



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكرو فيلم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



MONA MAGHRABY

Quality of Life among Menopausal Women

A Thesis

**Submitted For Partial Fulfillment of the Doctorate
Degree in Community Health Nursing**

By

Naglaa Ahmed Elsayed Elkordy

B.Sc. nursing - Zagazig University

M.Sc. Nursing - 2014

Faculty of Nursing-Ain Shams University

**Faculty of Nursing
Ain Shams University
2019**

Quality of Life among Menopausal Women

A Thesis

**Submitted For Partial Fulfillment of the Doctorate
Degree in Community Health Nursing**

By

Naglaa Ahmed Elsayed Elkordy

B.Sc. nursing - Zagazig University

M.Sc. Nursing - 2014

Faculty of Nursing-Ain Shams University

Under Supervision

Prof. Dr. / Magda Abd Elsattar Ahmed

Professor of Community Health Nursing

Faculty of Nursing-Ain Shams University

Prof. Dr. / Nadia Hamed Farahat

Professor of Community Health Nursing

Faculty of Nursing – Ain Shams University

**Faculty of Nursing
Ain Shams University
2019**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سبحانك لا علم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

سورة البقرة الآية: ٣٢



Acknowledgments

*First and forever, thanks to **Allah**, Almighty for giving me the strength and faith to complete my thesis and for everything else.*

*I would like to express my deepest gratitude and appreciation to **Prof. Dr. / Magda Abd Elsattar Ahmed**, Professor of Community Health Nursing, Faculty of Nursing-Ain Shams University, for her generous support and guidance to help me to put this work in its best form and for being an ideal model of a professor to follow. It was indeed an honor to work under her supervision.*

*It is my pleasure to express my unlimited gratitude and deepest thanks to **Prof. Dr./ Nadia Hamed Farahat**, Professor of Community Health Nursing, Faculty of Nursing – Ain Shams University, for her kind assistance, faithful supervision, precious help, valuable advice and guidance she offer me to complete this study.*

I feel greatly indebted to all my family without their great effort, encouragement, help and support this work could not become.

Special thanks to all caregivers and their patients who participated in this study wishing them good health and welfare.

Finally I would like to thank my professors, my colleges, all nurses and everyone who directly or indirectly helped me to accomplish this study.

 *Naglaa Ahmed Elsayed Elkordy*

<i>Subject</i>	<i>Page No.</i>
List of Abbreviations	i
List of Tables	iii
List of Figures	vii
Abstract	ix
Introduction	1
Aim of the Study	8
Review of Literature.....	9
Part one: An Overview about Women's health	9
Part two: Women's health with menopause.....	18
Part three: Quality of life among menopause	48
Part four: Role of community health nursing toward menopausal women	73
Subjects and Methods	98
Results.....	110
Discussion	153
Conclusion	181
Recommendations.....	182
Summary	184
References.....	194
Appendices	I
Protocol.....	—
Arabic Summary.....	—

List of Abbreviations

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
AIDS	Acquired Immune Deficiency Syndrome.	
AMH	Anti Müllerian Hormone	
BMI	Body Mass Index	
CAPMAS	Central Agency for Public Mobilization and Statistics	
CNPP	Center for Nutrition Policy and Promotion	
DNA	Deoxyribonucleic Acid	
FDA	Food and Drug Administration	
FMP	Final Menstrual Period	
FSH	Follicle Stimulating Hormone	
H RT	Hormonal Replacement Therapy	
HDL.	High Density Lipoprotein	
HIV	Human Immunodeficiency Virus.	
HPV	Human Papilloma Virus	
HSDD	Hypoactive Sexual Desire Disorder	
HT	Hormone therapy	
IU	International Units	
IUGR	Intrauterine Growth Restriction	
LDL	Low Density Lipoprotein	
LH	Luteinizing Hormone	
MATII	Menopause Assessment Tool and Intervention Index	
MCHI	Maharashtra Chamber of Housing Industry	
MCHI	The Mayo Clinic Health Information	
MENQOL	Menopause Specific quality of life questionnaire	

List of Abbreviations

MIS	Müllerian-inhibiting substance
NAMS	Native American Management Services
PMS	Pre Menstrual Syndrome
POF	Premature Ovarian Failure
PTB	Preterm Birth
QoL	Quality of life
RDA	Recommended Dietary Allowance
WHO	World Health Organization

List of Tables

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
------------------	--------------	-----------------

Tables in Review:

Table (I): Screening guidelines for women: 13

Table (II): Immunization guidelines for women: 15

List of Tables

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
------------------	--------------	-----------------

Tables in Results:

Table (1):	Distribution of menopausal women's according to their socio-demographic characteristics data (N=120).	111
Table (2):	Distribution of menopausal women's according to their history of the menstrual cycle (N=120).	113
Table (3):	Distribution of menopausal women according to their satisfactory knowledge about menopause, previous stages of menopause, stages of menopause and causes of menopause (pre & post educational program) (N=120).	115
Table (4):	Distribution of menopausal women according to their satisfactory knowledge about factors affecting women's body during menopause and complications associated with menopause (Pre & post educational program) (N=120).	117
Table (5):	Distribution of menopausal women according to their satisfactory knowledge about menopause symptoms (Pre & post educational program) (N=120).	119
Table (6):	Distribution of menopausal women according to their satisfactory knowledge about treatment and methods that used to relieve symptoms associated with menopause (Pre & post educational program) (N=120).	121

Table (7):	Distribution of menopausal women according to their reported practices towards the symptoms of menopause related hot flashes (Pre & post educational program) N=120.....	124
Table (8):	Distribution of menopausal women according to their reported practices towards psychological and social complaints Pre & post educational program (N=120).	125
Table (9):	Distribution of menopausal women according to their reported practices towards physical complaints Pre & post educational program (N=120).....	127
Table (10):	Distribution of menopausal women according to their reported practices towards sexual complaints Pre & post educational program (N=120).....	129
Table (11):	Distribution of menopausal women according to quality life regarding vasomotor and psychological symptoms in the menopause measure Pre & post educational program (N=120).....	132
Table (12):	Distribution of menopausal women according to quality of life related to physical symptoms in the menopause pre & post educational program (N=120).....	134
Table (13):	Distribution of menopausal women according quality life related to the female genitalia and sexual problems pre & post educational program (N=120).	137
Table (14):	Distribution of menopausal women according to general quality of life score level Pre & post educational program (N=120).	139

Table (15):	Relation between total knowledge score level of menopausal women and their socio-demographic characteristics pre & post educational program (n=120).....	142
Table (16):	Relation between total reported practices score level of menopausal women and their socio-demographic characteristics pre & post educational program (n=120).....	144
Table (17):	Relation between socio demographic characteristic of menopausal women & total quality of life score level (pre & post educational program), (n=120).	146
Table (18):	Relation between total quality of life score level of menopausal women and total knowledge score level (pre & post educational), (n=120).	148
Table (19):	Relation between total quality of life score level of menopausal women and total reported practices score level (pre & post educational program), (n=120).	149
Table (20):	Relation between total knowledge score level of menopausal women and their total reported practices score level (pre & post educational program), (n=120).	150
Table (21):	Correlation among total knowledge score level of menopausal women, their reported total practices score level and their total QoL score level toward menopause post educational program.....	151
Table (22):	Cronbach's Alpha reliability analysis	152

List of Figures

<i>Figure No.</i>	<i>Title</i>	<i>Page No.</i>
-------------------	--------------	-----------------

Figures in Review:

Figure (I):	Symptoms of menopause:	30
Figure (II):	Signs and symptoms of hot flashes:	32
Figure (III):	Symptoms and duration off hot flashes:.....	33
Figure (IV):	Symptoms of irregular period:	34
Figure (V):	Symptoms of vaginal dryness	36
Figure (VI):	Mood swings during menopause:.....	37
Figure (VII):	Sleep disorder during menopause:	40
Figure (VIII):	Health tips for fighting hot flashes:.....	74
Figure (IX):	Finding relief for mood swings:	81
Figure (X):	Pelvic floor muscles exercises (Kegel exercises).....	84
Figure (XI):	Natural supplements for treating headache:	86
Figure (XII):	Role of community health for menopausal women,	94