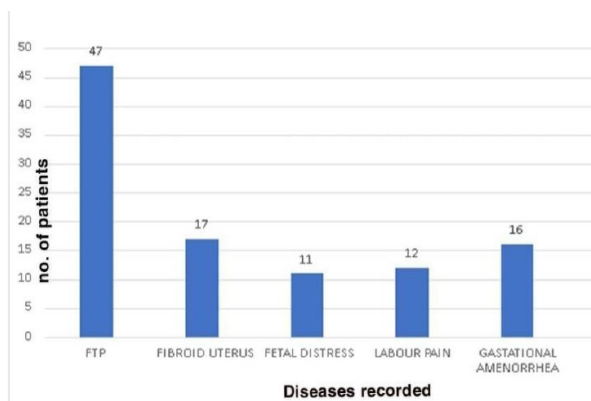


Figure-1 Number Of Patients For A Specific Disease

We studied and analyzed the data in which the patients of different diseases were categorized according to their prevalence. Pt. of Failure to Progress (FTP) were 47%; of fibroid uterus were 17%; fetal distress were 11%; labor and abdominal pain were 12%; gestational amenorrhoea were 16% and other cases were 39% (including ectopic pregnancy, eclampsia, dermoid cyst, placenta previa and twin pregnancy).

Discussion:

The findings reveal that high cases were found with increased prevalence of failure to progress (FTP) which is supported by the log data we have collected. There was also high frequency of cases of fibroid uterus, fetal distress, labor and abdominal pain, gestational amenorrhoea, ectopic pregnancy, eclampsia, dermoid cyst, placenta previa and twin pregnancy.

We have compared our research with medical patients of hospital in India due to similar life standards and we had same results in cases of fibroid uterus.¹⁴

The findings of this study revealed a significant increase in the occurrence of failure to progress (FTP) among the gynecological patients. Additionally, the study identified a high frequency of Failure to Progress (FTP). From the data collected, we were able to conscript the females of 21-30yrs of age which were 43% of the total of 142 patients. We studied and analyzed the data in which patients of different diseases are categorized according to their frequency and the patients appearing with of labor were 47%.

Conclusion

It was concluded that most patients were in-between age 27 -31yrs. And the most common disease among all the patients was failure to progress (FTP) (47%).

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