

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ لَعَلَّكُمْ تُفْلِحُونَ

صدق الله العظيم

البقرة (٢٦٩)

استخدامات العلاج التكميلي و البديل لمعالجة اضطرابات
الدورة الشهرية بين الفتيات المراهقات بقرية مصريه.

رسالة علمية

مقدمة إلي كلية التمريض- جامعة الإسكندرية
إيفاء آ جزئياً لشروط الحصول على درجة
الماجستير في تمريض أمراض النساء والتوليد

مقدمة من

وفاء طه إبراهيم سيد احمد الجزار
بكالوريوس تمريض

كلية التمريض
جامعة الإسكندرية
٢٠٠٩

المشرفون

ا.د. أماني احمد جمال الدين محمود

أستاذ متفرغ تمريض

أمراض النساء والتوليد

كلية التمريض

جامعة الإسكندرية

د. شادية احمد طه يس

أستاذ مساعد

أمراض النساء و التوليد

كلية التمريض

جامعة الإسكندرية

استخدامات العلاج التكميلي و البديل لمعالجة اضطرابات الدورة الشهرية بين الفتيات المراهقات بقرية مصريه.

مقدمة من

وفاء طه إبراهيم سيد احمد الجزار
بكالوريوس تمريض. جامعه الإسكندرية

للحصول على درجة الماجستير
في
تمريض أمراض النساء والتوليد

موافقون

لجنة المناقشة والحكم علي الرسالة

..... ا.د. أماني احمد جمال الدين محمود

أستاذ متفرغ تمريض
أمراض النساء والتوليد
كلية التمريض
جامعة الإسكندرية

..... ا.د. محمد رمضان محمد جابر

أستاذ متفرغ أمراض النساء والتوليد
كلية الطب
جامعة الاسكندرية

..... ا.د. ماجدة يوسف حلمي مراد

أستاذ متفرغ تمريض
أمراض النساء و التوليد
كلية التمريض
جامعة الإسكندرية

لجنة الإشراف

موافقون

ا.د. أماني احمد جمال الدين محمود

.....

أستاذ متفرغ تمرير

أمراض النساء والتوليد

كلية التمريض

جامعة الإسكندرية

د. شادية احمد طه يس

.....

أستاذ مساعد تمرير

أمراض النساء و التوليد

كلية التمريض

جامعة الإسكندرية

**USES OF COMPLEMENTARY AND ALTERNATIVE
THERAPY IN MANAGEMENT OF MENSTRUAL
DISORDERS AMONG ADOLESCENT GIRLS IN AN
EGYPTIAN VILLAGE .**

Presented by
Wafaa Taha Ebrahim Said Ahmed El-Gazar
B.Sc. N. Alexandria University

For the Degree of
Master of Nursing Science
In
Obstetric and Gynecologic Nursing

Examiner's Committee

Approved

Prof. Dr. Amany Ahmed Gamal El-Dein Mahmoud.

Professor Emeritus of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

Prof. Dr. Mohamed Ramadan Mohamed Gaber.

Professor Emeritus of Obstetric
And Gynecology
Faculty of medicine
University of Alexandria

Prof. Dr. Magda Yousef Helmi Mourad.

Professor Emeritus of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

Advisors ' Committee

Approved

Prof. Dr. Amany Ahmed Gamal El-Dein Mahmoud.

Professor Emeritus of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

Dr. Shadia Ahmed Taha Yassin

.....

Assistant Professor of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

Supervisors

**Prof. Dr. Amany Ahmed Gamal El-Dein
Mahmoud.**

Professor Emeritus of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

Dr. Shadia Ahmed Taha Yassin

Assistant Professor of Obstetric
And Gynecologic Nursing
Faculty of Nursing
University of Alexandria

**USES OF COMPLEMENTARY AND ALTERNATIVE
THERAPY IN MANAGEMENT OF MENSTRUAL
DISORDERS AMONG ADOLESCENT GIRLS IN AN
EGYPTIAN VILLAGE .**

Thesis

Submitted to the faculty of nursing

University of Alexandria

In partial fulfillment of the requirement for

Master Degree

In

**OBSTETRIC AND GYNECOLOGIC
NURSING**

By

Wafaa Taha Ebrahim Said Ahmed El-Gazar

B.Sc. Nursing Alexandria.

Faculty of Nursing.

Alexandria University

2009

استخدامات العلاج التكميلي و البديل لمعالجة اضطرابات
الدورة الشهرية بين الفتيات المراهقات بقرية مصريه.

USES OF COMPLEMENTARY AND ALTERNATIVE THERAPY IN MANAGEMENT OF MENSTRUAL DISORDERS AMONG ADOLESCENT GIRLS IN AN EGYPTIAON VILLAGE .

protocol of thesis submitted to
Faculty of nursing
University of Alexandria
In partial fulfillment of the requirement
of the degree of
Master of Obstetric
and Gynecologic nursing

خطة بحث مقدمة إلى
كلية التمريض
جامعة الإسكندرية
إيفاء جزئي لشروط
الحصول على درجة
الماجستير في تمريض أمراض النساء
والتوليد

By

من

Wafaa Taha Ebrahim Said Ahmed
Demonstrator
Department of Obstetric
and Gynecological nursing
Faculty of nursing, Damanhour branch
University of Alexandria

وفاء طه إبراهيم سيد أحمد
معيدة
قسم تمريض أمراض النساء
والتوليد
كلية التمريض , فرع دمنهور
جامعة الإسكندرية

Department of Obstetric
and Gynecologic nursing
Faculty of nursing
University of Alexandria
2008

قسم تمريض أمراض النساء
والتوليد
كلية التمريض
جامعة الإسكندرية
٢٠٠٨

Supervisors

المشرفون

Prof. Dr. Amany A.G. Mahmoud
Professor of Obstetric
and Gynecologic nursing
Department of Obstetric
and Gynecologic nursing
Faculty of nursing
University of Alexandria

أ.د. أماني أحمد جمال الدين محمود
أستاذة تمريض أمراض النساء
والتوليد
قسم تمريض أمراض النساء
والتوليد
كلية التمريض
جامعة الإسكندرية

Dr. Shadia Ahmed Taha Yassin
Assistant Professor of Obstetric
and Gynecologic nursing
Department of obstetric
and gynecologic nursing
Faculty of nursing
University of Alexandria

د. شادية أحمد طه يس
أستاذة مساعد تمريض
أمراض النساء والتوليد
قسم تمريض أمراض النساء
والتوليد
كلية التمريض
جامعة الإسكندرية

Introduction

Complementary and alternative therapy (CAT) is a fast resurging and growing issue. Its use is not unique to ethnic culture groups or to a specific age. The interest in CAT continues to grow worldwide and will affect all levels of health care systems^(1,2)

The term complementary/alternative therapy (CAT) refers to all such practices and ideas which are outside the domain of conventional medicine in several countries and defined by its users as preventing or treating illness, or promoting health and well being.^(1, 3) Although both complementary and alternative therapies refer mostly to the same modalities yet, each one of them is defined in the literature differently. Where complementary therapy refers to therapies that are used together with the conventional therapies, and alternative therapies denote all the therapies that are used instead of conventional therapies^(1, 4).

Many of the complementary and alternative therapies (CATs) that are practiced today have been used since ancient times and come from traditional healing practice of many cultures, primarily those of China and India .In China, natural substances such as herbs have been used for thousands of years and the Chinese government supports the use of this therapy. Where this traditional Chinese medicine in general is thought to have evolved about 3000 years ago .In India CAT is present in religious texts of Hinduism in which scholars believes are 5000 years old.^(4,5)CAT had also been used by Egyptian pharos but there is no available documentations.

The uses of CATs are growing very fast not only nowadays but also since 1980, when some American studies found that at the period of 1980-1981 there were 13 million visits conducted to CAT practitioners in UK. ⁽³⁾ In another follow up study, it was reported that between 1990-1991 as much as 425 million visits were conducted to CAT practitioners which exceeded the number of visits conducted to all primary health care settings in UK. Then in 1997-1998 there were 629 million visits with an increase of 47% more than the previous study. ⁽⁴⁾ In another recent study conducted in 2004, 36% of Americans had used some forms of alternative therapy in the past 12 months and 50% of Americans had used CAT once in a lifetime, and if pray was considered as an alternative therapy, the figure rose to 62.1 % . ⁽⁶⁾ Further studies had indicated that CAT use is more common among women than men and in people with higher educational level. They also indicated that one in each three pregnant women use some forms of CAT ^(1,7)

This surge of CAT increases the interest in its education so the number of medical colleges which have begun offering courses in complementary/alternative therapy had increased. For example, in University of Arizona College of Medicine have been offering a program in "Integrative Medicine" which is another term used interchangeably with CAT. ⁽⁸⁾ In three separate researches that surveyed 729 medically oriented schools in the United States, 60% of the standard medical schools, 95% of osteopathic medical schools and 84.8% of the nursing schools found out teaching some forms of CAT. This is beside the fact that accredited Naturopathic colleges and universities are increasing in number and popularity in the U.S.A. ⁽⁸⁾

This increasing surge of CAT has many logically accepted reasons. One of them is that most of these therapies are culturally accepted and some of them have deep roots in many religions. Also, simplicity, acceptability, availability and affordability of CAT play a major role in its increasing surge. In addition most of these therapies are non invasive and have minimal or no side effects .Furthermore, many people who seek CAT have chronic conditions for which conventional medicine has few, if any, effective treatment. ^(1, 4,9) Another major reason for the increased interest in CAT is its holistic approach as it is concerned with the person's body, mind, and spirit whereas conventional medicine tends to treat signs and symptoms only. Also, the therapist is also familiar, so there is less exposure to stressful Situations. ^(4,10) Because of all these mentioned reasons a recent American study did indicate that 50 percent of the adolescent in U.S.A had used some form of complementary and alternative therapy (CAT) . ^(3,11)

Adolescence is a period between 13 and 18 to 20 years, a time that serve as a transition between childhood and adulthood. It is divided into an early period (13 to 14 years), a middle period (15 to 16 years) and late period (17 to 20 years). During all periods, adolescence is defined not so much by chronological age but also by physiological, psychological, and sociological factors. Where adolescence is a period of rapid cognitive, emotional, and social development as well as physical growth. Cognitive development leads an adolescent to deal with a problem in abstract thinking, make and use assumptions and formulate hypothesis while thinking. Emotional development is mostly accompanied with rapid physical growth as the adolescent exhibits alternating and recurrent episodes of disturbed emotions and behaviors with a period of quite one. Adolescent may become hostile or ready to fight, complain or resist

everything. In addition Identity and self-esteem are often disturbed and undergo major changes. Social development represents a dilemma for an adolescent as early teenagers feel more self doubt than self confidence. They want to look grown up, but they still look like children in response they begin to free themselves from parental restrains. They also begin to look for close friendships. As regards to the physical growth, the whole body systems undergo rapid physical growth. This growth is more rapid in girls than boys and it is not necessary to be in the same rate with other aspects of development^(4,12)

For adolescent girls, the most significant aspect of their physical growth is menarche (the first menstrual period), which has a significant effect on both emotional and social development of adolescent girls. It usually begins at the age of 11 to 13 years. However the onset of menarche may occur as early as 9 years (early menarche) or as late as 17 years (late menarche). Shortly after menarche, the girl may have irregular menstruation (monthly shedding of the uterine endometrium in response to cyclic change of hormones) for 3 to 4 months and then it becomes regular later on. Menstrual cycle is complex, coordinated, simultaneous processes which begin in the hypothalamus, directed to the pituitary then the ovaries and end by the endometrium. The result of this process is the production of mature ovum and preparation of the endometrium for the process of implantation if conception occurs and if not it ends by shedding of the endometrium. The average length of menstrual cycle is 28 days with normal range 23 to 35 days, it begins approximately 14 days after ovulation. The average duration of menstrual flow is 5 days (range from 3 to 6 days) and average blood loss is about 50 ml (ranges from 20 to 30 ml).^(1,2)