

Randomly Selected Smear Test Screening Outcome

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Background: The cervical cancer screening coverage in Bahrain was 43.1% in 2018. Even with the presence of a screening program, most screening in the Middle East usually take place at random.

Objective: To evaluate the risk factors and outcome of randomly selected smear tests.

Design: A Retrospective Study.

Setting: Bahrain Defence Force Hospital, Bahrain.

Method: All Pap smear tests performed from January 2017 to December 2017 were included in the study. The smear results were divided into four groups: normal, borderline, premalignant changes and malignant changes. Risk factors such as age, parity, contraceptive/medical history, smoking, and human papillomavirus (HPV) positive screening were documented. The outcome of care were divided into four categories: repeat smear test, colposcopy and cervical biopsy, hysteroscopy/dilatation and curettage, and hysterectomy.

Result: A total of 2,626 smear tests were included in the study; 2,246 (85.5%) were negative smears. Two hundred forty (9%) were borderline and 135 (5%) had pre-cancerous lesions. Five (0.2%) cases were malignant; the older the patient, the higher the risk of malignant changes. Twenty-nine (1.1%) of the previous pre-cancerous smear became negative on the successive smear and 72 (2.7%) patients had repeat smear test. Some of the negative and borderline patients had a hysterectomy.

Conclusion: A uniform cervical screening policy must be initiated and cost-effective clear protocols must be laid down to improve the quality of women's health in Bahrain.