

Role of Pelvic Floor Exercises and Diet Supplementation in Primary Dysmenorrhea Among Adolescents - A Systematic Review

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ADMINISTRATIVE INFORMATION

Support - NIL.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202440098

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 24 April 2024 and was last updated on 24 April 2024.

INTRODUCTION

Review question / Objective Is there any significant role of pelvic floor exercises and diet supplementation in primary dysmenorrhea among adolescents?

Rationale Primary Dysmenorrhea (PD) is a painful form of uterine cramping that is regarded as one of the most prevalent gynaecological disorders in women. It is a gynaecological condition that not only negatively impacts life and creates emotional distress but also results in lost productivity at work and discomfort with the remaining routines of daily life. PD symptoms may include headache, lightheadedness, back pain, diarrhoea, vomiting, and exhaustion. Globally, women experience a lack of certain micronutrients, which appears to be connected to the menstrual cycle and hormonal fluctuations. There has been a lot of consideration

between physical activity and menstrual pain. Various studies have revealed the effectiveness of pelvic floor muscle exercise in the treatment of dysmenorrhea.

The study focused on understanding the efficacy of PFE and supplementation-based diets in the treatment of PD pain among adolescents. The combination of these interventions may offer a holistic and non-pharmacological approach to managing PD. reviewing the combined effect of pelvic floor exercises and diet supplementation in PD.

Condition being studied Primary Dysmenorrhea (PD) is a painful form of uterine cramping that is regarded as one of the most prevalent gynaecological disorders in women. It is a gynaecological condition that not only negatively impacts life and creates emotional distress but also results in lost productivity at work and

discomfort with the remaining routines of daily life. PD symptoms may include headache, lightheadedness, back pain, diarrhoea, vomiting, and exhaustion.

METHODS

Search strategy Four electronic databases (Google Scholar, PubMed, Mendeley, and Scopus) search the year 2018–2023 using Boolean operators.

Participant or population Adolescents typically aged between 12 and 18 years, with primary dysmenorrhea more than 12 weeks duration.

Intervention Pelvic floor exercises and diet supplementation.

Comparator Standard Physiotherapy care in primary dysmenorrhea including hot formentaton , TENS and soft tissuemanipulation.

Study designs to be included RCTs.

Eligibility criteria RCTs with PedRo score more than 5 will be included and only adolescents with primary dysmenorrhea more than 12 weeks duration.

Information sources Four electronic databases (Google Scholar, PubMed, Mendeley and Scopus).

Main outcome(s) VAS score, WALLID score.

Additional outcome(s) WALLID Score, VAS Scale, McGill Pain Questionnaire.

Data management The data management of articles will be done through the RevMann tool.

Quality assessment / Risk of bias analysis PedRo scoring will be done for included articles after identification, screening, and fulfilment of eligibility criteria.

Strategy of data synthesis The selection of studies will occur in two phases. Initially, two independent reviewers will screen the titles and abstract records. Full-text articles will be obtained for potentially eligible records.

Subgroup analysis In the second phase, two independent reviewers will screen full text articles. If there is a disagreement on whether the record should be included in any stage, a third reviewer will be involved.

Sensitivity analysis Not applicable.

Language restriction English.

Country(ies) involved India.

Keywords "Pelvic floor exercises", "Multivitamins", "Diet", "Nutrition", "Primary Dysmenorrhea", " Pre menstrual Syndrome", "Adolescents".

Dissemination plans Introduction and Review of Literature: 3 months
Result writing : 1 month
Discussion: 1 month.

Contributions of each author

Author 1 - SOMIYA BHATNAGAR - Author 1 will draft the manuscript.

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Author 2 - JYOTI SHARMA - Author 2 will do development of the selection criteria, and the risk of bias assessment strategy and help in PRISMA.

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Author 3 - Aksh Chahal - Author 3 will contribute to the screening of eligibility criteria and data extraction.

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Author 4 - Mohammad Sidiq - Author 4 will help in discussion writing, ead, provided feedback and approved the final manuscript.

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