

6th International Conference on Gynecology and Obstetrics
&
13th International Conference on Alzheimer's Disease & Dementia
&
28th World Nursing Education Conference
November 14-15, 2019 Paris, France

Health related quality of life among menopausal women

Thilagavathy Ganapathy

King Saud Bin Abdulaziz for Health Science University, Saudi Arabia

Background: Menopausal symptoms, impact women's physical, psychological, vasomotor and sexual health related quality of life.

Objective: This exploratory study aimed to assess the effects of menopausal symptoms on the quality of life, using Menopause-Specific Quality of Life Questionnaire (MENQOL) among women.

Methods: By purposive sampling n=413 women between 40-60 years were recruited and the prevalence of menopausal symptoms and its relationship with physical, psychological, vasomotor and sexual health related quality of life were assessed using Menopause-Specific Quality of Life Questionnaire (MENQOL).

Results: The mean age at menopause was 49.59+3.09 years. Nearly (97.14%) women reported at least five or more menopausal symptoms. The prevalence of physical symptoms were (74.56%), vasomotor (60.7%), psychological (44.68%) and sexual problems (26.4%). An overall mean MENQOL scores in physical (27.1+0.72), psychological (2.01+0.27), vasomotor (4.08+0.79) and sexual (3.89+0.59) health related quality of life among menopausal women showed poor quality of life. A significant difference observed between the sociodemographic variables and the health quality of life scores in all domains at (p<0.05).

Conclusion: Menopausal women centred, an integrated model of care would empower women to lead an improved health related quality of life in the next one third of postmenopausal life span development.

Biography

Thilagavathy Ganapathy has completed her PhD from Rajiv Gandhi University of Health Sciences in maternity nursing. She is the chairprson of Nursing Unit at King Saud bin Abdul- Aziz University for Health Sciences, College of Nursing – Al- Ahsa organization. He has published more than 39 papers in refereed journals and has been serving as an editorial board member of The International Organization of Scientific Research Journal of Nursing and Health Science (IOSR-JNHS).

Notes: