

Effect of Aerobics Exercise on Improving Hot Flashes among Menopausal Women

Thesis

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

By

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List of abbreviation

Abbr.	Title
CAM	Complementary Alternative Medicine
VS	VasomotorSymptoms
QoL	Quality of life
HRT	Hormone Replacement Therapy
HF	Hot Flashes
BMI	Body Mass Index

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Abstract

Background: Menopause has been considered as one of the most critical stages of the lives of the women affecting their quality of life. Numerous studies have reported a positive effect between Aerobic exercises and menopausal symptoms, including one that found losing weight through diet and exercise decrease the severity of hot flashes and symptoms. **Aim of this study** was aimed to assess effect of Aerobics exercise on improving hot flashes among menopausal women. **Design.** **Intervention** study was done. **Sample.** **Purposive** sample of 150 menopausal women from Ain Shams outpatient clinic for obstetrics and gynecology were included in the study, **Tools,** Three tools were used for data collection; Arabic interviewing questionnaire sheet, Arabic Hot flashes rating scale, diary follow up record. In addition to supportive Arabic leaflet about Aerobic exercises. **The finding of the present study reached to** the women suffers from hot Flashes with different degree of severity as they suffer with mild, moderate & sever degree at 1st week (24.2%, 49.2%, 26.7%) respectively with Mean of hot flashes frequency 5.38 ± 3.01 . Post intervention by the 12th week the severity of hot Flashes changed to (71.7%) mild degree & (6.7%) moderate degree. 21.7% of studied sample have not any complain of hot Flashes (at week 12) with Mean of hot flashes frequency 1.51 ± 1.52 . **Conclusion & Recommendation.** Aerobic training 30 minutes a day, three days a week improved menopausal hot flashes among menopausal women. The present study recommended that. Implementing appropriate educational program about the benefits of Aerobic Exercise during menopausal period. Further studies still needed to identify the predisposing factor for menopausal symptoms & other to investigate the effect of Alternative treatment to improve hot flashes among menopausal women.

Key words: Menopause, Aerobic, Exercise, Hot flushes

Introduction

Menopause has been considered as one of the most critical stages of the lives of the women affecting their quality of life. This transitional stage is known the end of the productive stage in the life of a woman and occurs when the menstrual cycle stops. Starting this stage, Estrogen produced irregularly. Its production has some swings and then declines. Such a situation has been called pre menopause (*Bahri and et al., 2013*).

Menopause is not a disease but is a natural and physiological state and the age of the onset is variable (*Mardokhi, 2009*). The start up the menopause is a new stage in the lives of the women; although, many women believe that the menopause is the decline stage, disability, oblivion and loneliness. Night sweats, headaches, irritability and nervousness, impaired memory, depression, palpitations and cardiovascular disease, hypertension, diabetes, dry skin, muscle and joint pain, poor sleep, fatigue, anxiety and fear are some factors which may cause the negative attitudes in the women. Upon the appearance of the first symptoms of the menopause, the women feel that they lose their femininity passion and love and become indifferent towards the sexual relations. Some

postmenopausal women are so terrified this stage that they will lose their mental balance and feel depression, anxiety and social dysfunction (**Hematkhah, 2010**).

Today, sports and the physical activities have been highly regarded as a therapeutic technique (**Zarshenas and et al., 2009**) and have been known as a positive factor to increase the sense of well- being, self esteem and the social adjustments (**Mohamadi Nasrabad, 2011**). The researchers have believed that the physical activities, through a number of mental and psychological mechanisms such as the increase of self- efficacy, behavioral activation, the sense of success and the prevention of the negative moods, have affected the mental health (**Air and et al., 2012**).

On the other hand, the participation of the persons in the physical activities cause that they close to each other and gain so many opportunities to be skilled in the society (**Firoozabadi, 2010**).

Therefore the researchers have increasingly paid attention to the control of the menopausal symptoms by using the behavioral approaches such as participating in the physical activities (**Tartibian and et al., 2010**).

The aerobic exercises are the basic way to protect the health and well-being of the humans. The aerobic exercises have been performed in the form of the regular motor sets with the special rhythm and plan in order to improve the quality life of the persons and increase their tolerance, patience and optimism (*Mohamadi Nasabad, 2011*).

Aerobic exercises give the persons some chance to express their particular ways. An important part of this physical activity is associated to new forms and motions. The persons are thinking about new activities to experience the innovative ways. Aerobic exercises help the persons to improve their self- esteem, confidence, the social relations and mental status and reinforce the sense of teamwork and cooperation and reduce the anxieties derived by the life and the workplace (*Veisi, 2010*).

Numerous studies have reported a positive effect between Aerobic exercises and menopausal symptoms, including one that found losing weight through diet and exercise decrease the severity of hot flashes and symptoms. Hot flashes and night sweats are among the most disturbing menopause symptoms, and the most common reason that women seek medical help for menopause (*Manson et al., 2013*).

Due to the complexity of menopausal symptoms, many different alternatives to hormone replacement therapy have been developed to control menopausal symptoms. They include the use of herbal drugs, diet/nourishment, exercise programs, and lifestyle modification programs. It is evident that exercise is becoming one of the most important alternative treatment procedures (*Manson et al., 2013*).

One of the most significant challenges for contemporary nursing is helping women preserve health during menopause. The modern approach to menopause has changed dramatically to reflect both the complexity of the changes that occur during this transition and the potential for improved quality of life in the years beyond. Not only are the standards of normal aging being revised, but there are also new therapeutic options that can help women prevent a number of disabling conditions (*Haskell et al., 2009*).

There are many different roles of nurses for managing hot flashes. Both types of nurses; practitioners as well as other nurses specifically educated in menopausal care can be of great benefit in providing care and counseling to menopausal women. Nurses can spend more time to practice in the nursing philosophy that employs a holistic

model of care, focusing on wellness and quality of life issues. It is a perfect fit for providing care to women during the menopausal transition. In terms of managing hot flashes through life style measures, nurses should be given health instruction, such as drinking cold liquids, staying in cool rooms, using fans, removing excess clothing layers when a hot flash strikes, and avoiding hot flash triggers, such as hot drinks, spicy foods, etc., and encourage women to practice regular exercises (*Welton et al., 2010*)

Magnitude of the problem:

Hot flashes are most common menopausal symptoms as it represents 85-90% of women in menopausal period as signs of menopause (*VNE ditor, 2012*). Menopausal symptoms can affect women's health and wellbeing. It is important to develop interventions to alleviate symptoms, especially given recent evidence resulting in many women no longer choosing to take hormone replacement therapy. Exercise may prove useful in alleviating symptoms as hot flashes which the most common menopausal symptoms and improve quality of life. No previous studies are undertaken in Egypt to investigate the effect of exercise on improving hot flashes among menopausal women. So, the research will conduct this study

Aim of the study

-To assess effect of aerobics exercise on improving hot flashes among menopausal women

Through the following:

- Assess frequency and degree of hot flashes before intervention.
- Implement program of aerobics exercise.
- Evaluate the effect of exercise on frequency and degree of hot flashes after intervention.

Research Question:

Do aerobic exercises improving frequency and severity of hot flashes among menopausal women?