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Investigating the Menstrual Health Practices and Needs of Rohingya Women Refugees Living in Malaysia
(2024) *Current Trends in Biotechnology and Pharmacy*, 18 (3s), pp. 161-176.

DOI: 10.5530/ctbp.2024.3s.12

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Abstract

The Rohingya people are the most marginalized minorities in the world. Being female refugees in Malaysia, they are vulnerable to many challenges which may impact their menstrual hygiene. Currently, not much is known about their menstrual health practices and needs in Malaysia in which this knowledge gap needs to be addressed. This study aimed to identify the menstrual health practices and needs among Rohingya women refugees and determine the relationship between their socio-demographic profile and menstrual experiences. A cross-sectional study involving 18 to 55 years old Rohingya women attending QFFD Clinic managed by IMARET in Selayang, Selangor between April to November 2022 was conducted. The MPQ and MPNS-36 were included in the self-administered questionnaire. 70 respondents completed the questionnaire. Majority of respondents had used disposable sanitary pad and able to wash hands every time after changing (n = 65, 92.9%), as well as preferred to use bathroom (n = 50, 71.4%) and household bin (n = 68, 97.1%) as location to change and dispose their menstrual materials when at home. The study had also found that only 47.1% (n = 33) of respondents had positive menstrual experiences with the husband's education level to be statistically significantly associated with respondents' menstrual experiences. This study provides a preliminary data on menstrual health practices and needs of Rohingya women in Malaysia. Nevertheless, they performed poorly in addressing their menstrual experiences. Thus, there is a need to include menstrual health programmes in humanitarian crisis. © 2024, Association of Biotechnology and Pharmacy. All rights reserved.

Author Keywords

menstrual health; menstrual management; menstrual needs; refugees; women's health

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Publisher: Association of Biotechnology and Pharmacy**ISSN:** 09738916**Language of Original Document:** English

Abbreviated Source Title: Curr. Trends Biotechnol. Pharm.
2-s2.0-85206948543
Document Type: Article
Publication Stage: Final
Source: Scopus

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