

MENSTRUAL CYCLE (3 MARKS)

INTRODUCTION

The menstrual cycle is a normal physiological process occurring in females, preparing the body for possible pregnancy. It involves cyclic changes in the ovaries and uterus.

Memory Trick: P-P
Preparation for Pregnancy

DEFINITION

The menstrual cycle is the monthly cyclic changes in the ovaries and uterus resulting in menstruation, occurring approximately every 28 days.

CONTENT / PHASES

1. Menstrual Phase (Day 1–5)

- Shedding of uterine lining
- Menstrual bleeding occurs

2. Proliferative Phase (Day 6–14)

- Repair and growth of endometrium
- Ovulation occurs around day 14

3. Secretory Phase (Day 15–28)

- Endometrium becomes thick
- Prepares uterus for implantation

SUPER MEMORY TRICK:
M-P-S → “Monthly Period Starts”
(Menstrual – Proliferative – Secretory)

CLINICAL ASPECTS

- Normal cycle: 21–35 days
- Duration of flow: 3–5 days

NURSING ROLE

- Educate girls about menstrual hygiene
- Identify abnormal bleeding
- Provide emotional support

Memory Trick: E-I-S
Educate – Identify – Support

DIAGRAM (VERY IMPORTANT FOR IMPRESSION)

Menstrual Cycle (28 days)

| | | |
|----------|----------|----------|
| M | P | S |
| 1–5 | 6–14 | 15–28 |

▮ CONCLUSION

The menstrual cycle is a normal and essential reproductive process. Proper knowledge helps in maintaining menstrual health and early detection of abnormalities.

— End of 3-Mark Answer —