

BACHELOR THESIS ABSTRACT

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Title: Menstruation after spinal cord injury and its impact on woman's life from the perspective of an occupational therapist

Abstract:

This bachelor thesis, written under the auspices of the Paraple Center, addresses the issue of menstruation in women with spinal cord injuries from the perspective of an occupational therapist. The aim of the thesis is to examine the impact of menstruation on the daily activities of this group of women and to propose ways in which occupational therapy can contribute to addressing menstrual management in women with spinal cord injuries.

The theoretical part of the thesis provides an overview of knowledge about spinal cord injuries, menstruation, and their interrelationship. It also describes the possibilities of occupational therapy intervention in the area of menstrual management in women with spinal cord injuries.

In the practical part, research was conducted using an online questionnaire survey, which was carried out on the survio.com platform. This method provided valuable information about the experiences and needs of women with spinal cord injuries in the area of menstrual management. A total of 34 respondents completed the questionnaire, and all responses were carefully processed and analyzed, mainly through quantitative analysis.

The aim of the thesis was to compare the condition of women with spinal cord injuries during menstruation and outside of it and to identify areas of life where menstruation manifests itself. The thesis also explores the barriers that women with spinal cord injuries must overcome due to their disability during menstruation.

The results indicate that menstruation affects the performance of daily activities in women with spinal cord injuries. Women with lower levels of spinal cord injury are less negatively affected in the performance of daily activities during menstruation than women with higher levels of spinal cord injury.

The thesis suggests that menstrual management should become a standard part of rehabilitation care for women with spinal cord injuries and that the awareness and knowledge of healthcare professionals about this issue should be increased. Further research in this area could lead to a better understanding of the needs of this specific group of patients and further improvement in the care provided.

Keywords:

spinal cord injury, menstruation, occupational therapy, barriers