



## “Abstracts submitted for SAFOMS - MENOSOC 2021”

### Analysis of the awareness of menopause and related issues

**Kotigala DSK<sup>1</sup>, Akmeemana SP<sup>2</sup>, Nassath BN<sup>3</sup>, Kapilesan P<sup>4</sup>,  
Ranathunge KGIS<sup>4</sup>, Jayasingha TI<sup>4</sup>**

<sup>1</sup> Senior Registrar in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila

<sup>2</sup> Consultant Obstetrician and Gynaecologist, Colombo South Teaching Hospital, Kalubowila

<sup>3</sup> House Officer in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila

<sup>4</sup> Registrar in Obstetrics and Gynaecology, Colombo South Teaching Hospital, Kalubowila

**Corresponding Author - Kotigala DSK**

**Email - sridhanushka@gmail.com**

#### **Key words**

menopause, knowledge

#### **Objectives**

Menopause undermines the women's performance and hence productivity contrary to ever increasing social responsibilities and ultimately jeopardize the health increasing morbidity and mortality. Poor insight among the general public and covert nature symptoms and complications seems to be obstacles in the management of menopause-related issues. The aim of this study was to assess the awareness among nurses and midwives regarding diagnosis and sequelae of menopause.

#### **Materials and methods**

This study was a descriptive study conducted on 50 working nurses and midwives working in Co-

lombo South Teaching Hospital, Kalubowila with ages ranging from 25-60 via interviewer administered questionnaire.

#### **Results**

With regard to clinical diagnosis of menopause, only 52.9% were correct whereas 88.2% and 91.2% of the group identified hot flushes and night sweating respectively as acute symptoms of menopause. More than 70% of the sample identified psychological symptoms given can be presentations of menopause and interestingly all recognized tiredness can result from menopause. As per genitourinary symptoms more than 70% of the group perceived vaginal (dry vagina-82.4%, vaginal bleeding- 85.3%) and urinary (dysuria-85.3%, urgency-70.6%, frequency-70.6%) symptoms as results of menopause. Among the long-term complications 91.2% knew that fracture risk can be increased due to osteoporosis, yet only 61.8% had the awareness that spinal abnormalities can occur due to same reason. Around 80% of responders had the insight regarding the cardiovascular risk factors arising from menopause. Poor concentration was identified as a complication by 85.3% of responders.

#### **Conclusion**

Knowledge regarding menopause-related issues among nursing and midwifery staff is admirably satisfactory. This indicates not only their interest, but also their potential as a channel to deliver health messages to the general public.