

SHECUP - Clinical trial report (Age Group 13 to 19 Years)

by Dr. Sarita Sharma

In continuation of previous trials on acceptance and usability of SHECUP we interviewed 12 females to find out acceptance and compliance of SHECUP in younger age group of 13 to 19 years.

Objective

To find out acceptance and usability of menstrual cup during menstruation vis-a-vis other menstrual sanitary products available in the market.

Also to make the participants aware about hygiene during menstruation.

Observations

A workshop was conducted with 12 participants. The activities of the workshop were divided in 4 parts, which were as follows:-

1. Age wise categorization of participants;
2. Open discussion on problems during menstruation;
3. Benefits and method of using SHECUP and Questionnaire distribution;
4. Feedback on use of SHECUP and open discussion on experiences of the participants with SHECUP;

On the day of the workshop method of wearing, removal & cleaning SHECUP were explained to the participants and queries regarding the use of SHECUP were sorted out. Three age-wise groups were made with 4 participants in each as follows:-

1. Group 1 = 13-15 years
2. Group 2 = 16-17 years
3. Group 3 = 18-19 years

On the analysis of data collected through this workshop here are some interesting observations:-

- 1 All participants were students with most of them still attending school.
- 2 All participants were unmarried and virgin.
- 3 Most common problems during menstruation were-
 - o Hesitation/Shyness
 - o Lack of proper knowledge
 - o Feeling of uncleanliness
 - o Dipping of the self confidence when it is needed most
 - o Discomfort of wearing bulky sanitary protections
- 4 Most of them belonged to the mid income group
- 5 Maximum queries and questions raised by the youngest age group (age between 13-15 yrs)
- 6 Some of the common questions asked regarding SHECUP:-
 - o Is it safe to use before marriage?
 - o It looks large, does it harm?
 - o Is this material safe & hygienic?
 - o Can this cause any infection?
 - o Does it leak?
 - o Why should I use this?

Inference

1. On the first trial most of the participants had hesitation wearing and removing SHECUP but in further two trials most of them found it better than the sanitary protections they were using before SHECUP.
2. On comparing few parameters regarding use of SHECUP over 3 trial cycles, it was found that:

Overall – After the 3 trials and detailed discussion on SHECUP most participants in the older age group found it satisfactory. Initially some of the participants were not comfortable but after resolving their queries and after the third trial they found it adoptable and useful.

Due to data limitation it's very difficult to comment on individual age group's perception but in nutshell most of them found it satisfactory. Higher age participants were more receptive and willing amongst all groups.

Feel - After 3 successive trails all participants found it comfortable but age group below 15 had more uneasiness in using due to lack of proper knowledge and hesitation.

Final Conclusion: Comfortable when worn

Wearing and Removal - In the first trial most of them found it difficult to wear and remove but gradually over the third trial most of them found it easy to wear and remove. *(On Comparison the younger lot were fast learners as compared to the older lot for new initiatives).*

Final Conclusion: Comfortable while wearing and removing

1. Participants having Menorrhagia found it most useful among all the participants.
2. Working participants most appreciated the usefulness of SHECUP.
3. Participants in the 17 – 19 years age group found it most useful.

Limitation of study

1. Due to small number of participants no statistical data can be presented to connote the usefulness of SHECUP among defined age groups.
2. Only SHECUP trials were done, no other control samples were taken.

Future scope

1. Case control trials can be done with significant level of participants.
2. Random KAP (Knowledge, Attitude & Practice) study can be planned with larger sample size.

Trials conducted and presented by -

Dr. Sarita Sharma
Consultant Gynecologist
Reg. No. 019391