



<b>College:</b> Nursing	<b>Department:</b> Woman Health and Midwifery Nursing	<b>Call No:</b>
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<b>Title: Introducing Menstrual Practices Learning Sessions for Deaf-Dumber Adolescents.</b>		
Dissertation Abstract		
<b>Introduction:</b> Adolescence is a critical period in girl's life. Girl's adolescence indicates the conversion from girlhood to womanhood. During this phase of growth, the girls first experience menstruation and its related problems which is marked by feelings of anxiety.		
<b>Aim of the study:</b> This study aimed to study introducing menstrual practices learning sessions for deaf-dumber adolescents.		
<b>Subjects and Method:</b> A quasi-experimental study was conducted at Omar Ebn El-khattab School in El Mansoura city on a convenience sample of 53 female students who were aged between 14 to 20 years and had menarche since two years or more. A structured questionnaire and assessment sheet were used for data collection. The assessment sheet was used to identify the participants' level of knowledge about the menstrual cycle and healthy practices during the period of blood flow.		
<b>The main finding of the study:</b> There was significant improvement in girl's knowledge and practices about nearly all menstruation relevant items at posttest compared to pre-test. All of the participant girls believed that menstruation is a disease, all except one thought it is dangerous to perform physical activity during menstruation and considered menstrual blood contains dangerous substances at pretest, while after education their conceptions improved (85%, 86.8%, 88.7% and 83% respectively; $pp < 0.001$ ). Before learning sessions 60.4% were changing the used pads every 4-8 hours, but after the sessions 92.5% were keen to change whenever soiled.		
<b>Recommendations:</b> The present study revealed unhealthy menstrual practices, low level of knowledge and various myths among deaf- dumper adolescents. Besides, the results pointed out the positive effect of the learning sessions in improving the deaf- dumper adolescent's knowledge and practices. Accordingly, adolescent girls with special needs require continuous awareness about healthy practices.		
<b>Key words:</b> Learning sessions, Deaf-dumper, adolescents, menstrual hygiene and practices.		