

# **Women's Expectations Regarding Menopausal Symptoms**

*Thesis*

*Submitted in Partial Fulfillment of the Requirements for  
Master Degree in Maternity and Gynecological Nursing*

*By*

**Mervat Saad Fathy Saad**

*{B.Sc. of Nursing}*

*Clinical instructor*

*Nursing Technician Institute*

**Faculty of Nursing**

**Ain-Shams University**

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## ***Supervised By***

**Dr. Mona Ahmed ELsheikh**

*Professor in Maternity and Gynecological Nursing*

*Department*

*Faculty of Nursing- Ain Shams University*

**Dr. Hanan Abd Elfattah Mohamed**

*Professor in Maternity and Gynecological Nursing*

*Department*

*Faculty of Nursing- Ain Shams University*

**Dr. Amal Fatthy Mohamed**

*Lecturer in Maternity and Gynecological Nursing*

*Department*

*Faculty of Nursing- Ain Shams University*

**Faculty of Nursing**

**Ain-Shams University**

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## List of ABBREVIATIONS

No	Item	ABBREVIATIONS
1	<b>FSH</b>	Follicle Stimulating Hormone.
2	<b>LH</b>	Luteinizing Hormone.
3	<b>IUD</b>	Intrauterine Device.
4	<b>DUB</b>	Dysfunctional Uterine Bleeding.
5	<b>FMP</b>	Final menstrual period.
6	<b>STDS</b>	Sexually Transmitted Diseases.
7	<b>HRT</b>	Hormone replacement therapy.
8	<b>GIT</b>	Gastrointestinal tract.
9	<b>WHO</b>	World Health Organization.
10	<b>NGOs</b>	The Non- governmental Organization.
11	<b>ACOG</b>	American College of Obstetricians and Gynecologists.
12	<b>STRAW</b>	The Stage of the Reproductive Aging Workshop
13	<b>SSRIs\SNRIs</b>	Selective serotonin or serotonin nor epinephrine reuptake inhibitors.
14	<b>BMI</b>	The body mass index.
15	<b>NAS</b>	National Academy of Sciences.
16	<b>BSE</b>	Breast Self-Examination
17	<b>ATM</b>	Attitude Toward Menopause
18	<b>MRS</b>	Menopause rating scale
19	<b>ERT</b>	Estrogen replacement therapy
20	<b>PMS</b>	Premenstrual syndrome
21	<b>HPN</b>	Hypertension, GP geriatric pt., DM diabetes mellitus

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## Abstract

Women in menopausal phase may face vigorous health problems that may have had negative impacts on their quality of life. The present study **aimed** to assess the expectations of women regarding menopausal symptoms. A **prospective study** design was conducted at the out-patient's clinics of Fayoum University hospital and General hospital (gynecology clinic). **Purposive sample** 150 women was included in the study. Data were collected through **three types of tools** (structured interviewing questionnaire sheet, Menopause Rating Scale and *Attitude scale*. **The results** of the study revealed that there were a statistically no significant differences between the women with satisfactory level of knowledge and age, Residence, marriage and occupation. While the result is almost statistically significant between the women with satisfactory level of knowledge and level of education, and there were a statistically no significant differences between the women with the positive attitude and sociodemographic characteristic. The study **concluded** that the majority of women had none to mild menopausal symptoms, the majority of them have unsatisfactory about menopausal symptoms and the majority of them had positive attitude toward menopausal symptoms. The study **recommended** that Awareness program must be conducted at gynecological clinic to improve women awareness regarding dealing with menopausal symptoms.

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**Key words:** Menopause, knowledge, Symptoms, Attitude

## **Introduction**

In Egypt, menopausal women are negligible group from family members, authoritative member and medical team. In spite (despite the fact that), this period is considered a critical age for any woman. Around 13.000.000 women are affected with menopausal symptoms. Women at this period in particular reported a sense of lost *her* femininity when they experienced this symptoms. They also fear losing their physical beauty, so adequate information about menopause and its related facts can eradicate misconception and fears (*Womensguid.org, 2016*).

The menopause is the time in the woman's life in which she had lost her menstrual period. It occurs, as she is no longer produces sufficient estrogen to maintain responsive tissue in an active physiologic mode. In most women, menopause occurs between the age of 50 and 55 years with an average age of 51 years (*Dilley, 2011*).

The most common physical symptoms noticed in menopausal women are fatigue, headache, osteoporosis, sleep disturbance, night sweating and hot flushes. Women also experience emotional changes like anxiety, moodiness, depression, irritability, forgetfulness, sudden inability to

handle stress and loss in their sexual arousal, causing frustration and helplessness. She must also evaluate her goals and priorities to deal with the physical, physiological and social changes of aging, so women may need counseling to adjust successfully to this developmental phase of woman's life (*Catherine, 2012*).

Simple *lifestyle* changes such as exercise and weight loss can help reduce vasomotor symptoms. Adequate calcium intake in a balanced diet helps maintain bone health. Approximately 70% of *women* will complain of menopausal symptoms. Recent evidence suggests that the average age of the menopause for European women is 52 years. Menopause symptoms result from falling levels of 17- $\beta$  estradiol and progesterone produced by the ovary. The depletion of oocyte numbers, and hence hormonal steroids, causes the pituitary to release increasing amounts of follicle stimulating hormone (FSH) – often erroneously measured by healthcare professionals to ‘diagnose’ the menopause. With many of us spending over a third of our lives in the post-menopausal years we commonly seek help from primary care healthcare professionals who need to keep up to date in this field (*Archer, 2015*).

Women were in a great hunger to know about menopause to the degree that they have been leaved their priorities and listen to me about the concept of menopause, so the nurses play a vital role in communicating the importance of this period for improving their quality of life. Nurses fill a number of roles, including counseling women on issues related to menopause, providing education about menopausal symptoms, its effects on their lives, assessing and managing symptoms of this period and follow up (*Black, 2013*).

Today women in menopausal phase have the opportunity to be dynamic and challenging individuals. The nurse can offer comprehensive counseling on all life style factors such as smoking, exercise, diet, alcohol and stress factors. However, for most women personalized care by an informed nurse over 3-4 visit will allow titration of menopause stage, adequate counseling and a high rate of compliance (*Col, 2010*).

This is in according with *Ayers (2011)*, who stated that, menopause has been a traditional source of confusion and misinformation for women. The crucial need of women in the menopausal period is adequate information about the changes that takes place in their bodies and their lives, where supplying this information is a major nursing challenge.

## **Significance of the problem**

Menopause is an important physiological and psychological event signaling the end of reproductive life and youth. It is associated with fear of loss of femininity and advancing age. Consequences of menopausal include the financial, physical, and psychosocial which significantly affect woman as well as the family through process of diagnosis and treatment which affect directly on quality of life.

In additional to social transition and it coincides with empty nest syndrome, when children leave home and women find their selves alone with incidence of psychosomatic consequences which include osteoporosis, weight gain, urinary tract infection, urinary incontinence, hearing and vision problems , hair change and loss, skin change and dryness, dementia, sleep disturbance and mood disorder **(Cobin, 2011)**.

By the year 2025, the World Health Organization estimates that 1.1 billion women will be age 50 or over, the mean age of the menopause in Egypt is 46.7 years, which is low compared to many countries, but this age has been rising recently. There are 11.6% menopausal woman