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Menopausal transition: Concept analysis

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Menopause is an intermediate period between young adulthood and elderly adulthood. The crisis that women with menopause are facing includes physical and career developing stagnation, pressure of educating children, imbalanced relationship in the marriage, and confusion of self-identity. The signs of menopause are listed as the followings: 1. personal life, environment, condition or activities start changing. 2. Herself appeals some signs of behavior, thinking, and emotion regarding the changes in life. 3. interaction with the environment is shown in personal changing process. This article uses the analysis steps of Walker and Avant to describe the definitional features of intermediate period, case report, the causes and the results, and measuring tools of menopause symptoms. Given with this article, nurses can increase the knowledge of menopause intermediate period to help women to go

through this period of their lives.

References:

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Biography

Hsiao-Hui Chiu is pursuing PhD programs from National Taipei University of Nursing and Health Sciences, Taiwan. She is the Nurse Supervisor of Taipei Veterans General Hospital, a Medical Center. She has published more than 15 papers in reputed journals and has been serving as an editorial board member of reputed.

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