

Shecup - Clinical trial report by Dr. Sarita Sharma

Objective

To find out acceptance and usability of menstrual cup during menstruation and practice to use menstrual products available in market. Also make them aware about hygiene during menstruation.

Inference

I had conducted a workshop in Pilani (Rajasthan) and 23 participants attended that workshop. The workshop which was divided in 3 sessions:-

1. Open discussion on problems during menstruation and questionnaire distribution.
2. Methods to use SHECUP – 3 trials.
3. Feedback on use of SHECUP through questionnaire.

On the day of workshop, method of wearing, removal & cleaning of Shecup were explained to the participants. Information regarding use and benefits of Shecup was given and queries regarding the Shecup were solved till they were satisfied.

The participant mix was as follows:-

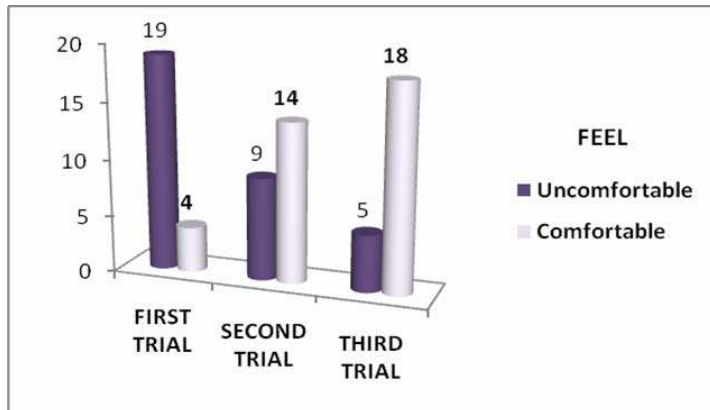
- Out of a sample size of 23 participants, there were 21 married women and 2 unmarried.
- 3 of the 23 participants had heard about menstrual cups, but none of them were using or had used a menstrual cup in their life so far.
- 10 of them were working and 2 of them were students and 11 were homemakers.
- Majority of them were from the middle income group.
- 17 were graduates and 6 were undergraduates.
- All of them have been using Pads as a menstrual solution.

After collecting and analyzing the data from this workshop we found some interesting feedback. The findings are as follows:-

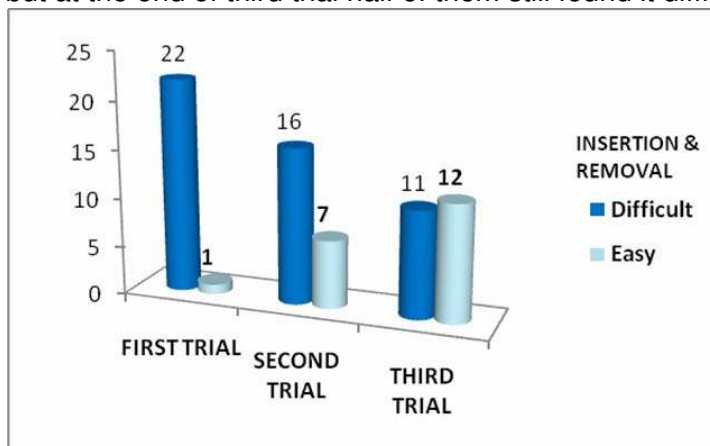
- Three most common problems during menstruation were:-
 - Felt unclean
 - Dipping of the self confidence when it is needed most
 - Discomfort of wearing bulky sanitary products
- On first trial most of them found it very difficult while wearing and removal but in further two trials most of them found it better compared to their current menstrual solution.
- Common questions were asked regarding SHECUP
 - Is the material safe & hygienic?
 - Can it cause any infection?
 - Can I use this during lactation?
 - Why should I use this?
 - Would it leak?
 - It looks big, would it harm?
 - Is it safe to use before marriage?

If we compare few parameters regarding use of SHECUP on first, second and third trial, we found:-

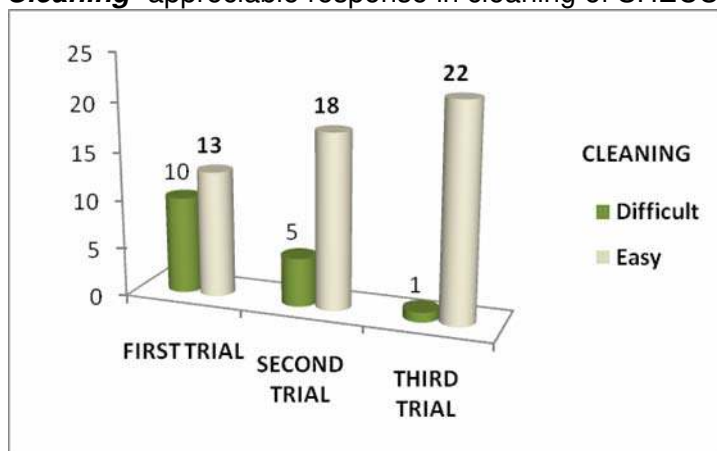
Feel- On three successive trails, gradually towards the third trial most of them found it comfortable.



Wearing and Removal - in first trial most of them found it difficult while wearing and removal but at the end of third trial half of them still found it difficult to wear and remove.

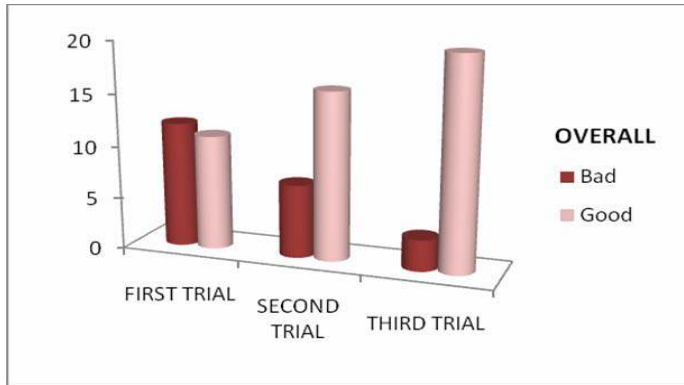


Cleaning- appreciable response in cleaning of SHECUP during trial.



Overall – During the introductory session some women found the concept not worthy, but after solving their queries they understood and on third trial they found SHECUP useful and comfortable compared to their current menstrual solutions.

- Women having Menorrhagia found it most useful among all the participants.
- Working women appreciate the usefulness of SHECUP in their menstruation
- Woman with copper T had more doubts regarding insertion & removal of SHECUP and also worried about affectivity of copper T, but after trial were satisfied.
- Age group between 25-30 years found it most useful amongst all.
- No minors were enrolled for the trials.



Trials conducted and presented by -

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