

The Efficacy of Health Education Program on Quality of Life among Menopausal Women

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Abstract

Background: Menopause is a life event that can profoundly affect quality of life among menopausal women. More than 80% of women report physical and psychological symptoms that commonly accompany menopause, with varying degrees of severity and life disruption. **Aim of the study** to evaluate the effect of educational program on quality of life among menopausal women. **The study design:** Quasi experimental study design. **Sample:** was used purposive sample included 120 menopausal women. **The study setting:** study was conducted at outpatient clinics of the maternity hospitals affiliated to Ain Shams University hospitals. **Tools:** Two tools used for data collection, **the first tool**, an interview questionnaire which divided into four parts. **The first** for assessing socio demographic characteristics, **the second** for assessing menstruation history, **the third** for assessing Women's knowledge about menopausal pre-post test design to determine the effectiveness of educational program on women's knowledge, **the fourth** for the assessment women's reported practice toward menopausal symptoms pre-posttest design to determine the effectiveness of educational program on women's practice toward menopausal symptoms. **The second tools:** menopausal quality of life assessment scale (MENQOL), for assessing menopausal women's quality of life by questionnaire. **Results:** The finding of this study proved the effect of the health educational program on quality of life among menopausal women through; high statistical significant between total score level of menopausal women and total practice score level pre/post educational program, High statistical significant difference between quality of life among menopausal women pre/ post educational program. **Conclusion:** Health educational program had positive efficient on improving menopausal women's knowledge and practice toward menopausal symptoms and improving quality of life among menopausal women. **Recommendations:** Increase women awareness about perimenopausal period so reduce the severity of menopausal symptoms. Also further research addressing women's health needs is also essential for improving the quality of life

Keywords: Menopausal stages-Quality of life-Health education program of menopausal women.

Introduction

Menopause is a normal physiological process which is characterized by the permanent cessation of menses in women as a result of reduced ovarian

hormone secretion usually between the ages of 45 and 55 years. During this period women can experience many symptoms such as hot flushes, night sweats, aching in muscles and joints, sleeping problems, short breath, weight gain, increased facial hair, depression, irritability, anxiety, sexual

problems, vaginal dryness, and urinary symptoms such as urine leakage while laughing and coughing. These symptoms decrease women's health and affect their biological, psychological, and social health (Guldal, 2014).

World Health Organization, (WHO) defined 'natural menopause' as the permanent cessation of menstruation resulting from the loss of ovarian follicular activity. Natural menopause occurs after 12 months of permanent cessation of menstruation for which there is no other obvious pathological and physiological cause, (Elkازه & El-Zeftawy, 2015).

The duration, severity, and impact of these symptoms vary extremely from person to person, and population to population. Some women have severe symptoms that greatly affect their personal and social functioning, and quality of life. In general, many postmenopausal women have low knowledge and practice about menopause transition issues, indicating the necessity to plan for interventions (Lund, 2011).

Quality of life is an important outcome measure of health care, and understanding the impact of menopause on quality of life is a critically important part of the care of symptomatic postmenopausal women. The impact of menopause on QoL is attributed to its symptoms particularly the classic vasomotor disorders & some physical symptoms such as palpitations or dyspareunia. The women consider that physical disorders are one of the main effects of menopause; these menopausal symptoms have a severely impaired QoL. Menopause causes a decrease in quality of life which is independent from age & other socio demographic variables (Chedraui et al., 2012).

There are different methods to decrease the menopausal symptoms such as stop smoking, take calcium and

vitamin D, fat intake, control weight, practice simple exercise regularly to reinforce the bones, wear light cotton clothes to decrease hot flushes, practice pelvic flower muscles exercise regularly to strengthening perineal area, use analgesics according to doctor's order, and adopt a stress management program. (Lowdermilk et al, 2010).

Health promoting lifestyle education is one of the most important factors in raising postmenopausal women's awareness and improving their performance to improve their health status. All the researches in the field of menopause have also emphasized education of and care for postmenopausal women to prevent their problems (Guldal, 2014).

Lifestyle modifications should be the first-line approach for women with menopausal symptoms because changing lifestyle is an effective and safe alternative for the management of menopausal symptoms so, symptomatic women can adopt healthy behaviors to reduce hot flashes and sweats such as maintaining body temperature cool by wearing light clothes, using portable fan, selecting cold fluids and sleeping in cool environment. Active women report fewer hot flashes than inactive women (McKinney et al., 2012).

The use of Hormone replacement therapy (HRT) to Changing hormone levels and hormonal therapy are excellent for preventing hot flushes, vaginal dryness and related vaginal symptoms, and may help to improve sleeping pattern during menopause Long-term use of HRT also has a benefit in helping to prevent brittle bones (osteoporosis). As a health care provider must give the menopausal women an accurate and up to date information (Lund, 2011).

Role of community health nurses most menopausal women will be managed in primary care with very few needing onward

referral to secondary care. The community health nurse plays an important role in initially identifying those with troublesome symptoms. The community health Nurses are key players in motivating women to adopt healthier lifestyles by stopping smoking and introducing weight loss initiatives. Many menopausal women derive comfort from simply talking about their physical and psychological issues the community health nurses are in an ideal position to provide a listening ear, (Rees & Hope 2011).

Aim of the study

The aim of this study is to evaluate the efficacy impact of the intervention health education program on quality of life among menopausal women by.

- Assessing knowledge of women about menopausal.
- Assessing practice of women related menopausal symptoms to health maintenance
- Assessing the menopausal related symptoms and their impact on the women's quality of life.
- Impact of intervention program on quality of life among women with menopausal.
- Evaluating the effect of intervention program.

Research Hypothesis

Implementing health educational program well improve quality of life among menopausal Women Subjects and Methods

Subjects and Methods

The aim of this study is to evaluate the efficacy impact of the intervention health education program on quality of life among menopausal women.

The methodology followed for achieving this aim was elaborated under the following four main topics namely:

- I. Technical design
- II. Administrative design
- III. Operational design
- IV. Statistical design

Study technical design

The technical design used for the study involved the following items; research design, setting of the study, sample of the study and tools for data collection.

Research design:

The design of this study aquasi - experimental design was used to achieve the aim of the study.

Setting

The study was conducted at Outpatient Clinics of the maternity hospitals Ain Shams University. This place was selected because it serves a lot of clients from all Egypt governorates and foreigners whom live in Egypt, It is considered as area and also it is considered as the researcher place of work.

Subjects

Sampling

A Purposive sample, the sample was taken from menopausal women attended to Outpatient Clinics in Ain Shams University, Maternity Hospital were chosen over a period of six months and according to the following inclusion criteria

.Size

The attendance rate at this clinic was 1200 women in year 2015. Was taken 10% from them, (120) women and have the following inclusion criteria.

Inclusion criteria

- Menstruation must be stopped at least from one year.

Sample technique:

For data collection menopausal women were chosen according to the previous sample criteria as mention before, and the purposive sample was followed to complete the number of sample.

Tools of data collection:

It was designed by the researcher based on review of literature considering the aim of the study and the data needed to be collected.

First tool:

Was prepared by the researcher after reviewing the related literature it was include the following parts:

First part:

Stress on Bio-socio demographic data that covered menopausal women age, education level, occupation and family size.

Second part:

Stress on history of menstrual cycle, as regard the (beginning of the first menstrual cycle, Regularity of menstrual cycle, the last menstrual, status of stopping the menstrual cycle and age at the last menstrual cycle).

Third part:

Stress on assessment women's knowledge about menopausal including, definition of menopause, previous stages of menopause, stages of menopause, factors affecting women's body during menopause, Symptoms of menopause, causes of menopause, complications associated with menopause and

treatments used to relieve symptoms associated with menopause.

Second tool:

Assessing the menopausal related symptoms and their impact on the women's quality of life:

Part one:

Assessing of quality of life among menopausal women. Regard, women's quality of life according to vascular symptoms in menopause quality of life of women according to the psychological symptoms in the menopause measure, quality of life of women according to physical symptoms in the menopause measure, quality of life of women according to the symptoms of female genitalia in the menopause scale.

❖ Scoring system of quality of Life:

The scoring system was adopted with rating different grades for each question, increasing the problem increases the score, while questions ranging from 32-36 questions are inverse.

Score % = (the observed score / the maximum score) × 100

The total score was from 0 -93 grades:

- Low QoL ≥70%
- Moderate QoL = 50%
- High QoL <50%

Part two:

General assessment of the quality of life of women in menopause regard, Health status after the onset of symptoms of, health status compared to menopause, activity and vitality after menopause, feeling tired and worried about the onset of menopause, Satisfaction with the ability to perform work after menopause, admitted to hospital after these symptoms, often of admitted to hospital last year and follow-up with the specialist in this period (after menopause).

Ethical Consideration:

The ethical research considerations in this study include the following:

The research approval was obtained from Scientific Research Ethical committee in Faculty of Nursing at Ain Shams University before starting the study. The researcher clarified the objective and aim of the study to the participants included in the study. The researcher explained the procedure of periodontal examination to participants. A verbal consent was obtained from participants after explaining the purpose of study. No harmful methodology was used with participants. Each participants had right to withdraw from the study at any time. Human rights were used. Data was confidential and using coding system form data

Administrative design:

An approval letter to conduct the study was obtained from the authorities of the faculty of nursing .Ain Shams University forward to director off the maternity hospital.

Operational design:

The operational design includes preparatory phase, Pilot study and field work.

Preparatory phase:

It includes reviewing current and past, local and international related literature and theoretical knowledge of various aspects of the study using books, articles, internet, periodicals and magazines to develop tools for data collection related to educational strategies. The developed tools were examined by experts to test their reliability to the study. Researcher made needed modification on tools of data collection after their revising by experts.

Pilot Study

A pilot study was carried out on ten menopausal women to evaluate the efficiency and validity of the tool to assess the clarity, reliability and applicability of the study tools used in the study for data collection. The results of the pilot study helped in the necessary modifications of the tools in which omission of unneeded or repeated questions, adding missed questions was done.

Field Work:

Data collection for this study was carried out through 6 months in the period from the beginning of January 2018 till the end of May 2018. Attending 3 days per week (Saturday, Monday and Thursday) from 10.00 am to 1.00 pm to interview attended menopausal women under inclusion criteria. After introducing oneself and explain the purpose of the study to the subjects and consent from every by participates to share in the study were done. Listed tool assessed and interview the menopausal women in outpatient clinic which offer medical services and all tools lasted 25-30 minutes for each subject included in study.

The educational program was developed and implemented by researcher in the form of health education use different teaching methodology such as discussion, session and demonstration.

Education sessions; two sessions per week/ three weeks with a total of 6 sessions (2 practical and 4 for theoretical), every session take one hour. Total program duration was 8 hours. Booklet include information about menopause was designed by researcher and distributed to the menopausal women. A posttest was done after the program implementation for assessment of menopausal women's knowledge,

practice and quality life.

Statistical design

Recorded data were analyzed using the statistical package for social sciences, version 20.0 (SPSS Inc., Chicago, Illinois, USA). Quantitative data were expressed as mean± standard deviation (SD). Qualitative data were expressed as frequency and percentage. The following tests were done:

- Chi-square (χ^2) test of significance was used in order to compare proportions between qualitative parameters.
- Spearman's rank correlation coefficient (rs) was used to assess the degree of association between two sets of variables if one or both of them was

Result:

Table (1): Shows that, regarding marital status, 80% of menopausal women were married, 55.8% of menopausal women were intermediate education, 58.3% of menopausal women were housewife, 63.3% live with husband and children, and 50% of the menopausal women was have 3-4 individuals.

Figure (1): Illustrate that, the mean age of menopausal women's were 53.83 ± 7.48 years, 65.8% of menopausal women were 45-<50 years.

Table (2): Reveals that, regarding knowledge of menopausal women about menopause, 39.2% of the menopausal women were know definition of menopause that it is the end of childbearing compared with, 82.5% of the menopausal women post educational program, 46.7% of them know the previous stages of menopause that it is the stage of hormonal disorder compared with, 80.0% of them post educational program ,28.3% of them know the stage of premenopausal menopause, (30-40 years)

skewed.

- The confidence interval was set to 95% and the margin of error accepted was set to 5%. So, the p-value was considered significant as the following:

Significance of the results:

- *P-value<0.05 was considered significant.
- **P-value<0.001 was considered as highly significant.
- P-value>0.05 was considered insignificant

Limitations of the study:

It was difficult to come in contact with the cases through their phone numbers. Most of the sample had the myth that dealing medically with oral condition will harm. Taking extra time to convince cases about the importance. compared with, 66.7% of them post educational program, and 18.3% of them know the Chemical and radiological treatment compared with 66.7% of them post educational program . Regarding source of knowledge 68.3% of menopausal women had knowledge from Friends & neighbors compared with 88.3% of them after education program and there are highly statistical significant between pre and post educational program.

Figure (2): Illustrate that. 24.2% of the menopausal women's had satisfied level of knowledge regarding menopause pre educational program and 82.5% of the menopausal women had satisfied level of knowledge regarding menopause of post educational program, This results in a difference between pre& and post education program with p-value <0.001 HS.

Table (3): Reveals that, regarding to reported practice of menopausal women towards the symptoms of menopause related hot flashes where, 42.5% of the study sample avoid drinking coffee compared with, 82.5% post education program also, 49.2% of them eat soybeans,

lentils and vegetables compared with 74.2% post education program and 51.7% of them avoid spicy foods compared with, 85.0% post education program and there are highly statistical significant differences between pre and post educational program.

Figure (3): illustrate that, regarding total reported practices score

level of menopausal women towards the symptoms of menopause, 39.2% of the menopausal women's had an satisfactory level of knowledge pre educational program compared with, 85.8% of them post educational program and there are highly statistical significant differences between Pre & post educational program with p-value <0.001.

Table (1): Distribution of menopausal women's according to their socio-demographic characteristics data (N=120).

Demographic data	No.	%
Marital status		
Single	2	1.7
Married	96	80.0
Divorced	10	8.3
Widow	12	10.0
Educational level		
Do not read or write	10	8.4
Read and write	6	5.0
Intermediate education	67	55.8
University education	37	30.8
Occupation		
Working	50	41.7
House wife	70	58.3
Accommodation		
Live alone	15	12.5
With husband	7	5.8
With husband and children	76	63.3
With offspring	22	18.4
Number of Family Members		
<3 individuals	7	5.8
3-4 individuals	60	50.0
5-6 individuals	33	27.5
>6 individuals	20	16.7

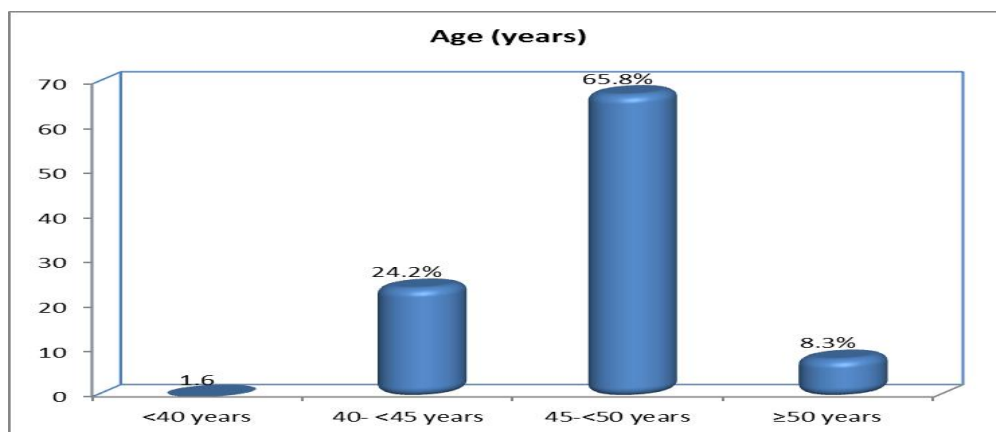


Figure (1): Distribution of menopausal women's according to their age. (N=120).

Table (2): Distribution of menopausal women according to their satisfactory knowledge about menopause, previous stages of menopause, stages of menopause and causes of menopause (pre & post educational program) (N=120).

Items	Pre Test		Post Test		Chi-square test	
	No.	%	No.	%	x ²	p-value
Meaning of menopause (menopause)						
Period loss	95	79.2	113	94.2	11.683	<0.001**
End of childbearing age	47	39.2	99	82.5	47.287	<0.001**
Do not know	13	10.8	5	4.2	3.844	0.049*
Previous stages of menopause						
Stage of hormonal disorder.	56	46.7	96	80.0	28.708	<0.001**
Menstrual cycles become irregular.	68	56.7	92	76.7	10.800	<0.001**
The period of menstruation is prolonged.	43	35.8	89	74.2	35.623	<0.001**
Do not know.	20	16.7	4	3.3	11.852	0.017*
Stages of Menopause						
Premenopausal menopause (30-40 years)	34	28.3	80	66.7	35.355	<0.001**
Early menopause (41-45 years)	29	24.2	81	67.5	45.382	<0.001**
Menopause in time (45-55 years)	82	68.3	106	88.3	14.141	<0.001**
Delayed menopause after (55 years)	25	20.8	67	55.8	31.093	<0.001**
do not know	8	6.7	0	0.0	8.276	0.004*
Causes of menopause						
Low level of female hormones.	68	56.7	106	88.3	30.178	<0.001**
Hysterectomy.	44	36.7	104	86.7	63.455	<0.001**
Primary ovarian insufficiency.	25	20.8	93	77.5	77.088	<0.001**
Chemical and radiological treatment.	22	18.3	80	66.7	57.357	<0.001**
Do not know.	33	27.5	7	5.8	20.280	<0.001**
The Source of knowledge						
Books	25	20.8	67	55.8	31.093	<0.001**
Friends & neighbors	82	68.3	106	88.3	14.141	<0.001**
Journals & advertisements	29	24.2	81	67.5	45.382	<0.001**
Radio & TV	34	28.3	80	66.7	35.355	<0.001**
Total	37	30.8	88	73.3	41.737	<0.001**

*Not mutually exclusive sample

P-value >0.05 NS; *p-value <0.05 S; **p-value <0.001 HS

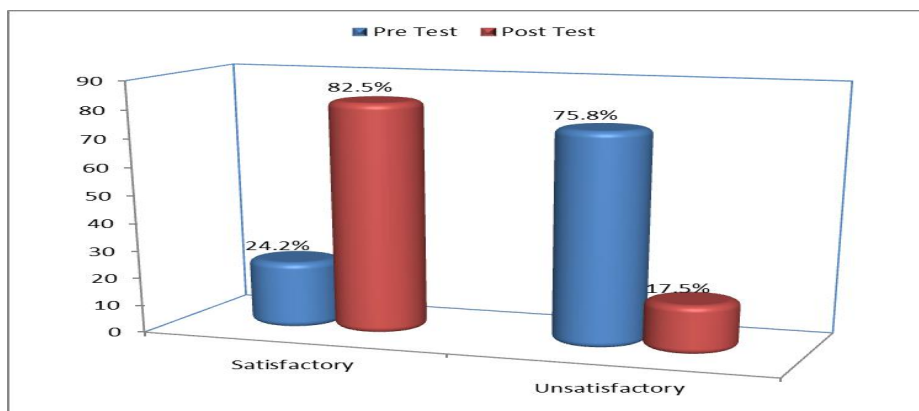


Figure (2): Distribution of menopausal women according to their total knowledge about menopause pre & post educational program (N=120).

Table (3): Distribution of menopausal women according to their reported practices towards the symptoms of menopause related hot flashes (Pre & post educational program) N=120.

Items	Pre Test		Post Test		Chi-square test	
	No.	%	No.	%	x2	p-value
Using a fan during sleep	100	83.3	112	93.3	5.822	0.016*
Open all windows in the house	83	69.2	99	82.5	5.820	0.016*
Wear lightweight clothing	88	73.3	110	91.7	13.968	<0.001**
Wear cotton clothes	88	73.3	112	93.3	17.280	<0.001**
Avoid drinking coffee	51	42.5	99	82.5	40.960	<0.001**
Drink lots of cold liquids	68	56.7	110	91.7	38.382	<0.001**
Avoid spicy foods	62	51.7	102	85.0	30.809	<0.001**
Eat soybeans, lentils and vegetables	59	49.2	89	74.2	15.864	<0.001**
Drink 7 to 10 glasses of water a day	66	55.0	106	88.3	32.832	<0.001**
Learn how to maintain a healthy weight	64	53.3	98	81.7	21.956	<0.001**
Total	63	52.5	104	86.7	31.571	<0.001**

*Not mutually exclusive sample

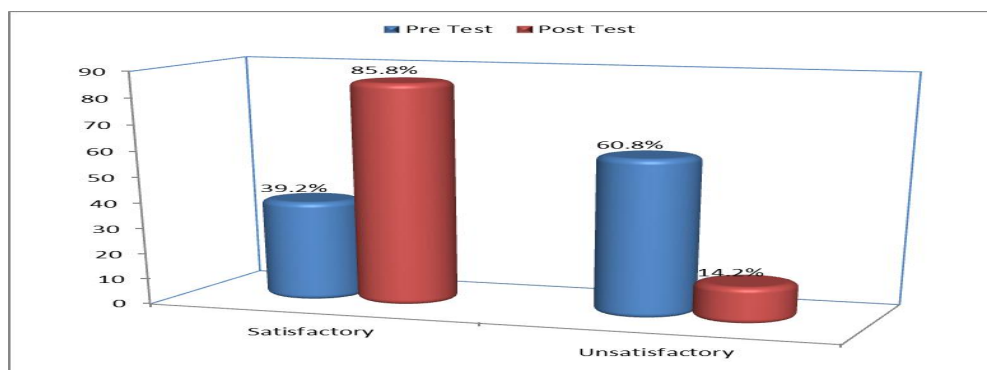


Figure (3): Distribution of menopausal women according to total level of reported practices towards the symptoms of menopause Pre & post educational program (N=120).

Discussion

The prevalence of menopausal symptoms among Egyptian women is 84%. So increase life expectancy from 54 to 71 years lead to women experiencing menopausal health complains for a long time. Healthcare of women during this period requires special care to assess menopausal women health needs in order to provide Promoting good physical competent care. And psychological health during menopausal age is important for individuals in later life. Thus increasing women's awareness and dealing with their health complains are important to decrease severity of menopausal symptoms, (McKinney et al, 2012).

Aim of the present study was to assess menopausal women's knowledge, practice and menopausal related symptoms and their impact on the women quality of life.

Concerning general characteristics of the studied sample; The study findings reveal that, the mean age of menopausal women was 53.83 ± 7.48 years old, minority of menopausal women their age were range between 40 to 45, slightly less than two third of menopausal women their age range between 45 to 50 years less than quarter of them their age from 50 years and more, according to their marital status minority of them were single, divorced and widow, majority of them were married.

Regarding educational level less than third of menopausal women were university education, regarding occupation, minority of them were working while majority of them were housewives, regarding accommodation minority of them live with boys and less than majority of them live with husband, regarding family number, half of them have from 3 to 4 individuals, more than quarter have from 5 to 6

individuals and less than quarter have more than 6 individuals.

The present study findings on the same line with study done by (Manal et al. (2013) who reported that mean age of women ranged from 45-50 years with mean \pm SD of (53.6 ± 6.5). Also, Mohamed, (2014) who reported that as regards to the socio-demographic characteristics of the women, it was found that less than two thirds of the women's age ranged between 40 < 50 years old. The study finding on the same line the study done Gharaibeh et al., (2014) by menopause is a transitional period that every woman goes through if she lives beyond the age of 52 years.

The present study findings disagreed with the study done by Gehad and Galila (2014) the mean at menopause was 46.35 \pm 4.8 years in Egypt and mean age in Saudi Arabia was 49.9 \pm 2.23. Also the present study results disagreed with the result of the study carried out by El Sabagh and Abd Allah (2012) who reported that more than half of the women had university education; this may reflects women's cooperation during conduction of the study.

The present study findings agreed with the study carried out by Elsabagh and Abd Allah (2012) indicated that more than half (58.3%) of them were house wife and the rest of them were worker. On the same line the study by Nisar & Ahmed Sohoo (2013) who mentioned that the majority of women as a house wife in their study about Severity of Menopausal symptoms and the quality of life at different status of Menopause.

Also the present study results agreed with Nisar & Ahmed Sohoo, (2013) Severity of Menopausal symptoms and the quality of life at different status of menopause: a community based survey from rural Sindh, Pakistan, who described that majority of women were married and

minority of them was single, divorced and widowed.

Concerning to general knowledge of menopausal women about menopause the study finding illustrate that there are highly statistical significant difference between pre and post educational program regarding their total knowledge score level about menopause, the majority of menopausal women unsatisfactory knowledge about menopause pre educational program and the majority of menopausal women have satisfactory knowledge about menopause post education program.

The present study results on the same line with the study done by (**Manal et al. (2013)**) who illustrated that the knowledge of menopausal women about menopause, regarding to definition of menopause, less than three-fourths of women (74.0%) answered as (stopping of menstruation), and more than one fourth (26.0%) had answered end of reproductive age, as feeling towards this age, two thirds of women (66.8%) had answered free from periods problems,

Regarding to total knowledge of menopausal women about factors affecting women's body during menopause and complications associated with menopause. The study finding illustrate that there are highly statistical significant difference between pre and post educational program regarding their total knowledge score level of about factors affecting women's body during menopause and complications associated with menopause the majority of menopausal women unsatisfactory knowledge about factors affecting women's body during menopause and complications associated with menopause pre educational program and the majority of menopausal women have satisfactory knowledge about factors affecting women's body during menopause and complications associated with menopause post education program.

The results of the present study agreed with the study done by **Yasmin, (2012)** who Intervention approaches to the menopausal women in rural Bangladesh reported that minority of the menopausal women had knowledge about factors affecting women's body during menopause and complications associated with menopause and the study finding disagreed with **Esmat et al. (2013)** who study to assess knowledge, attitude and practice regarding menopause among menopausal women attending outdoor in tertiary care center who reported that one half of women menopausal had information menopause increases risk of cardiovascular disorders, osteoporosis and breast cancer.

Regarding to Source of knowledge the current study reveals that two third of menopausal women have their knowledge from friends & neighbors this results disagree with the study done by **Sukumvanich et al, (2014)** who mentioned in a study about Factors Affecting the Quality of Life in Climacteric Women in Manisa Region show that the majority of women have their knowledge from physician then followed by TV-radio-internet, and reported that the minority of women have their knowledge from friends and this may be because that the most of women in the present study were illiterate and depend on friends and TV& radio as source of information about this subject

Considering to practice of menopausal women towards the symptoms of menopause related hot flashes, the current study reported that there are highly statistical significant differences between pre and post educational program regarding to practice of menopausal women towards the symptoms of menopause related "health against hot flashes" where majority of menopausal women were not doing practice related "health against hot flashes" pre educational program compared with majority of them

were doing practice related health against hot flashes post educational program.

This results is supported by the study done by **Hoda &Sahar, (2015)** Study pre-program, identified more than two third of the woman were improper practice with common health complains associated with menopausal age. This reflect the women needs for increasing their awareness regarding aspects of health promotion during this age.

The results of the present go in line with **Esmat et al. (2013)** who mentioned that improper practices to deal with physical, sexual and psychological health complains observed among premenopausal women. While the results of the study done by **Seif et al. (2011)** mentioned that proper practices to dealing with physical health complains during menopausal period observed among more than half of menopausal women, and unsuccessful to dealing with psychological and sexual health complains

Also the present study supported by the study done by **Clark, (2013)** who mentioned that at the post program follow up, study results indicated to reduction in number of the women complains from severe menopausal symptoms with statistical significant differences ($P < .000$) between pre and posttest. This may be due to success of the intervention, which is positively reflected on menopausal knowledge and practices improvement for how to deal with symptoms. In addition at posttest it observed that more than two third of the women have proper practice of vasomotor , physical and sexual health complain as compared to around one third at pretest with highly statistical significant differences ($P < .000$) between pre and posttest.

The results of the present study confirmed by the finding of the study done by **Esmat et al. (2013)**, and the study done by **Seif et al. (2011)** They showed statistically significant relationship between knowledge of the women and their practices with health complaints accompanying the menopausal period.

Also the results of the current study reveals that increasing awareness of menopausal women leading to increasing of practices of menopausal women toward menopausal symptoms this result were supported by study done by **Gayathripriya, (2018)** who reported that educational programs can be organized to create an awareness among women who are in need of knowledge to overcome the menopausal symptoms and the results of the current study on the same line with the study done by **Fatemeh, (2013)** who reported that mass media also can serve as an important tool to reach the women.

Conclusion

In the bright of the study findings concluded that, the mean age of menopausal women's were 53.83 ± 7.48 . There is statistical significant relation between pre and post educational program regarding knowledge of menopausal women about menopause ($p < 0.001$). There is statistical significant relation between pre and post educational program regarding knowledge of menopausal women about symptoms of menopause ($p < 0.001$). There is statistical significant relation between pre and post educational program regarding to practice of menopausal women towards the symptoms of menopause related "health against hot flashes" ($p < 0.001$).

Recommendations

-There is a need to create awareness among the peri-menopausal women

about the physiology of menopause so that they can improve their quality of life. This awareness should be the earliest as women can cope with these symptoms to reduce the severity..

- Health-care providers need to play a more visible and instrumental role in continuously assessing menopausal women's needs as well as to implement appropriate health educational programs.
- Individual and group counseling should be planned for menopausal women, aimed at helping them to understand themselves better and share their concerns with other women who experience similar problems in order to find solution to such problems.
- Psychological counseling enables women to adjust better to the situation and grants them the assurance that menopause is a natural phenomenon.
- The medical experts should help to dispel fears, anxieties and worries in menopausal women by letting them understand that menopause is a natural phenomenon, as well as giving them information on how to cope with it in addition to administering treatment for severe cases.

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