

Abstract

Original Paper

Vaginal Douching Cessation in Rural Turkish Women with Vaginitis

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Abstract

Background: Vaginal douching is a common practice among married women in rural areas of Turkey. The vaginal douching rate is 40-81% among women living in Turkey. Vaginal douching is prevalent practice in Turkey as traditional and religious

Aim: This study was conducted to evaluate the improvement for vaginitis symptoms in a vaginal douching cessation education.

Methods: This is an intervention study conducted in southern Turkey at a Faculty of Medicine's Gynaecology Outpatient Clinic between July and December 2010. It focused on women diagnosed with vaginitis. The participants were divided into two groups as douching and non-douching. A subgroup of the douching women were educated regarding unhealthy effects of vaginal douching. The women that had ceased vaginal douching by education were considered as the experimental group of this study, the vaginal doucher women as the 1st control group and non-doucher as the 2nd control group.

Results: The participants presented to the outpatients' clinic with symptoms of vaginal discharge, dyspareunia, itching, lower abdominal pain, bad vaginal odour, dysuria and irritation; 62.2% of the women had greyish-white discharge and 14.2% had curd-like discharge on pelvic examination. The improvement rate for vaginitis was 46.5% in the douching ceasing group and 23.4% in the douching observation group. The recovery status in the non-douching women was 53.4%. The difference between the experimental and control groups in terms of improvement was found to be statistically significant.

Conclusions: The results indicate that vaginal douching cessation education proved douching ceasing and douche ceasing reduces the risk of vaginal inflammation.

Keywords: Vaginal Discharge, Vaginitis, Vaginal Inflammation, Vaginal Douching