



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



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شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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**Assessment of the Menopausal Symptoms
on Quality of Life among
Diabetic Women**

Thesis

*Submitted for Partial Fulfillment of the Master Degree
in Nursing Science (Maternity and Gynecological Nursing)*

By

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LIST OF ABBREVIATIONS

<i>Abb.</i>	<i>Meaning</i>
AMH	: Anti-Müllerian hormone
DHEA	: Dehydroepiandrosterone
DM	: Diabetes mellitus
DNA	: Deoxyribonucleic acid
FSH	: Follicle-stimulating hormone
HRT	: Hormone replacement therapy
IGT	: Impaired glucose tolerance
LH	: luteinizing hormone
MIS	: Müllerian-inhibiting substance
MT	: Menopausal Transition
PM	: Post menopause
POF	: Premature ovarian failure
QOF	: Quality of life
WHI	: Women's health initiative
WHO	: World Health Organization

Assessment of the Menopausal Symptoms on Quality of Life among Diabetic Women

Abstract

Background: Diabetes and menopause may team up for varied effects on the body including changes in blood sugar level, Weight gains, Infections, and Sleep problems. **Aim of study:** the study aimed to assess the menopausal symptoms on quality of life among diabetic women **the study design:** Descriptive design with utilized in this study. **The study setting:** the study was conducted in the Diabetic Clinics of Maternity Hospital, affiliated to Aim Shams University. **Sample:** A Purposive sample of 200 menopausal diabetic women was involved in this study. **Tools:** Two tools used for data collection, **the first tool**, an interview questionnaire which divided into four parts. **The first part** for assessing socio demographic characteristics, **the second part** for assessing menstruation history, **the third part** for assessing Women's knowledge about menopause and diabetes knowledge, **the fourth part** for the assessment women's practice toward menopausal symptoms. **The second tools:** menopausal quality of life assessment (MENQOL), for assessing menopausal diabetic women's quality of life by questionnaire. **Results:** The finding. Menopausal diabetic women had incomplete correct answers about menopause and diabetes. While majority of menopausal diabetic women had satisfactory practice regarding physical problems while less than half of them had satisfactory practice regarding social and sexual problems. **Conclusion** while majority of menopausal diabetic women had mild level of psychological quality of life and two thirds of them had mild level of physiological quality of life and less than half of them mild level of sexual quality of life. **Recommendations:** Provide educational programs to; increase women's knowledge regarding menopausal symptoms among diabetic. Improve women's practice regarding menopausal symptoms which affect quality of life.

Keywords: Menopausal Symptoms, Quality of Life, Diabetic Women/ nurses

Introduction

Women are among the essential part of any society and family. Menopause is an adaptation process during which women go through many physiological and psychosocial changes. Besides, menopause is a normal physiological process characterized by the final cessation of menstruation either as a normal part of aging or the surgical removal of both ovaries in a broader sense. The passing of time makes ovaries lose the ability to produce estrogen hormone, regulating the menstrual cycle (**McKinney et al., 2016**).

Increasing life expectancy, more than one-third of a woman's life is spent in menopause, which causes many physical and psychological changes in women (**Hamid, 2016**). Natural resulting from the loss of ovarian follicular activity. Menopause as the permanent cessation of menstruation after 12 months of permanent cessation of menstruation, for which there is no other apparent pathological and physiological cause (**WHO 2016**).

The mean age of menopause in Egypt is 46.7 years, which is low compared to many countries, but this age has been rising in the past few years in the west, probably because of the different socio-cultural attitudes of menopause in different communities. Western woman's attitude towards menopause is generally positive, and about one-third of them

consider menopause as a regular physiological change. **(Soares, 2019).**

The uses of hormone replacement therapy (HRT) to change hormone levels and hormonal therapy are excellent for preventing hot flushes, vaginal dryness, and related vaginal symptoms and may improve sleeping patterns during menopause. Long-term HRT use also helps prevent brittle bones osteoporosis. **(Burkard et al., 2019).**

Diabetes and menopause may team up for varied effects on the body, including Changes in blood sugar level, whereas after menopause, hormonal changes can trigger fluctuations in blood sugar level. Weight gains increase the need for insulin or oral diabetes medication. Infections where is the drop in estrogen making the bacteria and yeast thrive easier in the urinary tract and vagina. Sleep problems, whereas hot flashes and night sweats keep women up at night. In turn, sleep deprivation can make it tougher to manage blood sugar levels. Sexual problems, whereas diabetes, can damage nerve cells that line the vagina and interfere with arousal and orgasm. Besides, vaginal dryness causes pain during sex **(Greenblum et al., 2015).**

Diabetes mellitus is a group of endocrine-metabolic disorders with multiple etiologies characterized by elevated glucose levels in the blood (hyperglycemia) resulting from