Effectiveness of educational programme regarding management of menopausal symptoms among post-menopausal women in a rural area-

A Narrative review

Ms. Sushmita¹

¹M.Sc. Nursing 2nd year student, Teerthanker Mahaveer college of Nursing, TMU, Moradabad U.P/ India

Address – Teerthanker Mahaveer University Campus, Moradabad, U.P India

Mrs M. Hemalatha²

²Assistant Professor, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P.

Address – Teerthanker Mahaveer University Campus, Moradabad, U.P. India

ACKNOWLEDGEMENT-

It is our great pleasure to record our deep sense of gratitude and sincere thanks to all those who have contributed to the successful completion of this endeavor.

First, I would like to thanks Prof. Shreenath Kulkarni (Principal, Teerthanker Mahaveer College of Nursing), for his most support, encouragement and provide valuable advice.

Then I extent my sincere gratitude to Mr. Ishak Mohammad, Department of Medical Surgical Nursing. Research Co-ordinator for his kind generosity to give us advice in right time and his meticulous supervision for the successful completion of narrative review, his guidance and interest has helped us a great deal during this research to make this project fruitful and successful learning experience.

ABSTRACT-

Most of the quantitative studies on the effectiveness of educational programme on management of menopausal symptom among post-menopausal women were conducted in the developing countries like India, and the review concluded that educational programme
on management of menopausal symptoms helps to promote the accurate knowledge and awareness about management of menopausal symptoms.

The aims of the narrative review is to gather the evidence related to the effectiveness of educational programme on knowledge regarding management of menopausal symptoms among postmenopausal women. EBSCO, PUBMED, GOOGLE SCHOLAR database were searched for narrative review study in the assessment of effectiveness of educational programme on management of menopausal symptoms among post-menopausal women 2016 to 2020. The findings shows that out of the 9 articles, 5 studies are showing that educational programme on management of the menopausal symptoms is effective role in strengthening the knowledge regarding management among post-menopausal women.

KEYWORDS:
Knowledge, Educational programme, Menopausal symptoms, Management of menopausal symptoms, Post-menopausal women.

1. INTRODUCTION:

“Knowledge comes from Experiences, Information is Not Knowledge, and Only Sources of knowledge is Experience.”

-------ALBERT EINSTEIN

Menopause means the permanent cessation of menstruation at the end of reproductive life due to loss of ovarian function. Menopause is defined by the world health organization and the stage of reproductive aging workshop working group, “as the permanent cessation of menstrual periods that occurs naturally or is induced by surgery, chemotherapy, or radiation”.

The age of the menopause range between 45-55 yrs. averages being 50 yrs. The meaning of the word “menopause” is “end of monthly cycle”. The ovaries stop functioning and their production of steroid and peptide hormones falls. A variety of physiological changes take place in the body. Many women experience symptoms around the time of menopause, most of which are self-limiting and not life-threatening but are none the less unpleasant and sometimes disabling.
Currently, in the United State, there are more than 44 million women between 45-54 years of age. More than half of the women in this group report physiological or psychological symptoms often attributed to menopause, with 30% who indicate that symptoms are bothersome.

About 40 billion people in India and more than 60% in Chennai were affected by menopausal symptoms. Menopausal symptoms are treated by hormonal and non-hormonal therapies. The most commonly used hormonal therapies are progesterone, estrogen, combined progesterone therapy. The non-hormonal treatments include nutritional diet like soya beans, green leaves and supplementary calcium and vitamin (D. C. Dutta, 2009)

To celebrate World Menopause Day on October 18th, 2014, IMS (International menopausal society) has launched a new campaign with the theme “Prevention of disease after menopause”. After menopause, there is an increased risk of developing chronic disease and this campaign examines the rationale for prevention and opportunity to identify risks and initiate prevention strategies for chronic diseases which begin to occur about 10 years after the onset of menopause.

1.1 AIM:

The narrative review aims to gather the evidence related to the effectiveness of educational programme on knowledge regarding management of menopausal symptoms among postmenopausal women.

1.2 OBJECTIVES:

- To find out the menopausal symptoms among postmenopausal women in the rural area.
- To find out the effectiveness of the educational programme on knowledge regarding management of menopausal symptoms among postmenopausal women.
2. METHODOLOGY:

2.1 SEARCH METHODOLOGY:

Effectiveness of educational programme on knowledge regarding management of menopausal symptoms among postmenopausal women was selected as the area of interest and a search was conducted of the online database EBSCO, PUBMED, GOOGLE SCHOLAR to retrieve quantitative research article published until 2020. The search term used in this review were knowledge, Educational programme, Menopausal symptoms, Management of menopausal symptoms, Post-menopausal women. The search was retrieved only for the English language.

2.2 TYPES OF STUDY:

Pre-experimental-one group pre-test post-test research design, Quasi-experimental research design.

2.3 YEAR

2014 TO 2019

2.4 KEYWORDS

Knowledge, Educational programme, Menopausal symptoms, Management of menopausal symptoms, Post-menopausal women.

2.5 TYPES OF PARTICIPANTS:

Post-menopausal women.

2.6 SETTINGS:

Rural area.
2.7 OUTCOME:

This narrative review result has appeared that Educational Program will be effective in knowledge regarding management of menopausal symptoms among postmenopausal women.

3 RESULT:

The systematic search was conducted by framing the terms individually and in combination with all and synonyms, also according to the database. In addition to this, a manual PUBMED, EBSCO AND GOOGLE SCHOLER search was undertaken using the keywords and search synonyms from already found articles. Additions of 5 articles were found. Initial search retrieved 5022 articles over which 3,280 articles were selected manually. Duplication was removed and reviewed 200 articles for eligibility. 3,080 articles were excluded because of duplications in two databases. 191 more studies were excluded due to the unavailability of the full text. Hence 5 articles were screened which includes quantitative study.
Figure 2. Flow chart showing study selection process
<table>
<thead>
<tr>
<th>AUTHOR NAME</th>
<th>RESEARCH DESIGN</th>
<th>FINDING OF THE STUDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ekta Malik. et. al 2018</td>
<td>Quasi-experimental</td>
<td>The study was undertaken with aimed to improve health-promoting behavior and reducing the menopausal symptoms by implementing lifestyle modification.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The finding of the study revealed that there was a significant difference between the mean menopausal symptoms score (t=8.99, p= 0.01**) and mean health-promoting behavior score (t=8.7, p=0.001**).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>It concluded that lifestyle modification was effective.</td>
</tr>
<tr>
<td>2. Neha Mehta. et.al 2017</td>
<td>Pre- experimental</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The study aimed to assess the effectiveness of structured teaching programme on knowledge regarding menopausal problems and their remedial measure among middle-aged women.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>In this study, the result pre-test mean knowledge score was 10.18± 5.63 and the post-test mean knowledge score was 25.4± 5.14 which is significantly greater. The calculated value was 30.88 was more than tabulated value at 0.05 level of significance.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hence the study was suggested that a structured teaching programme was effective.</td>
</tr>
<tr>
<td>3. Israel Jeba. et.al 2017</td>
<td>Pre –experimental</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The study was conducted to find out the effectiveness of structured teaching programme on knowledge regarding management of postmenopausal syndrome among menopausal women.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>In this study, result pre-test mean knowledge score was 62±8.79 and post-test mean knowledge score was 12.15±1.022 which is proved that structured teaching programme was</td>
</tr>
</tbody>
</table>
The study was undertaken with the objectives to assess the effectiveness of lifestyle educational programme in health-promoting behavior and menopausal symptoms in menopausal women.

The study result showed that the pre-test mean knowledge score of health-promoting lifestyle in the experimental group was 110.22±14.5 and the control group was 110.30±18.99. After implementing intervention post-test mean knowledge score of the experimental group was 116.67±12.80 and the control group was 109.87±18.96 which demonstrated that intervention was effective.

The study was conducted to find out the effectiveness of structured teaching programme on management of menopausal changes among peri-menopausal women.

The finding of the study showed that mean pre-test knowledge score of peri-menopausal women was 24.22±3.15 and mean post-test knowledge score was 29.0±3.10 which was statistically highly significant. Hence the study was suggested that a structured teaching programme was effective.
3.3 SUMMARY OF FINDING:

The available literature refines to get 05 quantitative.

- In this review, studies were showing that educating the post-menopausal is effective to improve their knowledge regarding the management of menopausal symptoms.

3.4 IMPORTANCE IN EDUCATION:

Women are one of the most important components of family and society and community. Health is based on the provision of the needs of this group. Menopause is one of the crucial stages of women's life cycle. One of the aims of health services for all of the people in the 21st century is the enhancement of quality of life. In menopausal women quality of life incorporates its physical symptoms like hot flushes, vaginal dryness, etc. This study is aimed to evaluate the effectiveness of education regarding knowledge of menopausal symptoms to improve the health standard and quality of life in postmenopausal women.

4 FUTURE SIGNIFICANCE:

- It gives evidence for educational program on knowledge regarding the management of menopausal symptoms.
- The educational program is helpful for the postmenopausal women to increase the knowledge regarding the management of menopausal symptoms.

4.1 LIMITATION:

- The computerized database was limited.
- Was limited to post-menopausal women.
- Was limited to the last 10 years.

5. CONCLUSION:

Only a small fraction of women took treatment for post-menopausal problems and the majority suffered from them without seeking any treatment viewing these problems as a normal phenomenon of post-menopausal period. With the increase in life expectancy of menopausal women, the menopausal problems are acquiring considerable public health
importance. Hence, in the current scenario, post-menopausal health should be given due importance. The effort is needed to educate and counsel these women to make them aware of various menopausal problems and available treatment options. Health personnel also need to be trained and be made sensitive to the menopausal problems for appropriate attention for improving the quality of life of aging women.

REFERENCES

- Mahin Nazri et, al. (2016). The effectiveness of lifestyle educational programme in health promoting behaviour and menopausal symptoms in 45-60 year old women in marvdasht Iran. *Global Journal of Health Science*, 8(10), 34-42