



**PROGRAMME SUMMARY
REPORT**

Episode 6

Date: Wednesday 8th September, 2021

Presenter: Nafisa Ahmad Murtala and Mohammad Adam Tudun Murtala

Discussion: Challenges of mensural hygiene and infectious disease among youth - role of the society

Discussants: Matron Rabi Musa, Mallama Amina Mustapha Muhammad, Khadijah Aliyu Sulaiman and Maryam Ibrahim Idris

PREMISE

Lack of menstrual awareness, lack of access to sanitary pads for vulnerable girl child and even usage/application procedures and disposal/cleaning methods is raising hygiene concerns which sometimes lead to infectious diseases especially with emergence of new infections/diseases globally.

ISSUES

- 1.** Lack of menstrual hygiene makes the girl child susceptible to PID – Pelvic Inflammatory disease - which can even stop menstrual flow and make it come in form of ovulation instead, which may even cause infertility due to doses of expensive anti-biotics used in treatment processes
- 2.** Susceptibility to other infections like gonorrhoea and syphilis

MORE ISSUES...

- 3.** Shy mother/daughter culture/traditional practices that creates a gap between the girl child and their parents.
- 4.** Misconceptions on the kind of food a menstruating girls should consume
- 5.** Wrong or even lack of explicit orientation on menstruation issues when a girl child first sees her period.

...MORE ISSUES.

- 6.** Period and quantity of menstrual flow varies according to individual
- 7.** Poverty which affects affordability of sanitary pads by those in need
- 8.** Lack of frequent changing of pads may cause other infections
- 9.** Clean pieces of clothes as substitute for sanitary pads

RECOMMENDATIONS

A girl child should always inform their parents whenever they start to experience period

Parents should help/guide the girls child on hygiene processes, application of sanitary pads or clothe and frequency of usage

Parents should explicitly sensitize and the girl child on menstruation, expectations and steps to be taken at all times. Let them know its not a condition that should make them freak out

Proper disposal of used sanitary materials should be ensured and recycled ones be dried under the sun to kill disease agents

Understanding the various slangs used to refer to menstruation eg katin mata, budurcin mace in order to communicate effectively.

Parents should get their girl child different sets of underwears they can constantly change during menstruation period and menstruating lady's shouldn't use only one set generally.

Use of detergents (omo/clean), warm water and salt to sanitize/wash underwears while aslo applying disinfectants to used restroom to avoid spreading contagious infections.

Where possible Siblings should try to support thire sisters with stipends often to enable them cater for their feminine and associated needs

Sustained media sensitization special care should be given to the girl child especially on nutrition and blood replenishing food.

Use of white, black or red pieces of clothes and constantly change them in cases where affordability is an issue

