

Effectiveness of Comprehensive Nursing Intervention Programme on Symptom Experience and Health Related Quality of Life among Post Menopausal Women

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ABSTRACT

Background: Overall health of middle-aged women have become a major public health concern, there is therefore a need to evaluate the effectiveness of comprehensive nursing intervention program with the intention of reducing their symptom experience and increasing their health-related quality of life.

Aims: The aim of the study was to assess the effectiveness of comprehensive nursing intervention program on reducing the symptom experience and increasing their health related quality of life.

Methodology: Menopausal Rating Scale (MRS) was used for assessing postmenopausal symptoms and WHOQOL-BREF quality of life scale was used for assessing quality of life of postmenopausal women. 60 post menopausal women attending at B.V.V.Sangha's Akkanabalaga Bagalkot were selected for the study using Simple random technique with Lottery method and then 30 post menopausal women were randomly assigned to experimental and control group respectively using computer generated random sequence. Data were analyzed using SPSS 25v.

Findings: Findings related to significance of difference between post-test symptom experience and health related quality of life scores of experimental group and control group postmenopausal women revealed that, there was a significant difference between the post test

symptom experience scores of experimental group and post test symptom experience scores of control group [t=26.052, p=0.000]. Similarly, there was significant difference between post test health related quality of life scores of experimental group and post test health related quality of life scores of control group [t=23.117, p=0.000].

Conclusion: The study concluded that the comprehensive nursing intervention was highly effective in reducing the symptom experience and health related quality of life scores of post menopausal women.

Keywords: Symptom Experience, Quality of Life, Postmenopausal Women, Comprehensive Nursing Interventions

INTRODUCTION

Overall health of middle aged women has become a major public health concern around the world. More than 80% of the women experience physical or psychological symptoms in the years when they approach menopause, with various distress and disturbances in their lives, leading to a decrease in the quality of life ¹.

According to National Institute of health (NIH)-funded Census Bureau report that the world's older population continues to grow at an unprecedented rate. Today, 8.5

percent of people worldwide (617 million) are aged 65 and over. This percentage is projected to jump to nearly 17 percent of the world's population by 2050 (1.6 billion).²

As per Indian menopausal society as life expectancy increases, India will see increase in the population of post menopausal women from 8.1million in 2002 to 324 million in 2050. Individual more than 65 years would be 20% of global population by 2050.³

Today, there are over 200 million postmenopausal women worldwide and 40 million in India. The women population above 50 years age group is expected to increase 1200 million, by the year 2020 AD. The number of women approaching menopause and the women, in menopausal age group will also increase. Majority of women may spend greater part of their life in postmenopausal years Between 20 and 40% of menopausal women experience hot flushes and night sweats (HFNS), also referred to as vasomotor symptoms, which can impact negatively on quality of life, including personal and work life.⁴

Menopause does not really require medical treatment. It is a natural biological process. Focus on relieving its symptoms and preventing any chronic condition that may occur during the postmenopausal years such as heart disease and osteoporosis. Interventions like exercise, an appropriate diet, reduction of stress are the effective way to make the post menopausal years more bearable.⁵ Hence, the researcher thought of developing and testing the effectiveness of comprehensive nursing intervention on symptom experience and quality of life of Post Menopausal Women attending B.V.V.Sangha's Akkana Balaga, Bagalkot.

Study Design and Participants

True-experimental pre-test-post-test control group design was used for the present study. Sample for the present study consists of 60 post menopausal women who are in the age group of 48-55 years with mild to moderate symptoms of post

menopause attending B.V.V.Sangha's Akkanabalaga, Bagalkot. 30 post menopausal women were randomly assigned to experimental and control group respectively.

Instruments

Menopause Rating Scale (MRS)

The severity of symptom experience related to menopause was assessed with the help of menopause rating scale (MRS). The MRS is a widely used as an assessment tool by health care professionals and researchers even in India also. It is a self-report measure of severity of symptom experience related to menopause consisting of 11 items and scored on 5 point Likert scale. MRS consist of 11items with an ordinal scale of measurement; 0=none, 1=mild, 2= moderate, 3=severe and 4= extremely severe. The responses are summed to determine possible scores ranging from 0 to 44, with higher scores indicating greater level of symptoms experience. The total scores of the MRS classify symptom experience it to 3 levels: 0-14 = mild; 15-28 = moderate; 29-44 = severe.

Quality of Life (WHO Quality of Life-BREF)

Quality of life was measured using the WHOQOL- BREF scale. It consists 26 items and are answered on 1 to 5 response scale. Negatively worded items (3, 4, 26) are reverse coded. Overall score range between 26 and 130. Hence, higher the score better the health related quality of life.

Intervention: Comprehensive Nursing Intervention

Comprehensive Nursing Intervention programme addressing physical psychosocial and spiritual dynamics of postmenopausal women with the intention of reducing their symptoms experience and improving their overall health related quality of life. In the present study comprehensive nursing intervention programme includes components such as psycho education on common post

menopausal problems and their effective management [For 20 minutes every day], simple stretching exercises adopted from secondary school drill module [For 20 minutes] and meditation with chanting ‘OM’ for 10 minutes each day [cultural appropriate] for seven consecutive days.

Data Collection Procedures

Researcher herself collected data after obtaining formal permission from the Principal of the Sajjalashree institute of Nursing sciences, Bagalkot & the President of B.V.V.Sangha’s Akkanabalaga, Bagalkot, and informed consent from the subjects. Pre-test conducted to assess the symptom experience and health related quality of life of post menopausal women of experimental group and control group followed by administration of comprehensive nursing intervention (for half an hour) & administration of simple stretching exercises and “Om” chanting (for 10 minutes) everyday provided for 7 consecutive days to post

menopausal women of experimental group. On 7th day immediate post intervention assessment of symptom experience and health related quality of life was done among post menopausal women of both experimental group and control group.

Data Analysis

Data analyses were performed using SPSS v25. Description of sample characteristics was done using frequency and percentages. Significance of difference between mean pre-test and post-test symptom experience and quality of life scores of both experimental group and control groups was assessed by using paired ‘t’ test and unpaired ‘t’ test was used to assess the significance of difference between mean post test scores of symptom experience and quality of life of experimental group and control groups. Chi Square test was used for assess the association between symptom experience and quality of life and socio demographic variables.

RESULT

Part I: Description of Assessment of pre test scores of symptom experience and health related quality of life of postmenopausal women.

Table 1: Assessment of level of symptom experience of post menopausal women n= 30+30

Levels of symptom experience	Range of score	Experimental group		Control group	
		Frequency	Percentage	Frequency	Percentage
Moderate	15-28	27	90 %	25	83.33 %
Severe	29-44	3	10 %	5	16.66 %

Findings related to assessment of levels of symptom experience among post menopausal women shows that, majority of

women in both experimental group (90%) and control group (83.33%) had moderate symptom experience.

Table: 2 Assessment of level of health related quality of life (HRQOL) among post menopausal women. n= 30+30

Levels of HRQOL	Range of score	Experimental group		Control group	
		Frequency	Percentage	Frequency	Percentage
Poor	Poor <60	21	70%	19	63.33%
Good	Good>60	9	30%	11	36.66%

Findings related to assessment of levels of health related quality of life among post menopausal women shows that,

majority of women in both experimental group (70%) and control group (63.33%) had poor health related quality of life.

II: Evaluation of the effectiveness of comprehensive nursing intervention on symptom experience and health related quality of life of post menopausal women.

Table 3: Significance of the difference between post test symptom experience and health related quality of life scores of postmenopausal women in both experimental and control group. n=30+30

Variables	Group	SD of post-test scores	Mean difference	't' value (unpaired)	P value
Symptom Experience	Experimental Group	2.343	15.800	26.052	0.000***
	Control Group	2.355			
Health Related quality Of Life	Experimental Group	3.973	26.800	23.117	0.000***
	Control Group	4.953			

***p<0.001 (Significant)

The above table shows that, the mean post test symptom experience scores of experimental group postmenopausal women were significantly lower than mean post test symptom experience scores of control group postmenopausal women at 0.001 level of significance [t=26.052, p=0.000]. Similarly, The mean post test health related quality of life scores of experimental group postmenopausal women

were significantly higher than mean post test health related quality of life scores of control group postmenopausal women at 0.001 level of significance [t=23.117, p=0.000]. Hence it is concluded that comprehensive nursing intervention programme is an effective tool to decrease symptom experience and to increase health related quality of life of post menopausal women.

Part III: Association between the pre-test symptom experience and health related quality of life scores and socio-demographic variables of post menopausal women.

Table 4: Association between the pre-test symptom experience scores of post menopausal women and their socio-demographic variables n=60

Socio-demographic variables	Df	Chi-square value	P value
Age	2	6.741	0.027*
Educational status	4	4.549	0.321
Occupation	4	2.877	0.566
Family monthly income	2	3.958	0.120
Marital status	1	0.659	0.637
Number of children	3	2.603	0.492
Time period after attainment of menopause	3	1.752	0.634

*p<0.05 (Significant)

The findings displayed in the above table shows that, there was a significant association found between symptom

experience scores and age ($\chi^2=6.741$, P<0.05) post menopausal women.

Table 5: Association between the pre-test health related quality of life scores of post menopausal women and their selected socio-demographic variables. n=60

Socio-demographic variables	Df	Chi-square value	P value
Age	2	0.892	0.694
Educational status	4	3.012	0.577
Occupation	4	1.923	0.804
Family monthly income	2	3.910	0.156
Marital status	1	0.659	0.595
Number of children	3	3.698	0.315
Time period after attainment of menopause	3	1.437	0.715

The above table shows that, there was no significant association found between health related quality of life scores of post menopausal women with their selected socio-demographic variables.

DISCUSSION

The main objective of the present study was to assess the effectiveness of a comprehensive nursing intervention programme on symptom experience and

health related quality of life of post menopausal women at B.V.V.Sangha's Akkanabalaga, Bagalkot. Findings of the present study showed that, majority of women in both experimental group (90%) and control group (83.33%) had moderate symptom experience. The results of the present study are supported by similar study conducted by Shukla R (2018) on post menopausal symptom experience. The results show that the most of the menopausal women had moderate level of menopausal symptoms (70% in control and 66.67% in experimental group).⁶

With regard to health related quality of life, majority of women in both experimental group (70%) and control group (63.33%) had poor health related quality of life. The findings of the study are supported by similar study conducted by Rathnayake N, Lenora J, Alwis G, Lekamwasam S (2019) on prevalence and severity of menopausal symptoms and the quality of life in Sri Lanka. Result shows that over all QOL and domains of QOL scores were lower among postmenopausal women.⁷

Findings related to significance of difference between post-test symptom experience and health related quality of life scores of experimental group and control group subjects revealed that, a statistically significant difference was found between post-test symptom experience scores of experimental group and control group post menopausal women at 0.05 level of significance [$t=26.052, p=0.000$].

Similarly, there was a statistically significant difference found between post-test health related quality of life scores of experimental group and control group postmenopausal women at 0.001 level of significance [$t=23.117, p=0.000$]. The present study is consistent with the study conducted by Reed S, Guthrie KA, Newton KM (2016) to determine the efficacy of 3 non hormonal therapies for the improvement of menopause-related quality of life. Finding shows that yoga appears to

improve menopausal health related quality of life.⁸

CONCLUSION

The study showed that the comprehensive nursing intervention was highly effective in reducing the symptom experience and improving health related quality of life scores of post menopausal women.

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Conflict of Interest: None

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Ethical Approval: Ethical clearance was obtained from the institutional ethical committee of BVVS Sajjalashree Institute of Nursing Sciences, Bagalkot.

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