



The effect of health education on quality of life in postmenopausal women

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Introduction: one of the most critical stages of women's life is menopause. Menopause is the cessation of menstruation for more than 1 year, owing to depletion of ovarian function. Women experience a number of symptoms such as hot flash, headache and neck pain, reduced physical strength, weight gain, sexual problem, Depression, Anxiety and insomnia. Studies show that menopause impacts negatively on quality of life. Quality of life is a multidimensional, dynamic concept that encompasses physical, psychological and social aspects associated with a disease or its treatment. One of the aims of health for all in the 21st century is the improvement of the quality of life. Women's health bears priority in health care services because of its directly associated with family and public health. Awareness of the menopause symptoms can be effective in reducing problems and increasing quality of life in postmenopausal women. This important measure will be possible through health education. The aim of this study was to investigate the effect of health education on quality of life in postmenopausal women.

Material and Methods: searches were made via a number of electronic databases using defined search terms since 2008 to 2017.

Results: Studies show that the knowledge, self esteem, attitude and self efficacy in postmenopausal women significantly increase after education. There are several non-hormonal treatment options, such as physical activity, healthy diet, traditional medicine and relaxation therapy that should be educated to postmenopausal women. Health education helps women to manage menopausal disorders in a healthier manner. Four aspects of quality of life significantly improve after education and complications of postmenopausal women decrease.

Conclusions: Health education can be a suitable approach for improving women's health, reducing problems and improving quality of life in postmenopausal women. Thus, appropriate educational programs through lectures, radio, TV programs, magazine and newspaper for increasing the knowledge of women before the menopausal stage occurs to promote the quality of life is necessary.

Key words: Health education, Quality of life, postmenopausal women



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