

Impact of Pelvic Organ Prolapse on Quality of Life in Rural Ghana

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Background

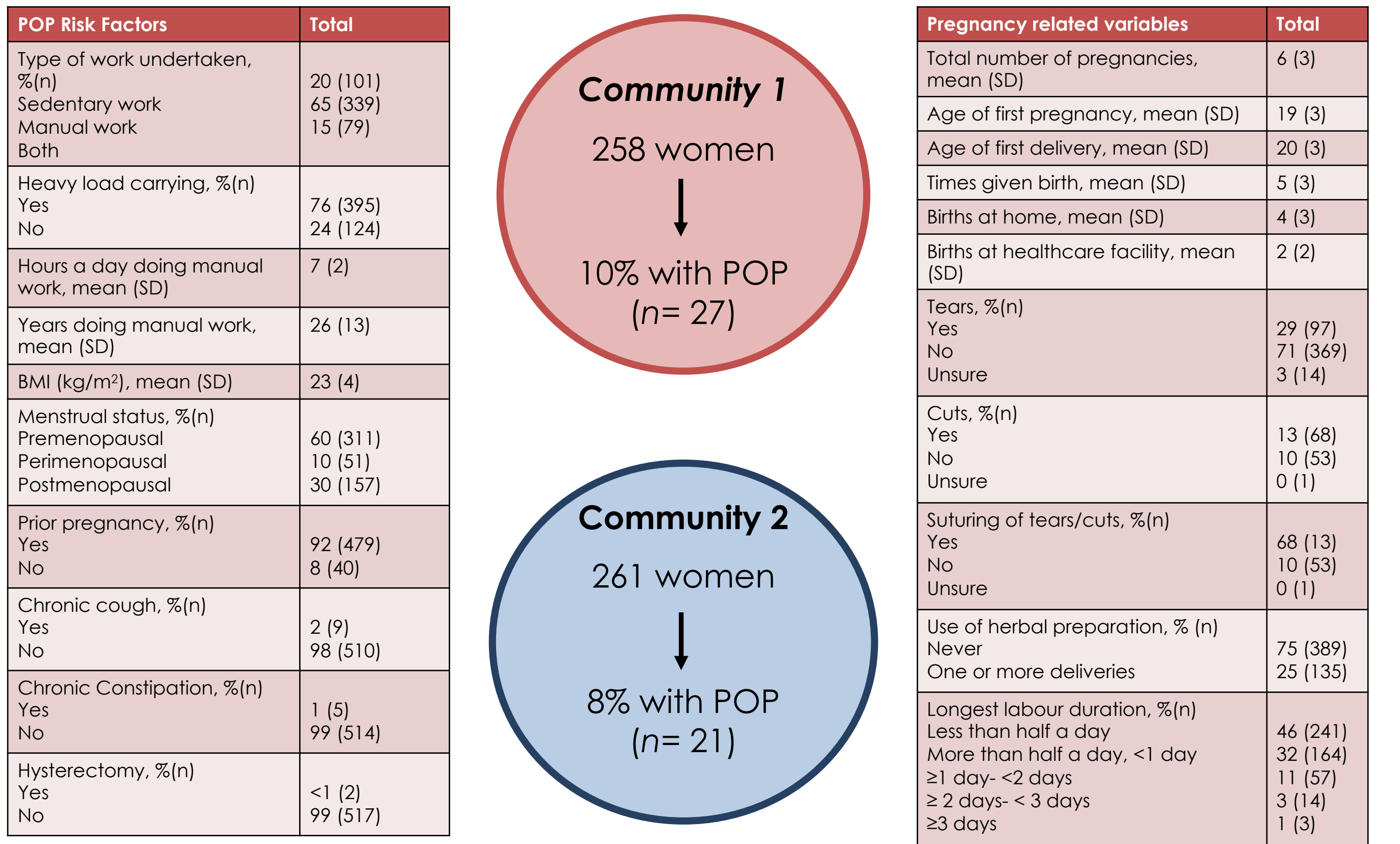
Reports from high income countries indicate pelvic organ prolapse (POP) can significantly impact Quality of Life (QoL) in affected women. However, there is limited data from low- and middle- income countries (LMICs) on the prevalence of POP and its impact on QoL, especially in rural communities.

We aim to
1. Determine the prevalence of POP in two rural communities in Ghana
2. Investigate the relationship between POP prevalence and its impact on Quality of Life.

Study design and Methodology

We conducted a **cross-sectional, household-based survey** of non-pregnant adult women in two communities in Ghana – Saboba and Nkwanta South. The population sample was randomised. Data was collected on RedCAP by community health nurses using a structured questionnaire capturing **sociodemographics** (age, literacy, income level, marital status), **clinical history** (BMI, detailed pregnancy and delivery history, menstrual status), **the Pelvic Organ Distress Inventory**, and **the Pelvic Floor Impact Questionnaire**. The prevalence of POP and its impact on QoL were computed and logistic regression analysis was performed to evaluate risk factors associated with poor QoL.

Results (n= 519)



In these rural communities...

The **burden** of POP is **higher** than reported in high income countries.

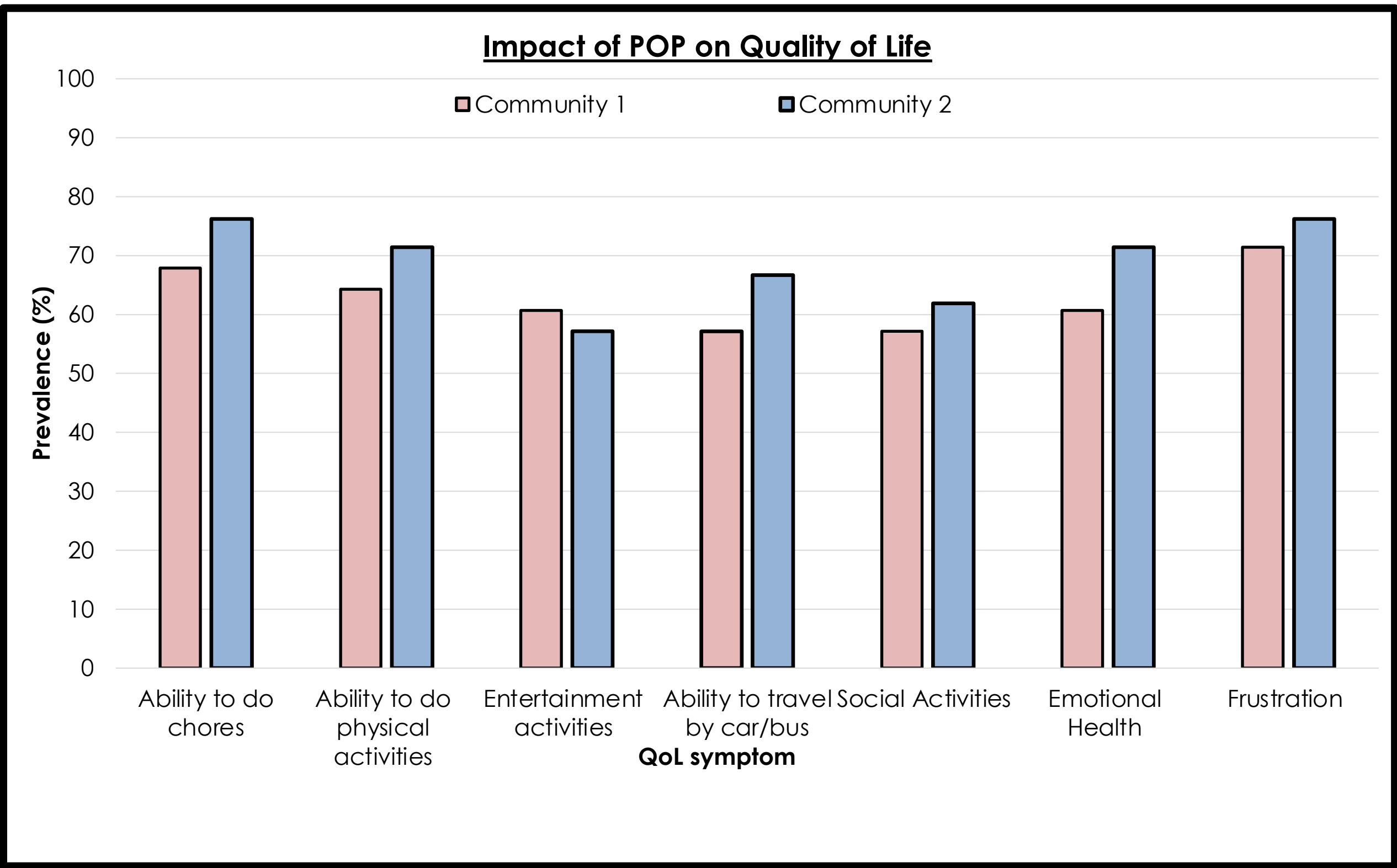
Women **develop** POP symptoms at a **younger age**.

The **majority** of women (**n=40,83%**) report **poor Quality of Life** as a result of POP.

Slim women with other family members affected by POP are disproportionately affected with poorer QoL.

Identifying patients from **high-risk cohorts** can help **accelerate the development of interventions** to improve outcomes and mitigate negative impacts on QoL.

40 out of the 48 women with POP (83%) described poor QoL.



RISK FACTORS FOR REPORTING POOR QoL WITH POP	Odds Ratio	P-value	CI
Community 2 (compared to 1)	0.31	0.07	0.09 - 1.10
Age >50	3.83	0.20	0.49 - 30.08
BMI	0.67	0.01	0.50 - 0.90
Monthly income up to 50 Cedis/\$8 (international poverty line)	0.66	0.69	0.09 – 5.07
School attendance	1.42	0.59	0.39 – 5.15
Age of first delivery	1.08	0.35	0.91 - 1.28
Menopausal	0.41	0.07	0.15 - 1.09
Age began carrying water	1.06	0.55	0.87 - 1.31
Water access outside home	0.22	0.03	0.05 - 0.88
Having a family member with POP (same household)	5.05	0.02	1.27 - 20.11