

“Abstracts submitted for SAFOMS - MENOSOC 2021”**Knowledge regarding management strategies for issues related to menopause.**

**Kotigala DSK¹, Akmeemana
SP², Nasshath BN³, Kapilesan P⁴,
Ranathunge KGIS⁴, Jayasingha TI⁴**

¹ Senior Registrar in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila.

² Consultant Obstetrician and Gynaecologist, Colombo South Teaching Hospital, Kalubowila

³ House Officer in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila

⁴ Registrar in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila.

Corresponding Author - Kotigala DSK

Email - sridhanushka@gmail.com

Key words

knowledge, menopause, hormone replacement therapy (HRT)

Objectives

Although it is a natural process most of the time, menopause impacts negatively upon the health and hence productivity increasing mortality in many indirect ways. Since women's responsibilities have been expanding even after middle age, improving their health and performance has become much more critical ever than before. Contrarily, poor knowledge among the general public as per management options appears to be a barrier for the optimization of postmenopausal women's health. So, this study aims to assess the knowl-

edge among nurses and midwives regarding the management strategies of menopause related health consequences.

Method

This descriptive study was carried out including 50 nurses and midwives working in Colombo South Teaching Hospital, Kalubowila via interviewer administered questionnaire.

Results

Although most responders had knowledge that lifestyle measures such as regular exercise would help in reducing undesired effects of menopause, only 67.6% of participants knew oestrogen replacement therapy as the mainstay of the management of menopause related problems. Out of the three different forms of hormone replacement therapy (HRT), 64.7% of the responders knew about oestrogen only preparation and combined oestrogen and progestogen. When comparing the knowledge of availability of oestrogen preparations, most of them (79.4%) knew the oral form; around 50% of them knew about vaginal form and 58.8% of them did not know about the transdermal form. Majority (58.8%) of them did not know that the systemic HRT between 50-60 years of age has been associated with less mortality from any cause. 58.8% of responders was aware that any prolonged vaginal bleeding (> 6 months) with oral/transdermal hormone replacement therapy (HRT) should be investigated. Most of them (73.5%) knew that systemic HRT reduces the risk of bone fracture. 70.6% of the participants knew that the early commencement of HRT carries better outcome in many aspects. Three forth (76.5%) of them knew that the single most important con-



traindication to systemic HRT is having a breast cancer. 61.8% of them knew about other therapies like plant oestrogen. 73.5% of responders was aware that annual review by a medical practitioner is needed to decide the duration of HRT.

Conclusion

Knowledge of nursing and midwifery staff as per management options related to menopause-related issues are higher than expected, but a significant proportion needs improvement. These observations indicate that their interest and importance as a potential messenger to the public. That said, enhancement of their knowledge is deemed necessary for the delivery of optimal care.