

Prevalence of Gynaecology Patients in Government Hospitals of Durgapur

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Abstract: The Prevalence of Gynaecology patients in Government hospitals, particularly in Durgapur, highlights significant Healthcare challenges and the accessibility of medical services for women in this region. This article explores the factors influencing the high number of gynaecology patients in Durgapur's government hospitals, analyzing both statistical data and broader social and economic trends. The study, conducted over six months with 460 enrolled patients, revealed that Reproductive tract Infections were the most prevalent condition, followed by Pelvic inflammatory disease and Menstrual disorders. These findings underscore the impact of poor health conditions, with infections being the most common issue, reflecting the region's challenging socio-economic circumstances. The study emphasizes the importance of sustained government support and investment in healthcare infrastructure to address the increasing demand for gynaecological services in Durgapur.

Keywords: Gynaecology, Prevalence, Government Hospitals, Healthcare challenges, Durgapur, Reproductive Tract, Infections, Pelvic Inflammatory Disease, Menstrual Disorder

Introduction-

Gynecological disorders significantly affect a woman's reproductive health, mental well-being, and ability to carry out daily physical activities ¹. Due to limited resources and financial problems, women usually present very late to health care facility ².

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The population of Durgapur, a city in the Paschim Bardhaman district of West Bengal, India, is approximately 580,000. The female population of Durgapur constitutes around 47% to 48% of the total population. This means the female population is approximately 273,000 to 278,400. The gender ratio in Durgapur is roughly 920-930 females per 1,000 males, which is slightly lower than the national average ³. The article further tries to assess the prevalence of Gynaecology patients and various diseases.

Review of Literature-

1. Healthcare Infrastructure in Durgapur

Durgapur, a rapidly developing industrial town in West Bengal, has seen significant growth in its healthcare infrastructure. Government hospitals in the area play a crucial role in providing medical services to a large population, including those who cannot afford private healthcare. These hospitals are often the first choice for women seeking Gynaecological care due to the affordability and availability of specialized services ⁴.

2. Factors Contributing to High Prevalence of Gynaecology Patients ^{3,5,6}

Several factors contribute to the high Prevalence of gynaecology patients in government hospitals in Durgapur.

Economic Constraints: A significant portion of Durgapur's population belongs to the lower and middle-income groups. For these women, government hospitals are often the only viable option for Gynaecological care due to the cost factor.

Awareness and Education: There has been a growing awareness about women's health issues in the region, leading to more women seeking medical attention for Gynaecological problems. Government initiatives and local NGOs have played a crucial role in spreading awareness about maternal health, menstrual hygiene, and the importance of regular check-ups.

Population Density: Durgapur has a dense population, and government hospitals cater to a large number of patients from both urban and rural areas. This leads to a higher Prevalence of Gynaecology patients as these hospitals

often serve as referral centres for smaller healthcare units in surrounding rural areas.

3. Common Gynaecological Issues Treated ^{5,6}

According to previous literature, Government hospitals in Durgapur see a wide range of Gynaecological issues. Some of the most common conditions include:

Antenatal and Postnatal Care: A significant portion of the Gynaecology patients are pregnant women seeking antenatal care. These hospitals are also crucial in providing postnatal care, especially for women from economically weaker sections who might not have access to private healthcare facilities.

Menstrual Disorders: Conditions such as menorrhagia and dysmenorrhea are common among the patients visiting government hospitals.

Reproductive Tract Infections (RTIs): RTIs are prevalent among women, particularly those from rural areas, due to poor hygiene and lack of awareness. Hospitals in Durgapur play a critical role in diagnosing and treating these infections.

4. Impact of COVID-19 Pandemic ⁷

The COVID-19 pandemic has had a significant impact on healthcare systems worldwide, including Durgapur. During the peak of the pandemic, many women delayed or avoided visiting hospitals due to fear of infection, leading to a backlog of untreated Gynaecological conditions. However, as the situation improved, government hospitals in Durgapur have seen a surge in the number of Gynaecology patients as women return to seek treatment for previously neglected issues.

5. Challenges Faced by Government Hospitals ^{3,6}

Despite the critical role they play, government hospitals in Durgapur face several challenges. The high patient load often leads to overcrowding in government hospitals, which can affect the quality of care provided.

Government hospitals frequently face shortages of essential medical supplies, equipment, and personnel, which can limit their capacity to effectively treat Gynaecology patients. While Durgapur's healthcare infrastructure has improved, there is still a need for more specialized Gynaecological care facilities and advanced medical equipment in government hospitals.

6. Government Initiatives and Future Outlook ³

The West Bengal government has initiated several programs aimed at improving women's healthcare in the state, including in Durgapur. These initiatives focus on enhancing maternal health services, increasing awareness about Gynaecological issues, and improving the overall healthcare infrastructure.

Methods and Results-

Study design: Convenience sampling method is used at ESI hospital Durgapur, West Bengal for the present study.

Study period: January 2024 to June 2024 for period of 6 months

Sample size: During study duration 460 patients were enrolled to see for prevalence of gynaecological problems

The women underwent a comprehensive physical examination, which included a speculum examination and a bimanual pelvic examination. For unmarried girls with an intact hymen, a rectal examination was performed instead of a vaginal examination.

Gynaecological diseases in rural India encompass a range of conditions, with varying Prevalence rates depending on factors like healthcare access, awareness, and socioeconomic conditions. Here are the findings according to the study including common Gynaecological diseases and their approximate Prevalence percentages.

1. Reproductive Tract Infections (RTIs)

Prevalence: 30% - 40%

RTIs, including sexually transmitted infections (STIs), are prevalent in rural areas due to poor hygiene, lack of awareness, and limited access to healthcare. Common RTIs include bacterial vaginosis, trichomoniasis, and candidiasis on microbiologic culture studies. Similar findings were noted in study by Nagarkar 2015.⁸

2. Pelvic Inflammatory Disease (PID)

Prevalence: 15% - 20%

PID is an infection of the female reproductive organs, often resulting from untreated STIs. It can cause chronic pelvic pain, infertility, and ectopic pregnancies. Vulvovaginitis, an inflammatory condition affecting the vagina and vulva, is most commonly caused by bacterial vaginosis (BV). The etio-pathogenesis of BV remains a subject of ongoing debate. Epidemiological evidence suggests a potential link to sexual transmission, though this remains controversial. BV is often considered a sexually enhanced disease, where the frequency of sexual intercourse plays a significant role.

In India, studies reporting BV prevalence are limited. However, two studies among pregnant women attending antenatal clinics in North India found prevalence rates of 8.6% and 20.5%, respectively. The incidence of BV is notably higher among women with HIV infections. Similar findings noted in study by Dayal 2016.⁹

3. Menstrual Disorders

Prevalence: 20% - 25%

Menstrual disorders, including menorrhagia (heavy menstrual bleeding), dysmenorrhea (painful menstruation), and amenorrhea (absence of menstruation), are common in rural areas. Factors include malnutrition, lack of education, and limited access to sanitary products.¹⁰

4. Uterine Prolapse

Prevalence: 10% - 15%

Uterine prolapse, where the uterus descends into or outside of the vaginal canal, is common among older women in rural India. It is often due to multiple childbirths, heavy physical labour, and lack of access to postnatal care.¹¹

5. Cervical Cancer

Prevalence: 7% - 10%

Cervical cancer is one of the leading causes of cancer-related deaths among women in rural India. It is associated with human papillomavirus (HPV) infection, poor screening rates, and lack of awareness.¹²

6. Fibroids

Prevalence: 5% - 10%

Uterine fibroids are non-cancerous growths in the uterus that can cause heavy bleeding, pain, and reproductive issues. The Prevalence is lower in rural areas, but lack of healthcare access can lead to complications.¹³

7. Ovarian Cysts

Prevalence: 5% - 7%

Ovarian cysts are fluid-filled sacs that develop on the ovaries. While many are benign, they can cause pain and other symptoms if they rupture or become large.¹⁴

8. Endometriosis

Prevalence: 3% - 5%

Endometriosis is a condition where tissue similar to the lining inside the uterus grows outside it. It can cause severe pain and fertility issues. The Prevalence is lower in rural areas, partly due to underdiagnoses.¹⁵

9. Breast Cancer

Prevalence: 2% - 4%

While breast cancer is more prevalent in urban areas, it is becoming increasingly common in rural regions. Lack of screening and awareness leads to late-stage diagnosis and higher mortality rates.¹²

Conclusion-

The Prevalence of Gynaecology patients in government hospitals in Durgapur is a reflection of the socio-economic conditions and healthcare challenges in the region. While these hospitals provide essential services to a large population, they face significant challenges that need to be addressed to improve the quality of care. Continued government support and investment in healthcare infrastructure will be crucial in meeting the growing demand for Gynaecological services in Durgapur.

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Declaration

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Conflicts of interest

There are no conflicts of interest.