CHAPTER 6
CONCLUSION

The result of this study shows that almost two-fifth of young RA women suffered from RTI. Important risk factors concern personal hygiene and small residence (poverty), functional disability and some medicine use, several of which may be prevented with education and awareness. This study can be a beginning for research in women who are suffering from rheumatoid arthritis and who may be neglecting their reproductive health due to their chronic disease. Results highlight the need to raise awareness of RTI among RA women. It must be noticed particularly for considering health policy formulation and program development for provision of programs and clinical services to provide reproductive health care facilities with low cost diagnostic tests and treatment of RTI directed to RA women.

6.1 FUTURE DIRECTIONS

Apart from socio-economical and cultural risk factors which mentioned as risk factors for this study, some determinants related to RA were observed as other risk factors of RTIs among RA women. With longitudinal studies in different settings among RA women there is a need to assess the prevalence of RTI and whether RA can cause RTI among women because of its immunosuppressive nature and its complications, or because of its medicines with different side effects or due to disability and not having ability for hygienic behavior. Based on the research findings presented in this study, the following points are recommended for future research:

1- To study the prevalence and risk factors of RTIs among RA patients in different settings.
2- To study the relationship between Drug Modified Anti Rheumatic Diseases (DMARDs) and RTI among RA women.
3- To study the role of disability due to RA and RTI among RA women.
4- To study other gynecological morbidities (genital prolapse, fibroids, infertility) among RA women.
5- To study the behavior of RA women with RTI.
6- To study prevalence and risk factors of RTIs among other prevalent chronic disease especially among women.
7- Comparative study of menopausal age among women with RA and without RA.

6.2 LIMITATION OF THE RESEARCH

There are some shortcomings of the study that need to be highlighted:

After interview at the rheumatology referral center, the patient had to travel some distance (approx 2 kms) to gynecological clinic for related examination. This was problem for some patients due to their movement limitations. The researcher organized a vehicle for patients’ transportation.

In some cases duration times for vaginal examination were so long due to movement limitations and to feel embarrassed of patients. It caused to uninteresting emotion for patients and the researcher.

This study was cross-sectional in nature, so the researcher cannot infer any causal association between RTI and RA. It was a main limitation of this study.