Jadelle implant acceptance amongst married women in two health facilities in the Gambia

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The study aimed to highlight the Jadelle implant acceptance amongst married women in the Gambia and to explore their perception. The quantitative part employed a retrospective design in which the Hospital’s and Health Center’s Family Planning Registers were reviewed from January to December 2015. The qualitative part employed a purposive sample of 10 women, data was collected through an in-depth interview conducted in the clinic. Data was analyzed using SPSS version 21 and manual thematic analysis. Ethical approval was sought from the Regional Health Office, Ministry of Health & Social Welfare, and the Jammeh Foundation for Peace Hospital. Results indicated that out of 3439 acceptors of family planning, 660 went in for the Jadelle representing a prevalence rate of 19.19%. The mean age was 29.5 years (SD 6.3). Mean parity was 4.5 (SD 2.4), the average number of alive children was 4.2 years (SD 2.1) and most acceptors were housewives 638 (96.7%). A positive relationship existed between women’s age, age of last delivery parity and Jadelle uptake (p<0.05). Age of last delivery was able to predict in about 26.1% of Jadelle uptake (p<0.05). Moreover, majority of women 6 (60%) came for removal of the Jadelle, the most experience side effects were spotting, amenorrhea, and abdominal discomfort and these were the main reasons for its removal. The subdermal implants contraceptive method is safe and efficacious with high acceptance amongst married women attending both health facilities. Therefore, every opportunity should be utilized at antenatal, postnatal and family planning clinics to counsel married women about family planning. This may allow them to make more informed choices about the use of the Jadelle.

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Restoring women’s vaginal health with simple use of essential oils and vegetable oils

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Croatia is a marvellous country but in a post-war aftermath, it was effected with deep economic, moral and intellectual consequences. Since 1991, we at Aromara have been spreading awareness about aromatherapy through education, products and impact at a Governmental level. When researching product development, we seek common chronic health problems that lack an effective pharmacological cure. This is the case for vaginal infections. Most common forms of vaginitis are bacterial vaginosis (40-45%), vaginal candidiasis (20-25%) and trichomoniasis (15-20%). Up to 70% of women may remain undiagnosed. 498 million people aged 15 to 49 worldwide are infected each year with chlamydia, gonorrhea, syphilis or trichomoniasis. A synergistic combination of Helianthus annuus, Hypericum perforatum, Calendula officinalis, Prunus armeniaca fixed oils and Melaleuca alternifolia, Cymbopogon martini, Cananga odorata, Helichrysum italicum, Pogostemon patchouli, Pelargonium graveolens and Matricaria chamomilla essential oils, used daily, show results in alleviating symptoms and providing clear medical tests of the vaginal flora. Aromatograms and pharmacological properties of the main ingredients demonstrate the health benefits of the formulation. The sociological results of improving women’s vaginal health are higher creativity, less depression, better overall health, better sexual life, better motherhood, healthier family - the results of which brings us towards promoting a healthy society.

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