

A systematic review of Menstrual Hygiene Management interventions in populations comparable to students of Chicago Public Schools

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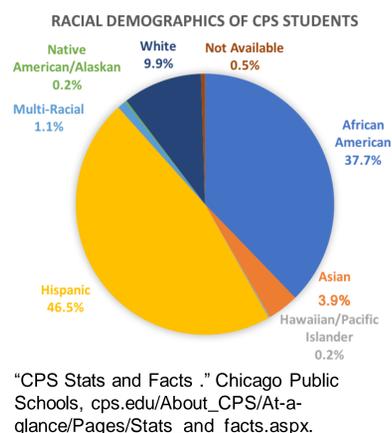
MHM in Ten Priority 1

Background

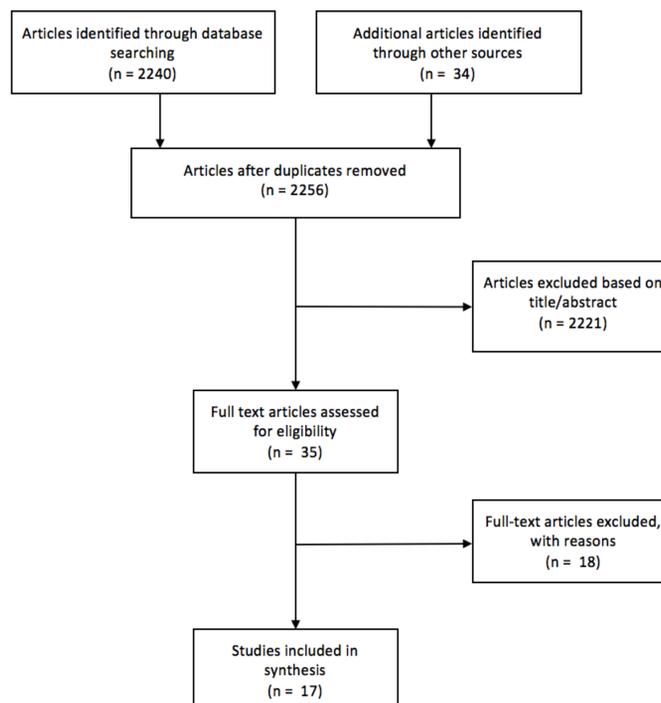
Menstrual Hygiene Management (MHM) has recently become the subject of research and debate within the global health community. An increasing body of literature indicates the importance of MHM interventions in schools within the developing world.

Currently, there are 381,349 students enrolled in the Chicago Public Schools (CPS). According to CPS data, 80.22% of those students are economically disadvantaged, and 17.17% are English Language Learners.

We are in the process of conducting a systematic Cochrane review on the necessity of MHM interventions in schools within the United States, specifically populations comparable to students of the Chicago Public Schools



Flow Chart



Risk of Bias

	Study Size	Selection	Outcomes	Co-factors	Analysis
Clarke (1978)	54	Yellow	Green	Green	Yellow
Fingerson (2001)	37	Yellow	Green	Green	Red
Frank (1999)	106	Green	Green	Green	Yellow
Jackson (2015)	17	Yellow	Yellow	Yellow	Red
Kissling (1996)	11	Yellow	Green	Yellow	Red
Koff (1996)	80	Yellow	Green	Yellow	Yellow
McGrory (1990)	95	Green	Green	Green	Yellow
Swenson (1995)	39	Yellow	Green	Green	Yellow
Teitelman (2002)	33	Green	Green	Green	Red

Risk of Bias methodology adapted from Sumpter, Colin, and Belen Torondel. "A Systematic Review of the Health and Social Effects of Menstrual Hygiene Management." PLoS One, 26 Apr. 2013, doi:10.1371.

Green indicates all criteria in a category were met.
Yellow indicates some criteria in a category were met.
Red indicates no criteria in a category were met.

Research Objectives

While we can extrapolate research findings supporting improved access to MHM in low and middle income countries to the United States, where many women continue to have inadequate access to MHM, there is a need to systematically search the literature for research that examines Americans. Specifically, we aim to analyze findings relevant to Chicago Public Schools students.

We hope to apply findings to support a policy proposal for improved access to MHM in Chicago Public Schools

Methods

A librarian developed a comprehensive database search strategy in consultation with members of the review team. We adapted and applied the search strategy to following databases:

- Ovid MEDLINE
- The Cochrane Library
- CINAHL
- PsycINFO
- ERIC : Education Resources Information Center
- Embase
- ProQuest Dissertations and Theses Global

We searched each database from the date of inception to the present. We used EndNote to remove duplicate records and Rayyan to screen the titles and abstracts. We read and critically appraised the full text of studies that met the inclusion criteria.

We are currently in the process of extracting data from the articles to produce a narrative synthesis of the included studies.

Early Findings

Some themes common among the 12 studies analyzed thus far include:

- Interpersonal relationships (especially those with the mother) are often the most significant source information and can dramatically shape a girls' experience. Some studies indicate the way that material is discussed in schools may encourage/assume more substantive education from family. However, cultural factors and individual interpersonal dynamics are barriers for many girls in receiving concrete instruction from family members.
- Concrete instruction is far more lacking and far more valuable than theoretical or scientific instruction.
- Fear of tampon use.
- Poor menarche/early menstruation experiences are correlated with poor body image and poor sexual health decision-making later in life.
- Experiences of mockery, shame- especially from male peers.

Challenges

- Synthesizing findings across disciplines- qualitative and quantitative.
- None of the studies included in our review examine the effects of MHM interventions. Our findings are therefore limited in that they can only describe the status quo.
- Small sample sizes and largely qualitative outcome metrics make application of to other populations difficult.
- Potential for significant selection bias towards subjects more comfortable with discussing MHM

Future Directions

Ultimately, we plan to apply these findings from our systematic review of MHM research to support a policy proposal for improved access to MHM in Chicago Public Schools, an important target for public health interventions.

To further develop our project towards that aim, we plan to:

- Complete synthesis and analysis of the findings in our selected studies.
- Analyze the relationship between the trends identified in our selected studies and their respective publication dates.
- Conduct focus group interviews with current CPS students.