



Lorestan University of Medical Sciences

Faculty of Khorramabad Nursing & Midwifery

A Thesis

Presented for the

Degree of Master of Medical Surgical Nursing

Title

The effect of olive leaf extract and curcumin on improving clinical signs and symptoms and quality of life in patients with external anogenital warts

By:

Fatemeh Mehrabi Rad

Supervisors:

Dr. Tahereh Toulabi

Dr. Farahnaz Changai

Advisor:

Dr. Rasool Mohammadi

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Abstract

Introduction: Genital warts are a sexually transmitted disease for which there is no definitive cure. The aim of this study was to determine the effect of the combination of olive leaf extract and curcumin on the number of lesions, duration of healing and quality of life of patients with external anogenital warts.

Materials and Methods: This study is a three-blind randomized controlled clinical trial conducted in 2020 in medical centers affiliated with the Lorestan University of Medical Sciences. In this study, women with external anogenital warts were enrolled in the study by the consecutive non-probability sampling method and then assigned by stratified block randomization to two groups, placebo (n = 30) and intervention (n = 30). In the intervention group, the combined extract of olive leaf and curcumin was applied topically three times a day until recovery and up to 12 weeks. Routine treatment (podophyllin solution once a week) was administered to both groups in addition to the interventions. The number of warts, the duration of recovery, and the severity and duration of treatment side effects were assessed in all participants. Patients' quality of life was assessed before the intervention and 1 month after treatment using the sf36 questionnaire. Data were analyzed using the chi-squared, independent t-test, and Mann-Whitney tests with SPSS software version 22.

Results: The results showed that the mean number of warts was significantly lower in the group of combined olive leaf and curcumin extract (5.65 ± 5.223) than the placebo group (7.61 ± 5.245) from the fifth day of treatment onwards ($p = 0.027$). The mean duration of recovery in days in the intervention group (14.73 ± 9.735) was significantly less than the placebo group (34.25 ± 18.863) ($p = 0.001$). In addition, there was no significant difference between the placebo and

olive leaf and curcumin ointment groups in the frequency of drug side effects such as burning ($p = 0.083$), redness ($p = 0.413$), and itching ($p = 0.706$), but patients in the intervention group experienced side effects for a shorter duration of time (1.50 ± 1.924) compared to the placebo group (4.93 ± 8.366) ($p = 0.043$). The quality of life of patients in the olive leaf extract / curcumin group after study 327.21 (37.539) was better than before 197.50 (100.621) ($P = 0.001$). Also, in the placebo group, the quality of life after the study was 328.79 (41.933) better than before 201.75 (97.890) ($P = 0.001$) and there was no statistically significant difference between the two groups ($P = 0.938$).

Conclusion: The combined olive leaf and curcumin extract can be effective in reducing the number of warts, duration of healing, and reducing the duration of complications in patients with external anogenital warts and is recommended as a complementary treatment for these patients.

Keywords: External anogenital warts, olive leaf extract, curcumin, clinical signs, podophyllin, quality of life.