



A STUDY TO ASSESS THE KNOWLEDGE REGARDING HORMONAL REPLACEMENT THERAPY AMONG MENOPAUSAL WOMEN

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ABSTRACT

Almost all women at some point in their lives go through menopause. Menopause is a natural event most women experience as they enter fifth decade, which gains less importance though it is a word laden with emotion, stigma and dread. The most common symptoms are hot flashes or flushes, night sweats, changes in vaginal and urinary tracts causing dyspareunia and urinary infections, mood swings, insomnia, memory problems, osteoporosis, increased risk for cardio vascular disease. The present study to assess the demographic variable and to assess the level of knowledge among Menopausal women regarding Hormonal Replacement Therapy. The research design used for the study was Non-Experimental design. Purposive sampling technique was used to select 30 samples for the study. The tool used for the study was structured interview schedule. The data gathered were analyzed by using descriptive statistic. The major findings of the study were showed that 46.7% of menopausal women had moderately adequate knowledge, 43.3% of menopausal women had inadequate knowledge, regarding Hormonal Replacement Therapy.

Keywords: Menopausal women, Hormonal Replacement Therapy.

INTRODUCTION

Menopause literally means the physiological cessation of menstrual cycles from the Greek roots 'MENO' (Month) and 'PAUSIS' (Pause). After Menopause the ovaries stop making Hormone estrogen and Progesterone. For some women decrease in Hormones levels cause hot flashes and other uncomfortable symptoms. Naturally Menopause usually happens between age of 45 and 54. Menopause also happens following hysterectomy. Owing to Menopause, women as they age, face problems ranging from mood swings to hot flashes to sleepless night. It is confusing minefield of information whether to use or not to use post Menopausal Hormonal Replacement Therapy to overcome effects of natural hormone decline using synthetic hormonal replacement. Also over world per day 6000 women and per year 2 million women are undergoing hormonal Replacement Therapy. Post menopausal Hormone therapy consists of estrogen with or without Progesterone. These are

available in the form oral pills, patches (transdermal therapy) and vaginal tablets, rings and creams [1,2].

METHODS

The study was done to assess the knowledge regarding Hormonal Replacement Therapy among Menopausal women. The research design used for the study was non-experimental design. The research approach used for the study was descriptive approach which was conducted at urban community [Balaji Nagar] at Kadapa. The Population selected for this study is Menopausal women of age between 45-55 years. The sample size was thirty Menopausal Women. The samples were selected by purposive sampling method and Structural interview schedule was used to assess the knowledge regarding Hormonal Replacement Therapy. The data of demographic variables were analyzed by using descriptive statistics [3-6].

RESULT AND DISSCUSSION

The major demographic findings as follows:

Majority [17(56.7%)] of the Menopausal women were in the age group of 46-50 years. Highest percentage [16(53.3%)] are having children more than two. Most of

Findings

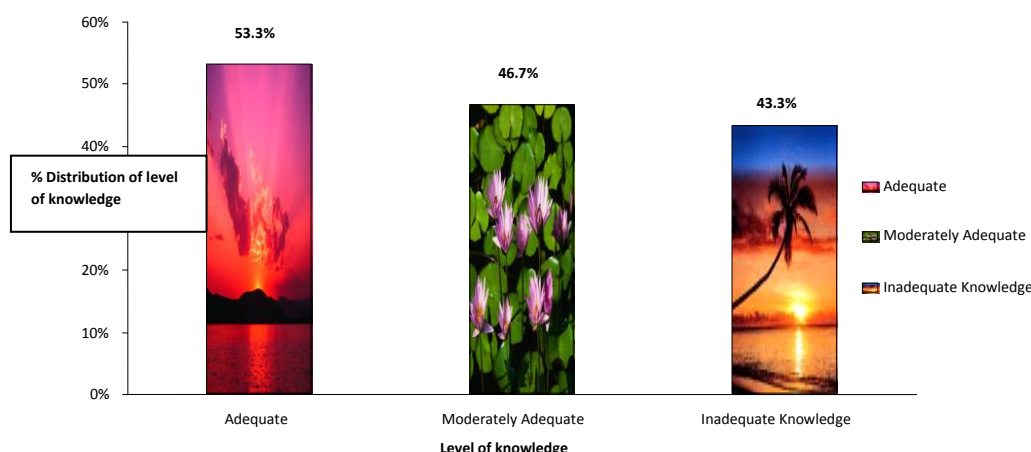
the Menopausal women [11(36.7%)] had Intermediate education. According to their Exposure to Mass media 12(40%) women were exposed to Television [7].

Table 1. Frequency and percentage distribution of the menopausal women according to their level of knowledge.
(N=30).

Level Of Knowledge	Frequency	Percentage
Adequate Knowledge	3	53.3%
Moderately Adequate Knowledge	14	46.7%
Inadequate Knowledge	13	43.3%

The table shows among 30 Menopausal women 13(43.3%) were having Inadequate knowledge, 14(46.7%) were having moderately adequately knowledge and 3(10%) were having Adequate knowledge

Fig 1. Percentage distribution of menopausal women according to their level of knowledge



CONCLUSION

Most of the women had inadequate and moderately adequate knowledge so nursing Students must be insisted and supervised to give health education to Menopausal women in Community set up and Students may conduct Mass education program in the community using different audio-visual aids to create knowledge regarding Hormonal Replacement Therapy.

Recommendations

- The similar study can be conducted in the rural area.
- Comparative study can be conducted between rural and urban area.
- The similar study can be replicated on large samples there by findings can be generalized.

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