

Whether Menopausal women are aware about Post menopausal symptoms?

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ABSTRACT

BACKGROUND OF STUDY :Menopause is a term used to describe the permanent cessation of the primary functions of the human ovaries the ripening and release of ova and the release of hormones that cause both the creation of the uterine lining and the subsequent shedding of the uterine lining.¹Menopause is a natural phenomenon, but then it causes many symptoms which deteriorates the health of the women and makes her in trouble for the increased chance of many complications. In the menopausal years, many women undergo noticeable and clinically observable physical changes resulting from hormonal fluctuations²

OBJECTIVES: Assess the knowledge regarding postmenopausal symptoms among menopausal women.

MATERIAL AND METHODS: A Quantitative approach with cross sectional descriptive research design is adopted for this study. Non probability purposive sampling technique is used to collect data from 100 menopausal women. In this study setting refers to the waghodia taluka ,Vadodara district .Data collected by administering the structure knowledge questionnaire for knowledge and check list for prevalence .Data analyzed by using descriptive inferential statistic by standard deviation ,chi -test.

RESULT: Out of 100 menopausal women, The highest mean percentage of knowledge score in the introduction aspect (55.28 %) & lowest score in the aspect of risk factor (38.5%) regarding symptoms of post menopausal symptoms.

CONCLUSION: The menopausal women should aware about physiological and psychological changes occurs during menopause. As every menopausal women experience these changes among themselves this study presented basis to conduct research in alterative and compliment therapies to reduce post menopausal symptoms

Key words: Menopausal Women, Postmenopausal symptoms, Knowledge, Prevalence

INTRODUCTION

Menopause describes the permanent cessation of the primary functions of the human ovaries the ripening and release of ova and the release of hormones that cause both the creation of the uterine lining and the subsequent shedding of the uterine lining.^{1 & 2} According to Indian menopause society research there are about 65 million Indian women over the age of 45 and estimated that in the year 2026, the population in India will be 1.4 billion, people over 60 years will be 173 million and the menopausal population will be 103 million. Mean age at menopause ranges in Indian women from 40.32 to 48.84.³ International studies and surveys have shown hormone replacement therapy for treatment of menopause may only postpone symptoms instead of treating or preventing them⁴

Doctors informally note that keralites and Punjabis have high bone mass this could be attributed to a calcium enriched diet a high intake in the case of the former and the high intake of milk in the case of latter. People from the lower socioeconomic strata have a low bone mass because of poor nutrition during childhood and adolescence⁵ According to doctors, a low fat diet rich in calcium, frequent intake of green and leafy vegetables, regular exercise and avoidance of smoking can help reduce menopausal symptoms which include osteoporosis and cardiovascular disease⁶ The most common symptoms are hot flushes, night sweats, irregular periods, loss of libido, mood swings, sleep disorders and depression etc. In this condition, the menopausal women feeling difficulty to manage these situation⁷

During menopause, the primary biological change is a decrease in circulating estrogen levels. Menopause is the end of a woman's menstrual cycles. The term can describe any of

the changes you go through just before or after you stop having your period, marking the end of your reproductive years.⁸Most women nearing menopause will have hot flashes, sudden feelings of warmth that spread over the upper body, often with blushing and sweating. These flashes can range from mild in most women to severe in others.⁸Natural menopause isn't caused by any type of medical or surgical treatment⁹

In the developed world, mean life expectancy for women since 1990 has increased from 50 to 81 years. The life expectancy of the population around the world is estimated to be 75-80 years. Today, there are over 200 million menopausal women worldwide and 40 million in India. According to the world health organization they estimated that by 2025 there will be 1.1 billion women above the age of 50 years experiencing menopause and the average age of experiencing the symptoms of menopause is 47.5years.¹⁰

AIM: Lack of knowledge regarding post menopausal symptoms can invite more physiological and psychological problems during menopause in women .This study was done with the goal to improve the knowledge regarding life style changes and its impact on daily life associated with post menopausal symptoms .

MATERIAL & METHODS:

The research design of the study was cross sectional descriptive design, the participants includes 100 menopausal women who met inclusion criteria. The sample of study is selected by using Non probability purposive sampling technique according to inclusive criteria as an availability.The investigator used self structuredquestionnaire. In this tool there are 30questions from which the subject is asked to selectedany one .After obtaining formal administrative approval from the concerning authorities and informed consent from the samples the investigator personally collects the demographic data.

FINDINGS:

Frequency and percentages distribution of samples, according to demographic characteristic

N =100

SR.NO	AGE	FREQUENCY	PERCENTAGE
1	36-40 year	25	25%
	41-46 year	15	15%
	47-52 year	20	20%
	53-60 year	40	40%
2	Educational status		
	Literate	5	5%

	Secondary	55	55%
	Higher secondary	20	20%
	Undergraduate	20	20%
3	Age at menarche		
	10-11 year	8	8%
	12-13 year	8	8%
	14-15 year	35	35%
	15-16 year	49	49%
4	Age at marriage		
	<18 year	56	56%
	19-21 year	20	20%
	22-24 year	14	14%
	24 year >	10	10%
5	Religious		
	Hindu	52	52%
	Muslim	40	40%
	Christian	8	8%
6	Number of child		
	1	14	14%
	2	21	21%
	3	25	25%
	4	40	40%
7	Marital status		
	Married	62	62%
	Widow	28	28%
	Unmarried	10	10%
8	Monthly income		
	5,000-10,000	53	53%
	11,000-16,000	10	10%
	17,000-22,000	9	9%
	23,000-28,000	28	28%
9			

	Occupation		
	Agriculture	60	60%
	Job	25	25%
	Self-employee	5	5%
	House wife	10	10%
	If any menopausal symptoms in family		
10	Yes	59	59%
	No	41	41%

Above table indicates the frequency and percentage of the menopausal women common findings in age group (53-60 year), educational status (secondary), age at menarche (14-15year), age at marriage (<18year), number of children (4), marital status (married), occupation (agriculture), monthly income (5,000-10,000), if any menopausal symptoms (yes 59)

The Frequency Distribution Of Knowledge Category

Knowledge	FREQUENCY	PERCENTAGE
Inadequate	56	56.0%
Moderate	25	25.0%
Adequate	19	19.0%
Total	100	100.0%

Above data shows that there is different level of knowledge Majority of subjects having inadequate level of knowledge (56%) regarding post menopausal symptoms. The highest mean percentage of knowledge score in the introduction aspect (55.28 %) & lowest score in the aspect of risk factor (38.5%) regarding symptoms of post menopausal symptoms.

Distribution of mean percentage of pre test knowledge score of menopausal women . N =100

KNOWLEDGE AREA	MAXIMUM SCORE	MEAN	MEAN PERCENTAGE	STANDARD DEVIATION
Introduction	7	3.87	55.28%	0.4897

Causes	6	2.77	46.16%	0.4764
Risk factor	6	2.31	38.5%	0.4950
Symptoms	9	3.875	43.05%	0.5001
Treatment	2	0.845	42.25%	0.4987
Overall	30	13.675	45.58%..	0.4951

Above data shows that the area wise distribution of the knowledge scores of menopausal women regarding post menopausal symptoms , The introduction aspect comprise of questions 7 had mean percentage (55.28) with SD (0.48) & mean percentage causes with 6 item had mean(2.77)with SD (0.47) & mean percentage (46.16%), Treatment consisting of 2 question had mean(0.84),SD (0.49) & mean percentage (42.25%), risk factor comprises of 6 item had mean(3.87)with SD (0.50) & mean percentage (43.05%), The overall mean score is (13.67) SD is (0.49) and mean score percentage is (45.58%).

DISCUSSION:

Findings of present study revealed that, in socio demographic data of samples regarding age group (53-60 year) are maximum, other maximum category findings are educational status (secondary),age at menarche (14-15year),age at marriage (<18year),number of children (4),marital status (married),occupation (agriculture),monthly income (5,000-10,000),if any menopausal symptoms (yes 59) Data regarding knowledge shows that there is different level of knowledge Majority of subjects having inadequate level of knowledge (56%) regarding post menopausal symptoms. The highest mean percentage of knowledge score in the introduction aspect (55.28 %) & lowest score in the aspect of risk factor (38.5%) regarding symptoms of post menopausal symptoms.

The same study done by **Iliodromiti, S et al**, which included 5591 studies, 214 of which were included. Forty-nine different primary reported outcomes were identified for vasomotor symptoms and 16 different tools had been used to measure these outcomes. The most commonly reported outcomes were frequency (97/214), severity (116/214), and intensity (28/114) of vasomotor symptoms or a composite of these outcomes (68/214). There was little consistency in how the frequency and severity/intensity of vasomotor symptoms of postmenopausal were defined.¹⁰

The same study findings done by **Furlong, Orlaith N et al**, where no significant differences were observed between the groups for any of the cognitive function outcomes

measured. Soy drink consumption had no effect on menopausal symptoms overall; however, when women were stratified according to the severity of vasomotor symptoms (VMS) at baseline, women with more severe symptoms at baseline in the medium group had a significant reduction¹¹

CONCLUSION:

This study was undertaken to assess the knowledge of post menopausal symptoms among menopausal women .Results revealed that, there is moderate in knowledge regarding post menopausal symptoms..And there are some major symptoms in women facing during menopause life .

Ethical approval:

Since the study involved human subjects, a formal ethical approval received from institutional ethical committee.

Informed Consent:

Informed consent was obtained from participants and assured for anonymity.

Conflict of Interest:

The authors declare no conflict of interest.

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