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Cytological pattern of cervical pap smears in selected hospitals of Kathmandu, Nepal

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Background: Cervical cancer is one of the leading cause of morbidity and mortality. It can be preventable and diagnosed early with adequate and repetitive cytological screening by Pap test. The conventional cervical cytological screening is the most common technique used throughout the world.

Material and Method: The present study is a retrospective study, carried out at Kantipur Dental college, Lagankhel polyclinic, Nivarak polyclinic and Grande city clinic and hospital services. Total 1999 cases were screened in two years period from Shrawan 2072 to Shrawan 2074.

Results: Out of 1999 smears, 56 cases (2.8%) were unsatisfactory/inadequate, 1884(94.25%) smears were NILM (negative for intraepithelial lesion/malignancy), 115(5.75%) smears showed epithelial cells abnormalities and 439(21.96%) smears were with reactive cellular changes associated with inflammation. Bacterial vaginosis (55.35%) was the most common etiology identified in 439 cases of inflammatory smears. Total 310(15.5%) cases showed moderate to severe atrophic changes in smear cytology. Among 18 follow up cases of carcinoma cervix, one case (0.2%) was identified as a relapse case.

Conclusion: Bethesda system classification 2001 found to be very useful screening method for early detection of epithelial cells abnormalities of the cervix in Nepali population. As all the cases of epithelial cells abnormalities were of age above 30 years, Pap smear examination should begin in women at least at the age of 30 years. Large-scale studies are required to estimate the pattern of cervical cytological abnormalities along with Human papillomavirus (HPV) strain detection in Nepali population.

Biography

Srijana Shrestha has been working as consultant pathologist since 2010. She works in private services/Grande city clinic and hospital services in Kathmandu, she has worked closely with the cancer team in one of the largest cancer centers in Nepal. She teaches general pathology to dental Bachelor students as assistant professor/Kathmandu University. She did her MD pathology at NAMS, Bir Hospital. She has few articles published in Nepal journal of pathology and journal of NAMS.

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