

Prevalence of abnormal “pap smears” and psychological experience of postnatal patients undergoing “pap smears” In Aminu Kano Teaching Hospital.

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- **Abstract:** Cervical cancer is preventable and curable disease if diagnosed earlier, as it has a well evaluated natural history. Cervical screening has been associated with 74% reduction in the incidence of cervical cancer.
- **Methodology:** This was a cross-sectional study. All newly registered postnatal patients for cervical cancer screening that are sexually active and at list 3 years after sexual debut, from the age of 18 years and up to 49 years and who gave consent were recruited.
- **Results:** One hundred and fifty four (154) women, who completed six weeks postpartum participated in this study conducted between first October and first November 2019. Majority of patients were in the age group of 29-39 years 75(48.7%). The age ranged between 18 and 49 years, with mean age of 34.24±6.957SD. The mean age of marriage was 19.987±5.287SD. The age of coitarche was between 10-35 years and 105 (68.18%) had first sexual contact below the age of 20 years. The “pap “smear results were positive in 3 (1.95%) of patients: LSIL found in 2 (1.30%) and HSIL in 1 (0.65%) of the patients. The prevalence of positive pap smears in postnatal patients was 1.9 %..
- Majority of women were anxious 78 (50.65%) and depressed 88 (57.14%) prior evaluation. However, no statistical association was found between risks factors, anxiety and the number of positive smears in our sample group (HADS questionnaires to assess anxiety and depression in this study were given prior the “pap” test and our participants were not aware of their results).
- **Conclusion:** The prevalence of positive “pap” smears six weeks postpartum in our study is low, is the postpartum period still the best time to perform a routine cervical screening? Can the strategy be modified?.

Key words: pap smear, postpartum, Kano.