



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENOPAUSAL BLEEDING AND ITS MANAGEMENT AMONG MENOPAUSAL WOMEN

Kamala K N¹ and Utalbasha Dhandargi²

¹Department of OBG Nursing, Sajjalashree Institute of Nursing, Navanagar, Bagalkot, Karnataka, India

²Department of Community Health Nursing, Sajjalashree Institute of Nursing sciences, Navanagar, Bagalkot, Karnataka, India

ARTICLE INFO

Article History:

Received 13th June, 2018

Received in revised form 11th July, 2018

Accepted 8th August, 2018

Published online 28th September, 2018

Key words:

Menopausal women, post menopausal bleeding, Effectiveness, Structure Teaching Programme, Knowledge, Socio-demographic variables.

ABSTRACT

Background of the study: Postmenopausal women have to face a lot of problems, both physically and psychologically. They have to cope with these physiological changes and continue their role in the society and family. So their knowledge regarding post menopausal bleeding and its management will help them to maintain their health at an appropriate level. **Aim:** Assess the effectiveness of structured teaching programme on knowledge regarding menopausal bleeding and its management among menopausal women. **Method:** This was a pre experimental one group pre test post test design study with 30 subjects, selected through convenient sampling technique. Data was collected by means of a structured interview schedule. **Results:** In pre test, out of 30 subjects no subjects had excellent, good or average knowledge. 60% subjects had poor and 40% subjects had very poor knowledge regarding post menopausal bleeding. The post-test knowledge score (18.26±3.35) was more when compared to the pre-test knowledge score (6.53±1.89). Hence it indicates that the STP was effective in enhancing the knowledge of Menopausal women about post menopausal bleeding and its management.

Copyright©2018 Kamala K N and Utalbasha Dhandargi. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Menopause is a normal but one of the major transitional period in the life of every women .It is one step in a long`1`, slow process of reproductive aging .It involves series of body changes that can last from one year to as long as 10 years. Menopause derived from Greek word Men (Month) and Paus (to stop or cessation) who has defined menopause as the permanent cessation of menstruation resulting from the loss of ovarian follicular activity.²

Post menopausal bleeding (PMB) is defined as bleeding that occurs after one year of Amenorrhea in a woman of a age where the menopause can be expected on the average of 50 year. It is a frequent and alarming sign and exclusion of genital tract malignant. The significance of post menopausal bleeding whatever slight it may be, should not be under estimated. As many as one third of the cases are due to malignancy. The some importance is also given to those cases where normal menstruation continues even beyond the age of 55years.⁵

Approximately one in 10 women experience this problem usually, this occurs in early years of menopause and is less frequent after 3 or more years of menopause.

*Corresponding author: **Kamala K N**

Department of OBG Nursing, Sajjalashree Institute of Nursing, Navanagar, Bagalkot, Karnataka, India

Increasing time internal bleeding is highly indicative of malignancy. In developed countries more than 60% cases are due to benign lesions like atrophic vaginitis, uterine or cervical polyp endometrial hyperplasia and atrophic endometritis. The average age of menopause is 51 years any woman who is still menstruating after 55 years should be viewed with suspicion and post menopausal bleeding must be evaluated for endometrial carcinoma.⁶

The main aim of investigations for post menopausal bleeding is to exclude endometrial cancer which presents with post menopausal bleeding in over 95% case, the probability of endometrial cancer in women presenting with post menopausal bleeding is approximately 5 – 10 %. It is clear therefore, that 90 – 95 % of cases of PMB /post menopause bleeding results from benign. In these circumstances treatment of the underlying problem will usually resolve the symptoms.¹⁰

Managing women presenting with PMB will have to assess their practice in the light of this evidence and their own facilities and experience. The aim of the management of post menopausal bleeding / PMB is to establish a reliable diagnosis patient due to fear of a potential uterine malignancy do present early responding to vaginal bleeding during this period.¹¹

Abnormal vaginal bleeding is one of the most common presenting complaints encountered in gynecological clinic. Among them post menopausal bleeding ranks the most sinister

as it often associated with malignancy. The rate of malignancy, however, varied greatly in different investigations, ranging from 5.6% to 76%. Approximately one in 10 women will experience some bleeding after the menopause. Post menopausal bleeding should always be taken seriously and be investigated, no matter how minimal or no persistent. The incidence of spontaneously occurring postmenopausal bleeding in the general population can be as high as 10% immediately after menopause. It is common gynecological problem seen in about 5 to 10 % of gynecological patient is likely to increase further. About 25 million women pass through menopause each year. By 2030 the world population of menopausal and postmenopausal women is projected to increase to 1.2 billion with 47 million new entrances each year.¹²

In India, there is no current health programme that specific the reproductive health needs of aging women. Moreover, recently launched reproductive and child health II and National rural health mission programmes only addresses women in the reproductive age group, ignoring those who have passed the reproductive stage.¹⁸

From the above mentioned facts it is clear that post menopausal bleeding is very important condition it affects the health of the women leading to cancer. So that women should be aware of the bleeding after the menopause.

MATERIALS AND METHODS

The research design was pre experimental one group pre test - post test design. The population were menopausal women admitted in HSK Hospital and research centre Bagalkot. Convenient sampling technique was used to select 30 menopausal women. The dependent variable was knowledge of menopausal women regarding post menopausal bleeding and its management. The independent variable was structured teaching programme which is developed by researcher on knowledge of menopausal women regarding post menopausal bleeding and its management. The study was conducted in HSK Hospital and research centre, Bagalkot. The data collection tool was divided into two parts. Part 1 consisted of 8 items regarding the demographic information of the subjects. Part 2 consisted 26 closed ended items related to post menopausal bleeding and its management. paired 't' test were used to find the difference between pre test and post test assessment scores of menopausal women. Chi square test was used to find association between pre test knowledge scores with their selected demographic variables of menopausal women.

RESULTS

Among 30 menopausal 36.67% in the age group of 55-60 years, 43.33% of the subjects had no formal education, 40% subjects were housewives, 53.33% subjects were Hindu, 33.33% subjects had income between 7000/-9001, 56.67% of subjects were from rural and 76.67 % of subjects were from joint family.

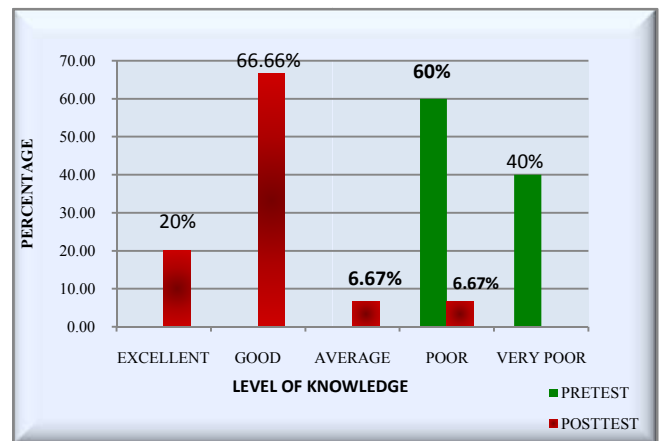


Fig No. 1 Percentage wise distribution of study subjects according to levels of knowledge in pre test and post test

In pre-test, out of 30 subjects no one had excellent, good and average knowledge followed by 60% subject with poor and 40% with very poor knowledge regarding post menopausal bleeding and its management selected. However after STP (post test) 6.67% subjects had average knowledge followed by 20% subject with excellent, 66.66% subjects with good, 6.67% subjects with poor and 0% with very poor knowledge regarding post menopausal bleeding.

Table 1 Association between posttest knowledge scores and selected socio demographic variables

Sl. No	Socio demographic variables	DF	Chi-square value	Table value	Level of significance	Inference
1.	Age	1	0.1357	3.84	0.05	Not Significant
2.	Educational status	1	0.938	3.84	0.05	Not Significant
3.	Occupation	1	0.216	3.84	0.05	Not Significant
4.	Religion	1	0.047	3.84	0.05	Not Significant
5.	Family monthly income	1	1.33	3.84	0.05	Not Significant
6.	Type of family	1	0.07	3.84	0.05	Not Significant
7.	Place of residence	1	1.03	3.84	0.05	Not Significant
8.	Sources of information	1	0.88	3.84	0.05	Not Significant

There is no significant association between post test knowledge scores and socio-demographic variables: age, Educational status, occupation, religion, family monthly income, type of family, place of residence and sources of information regarding post menopausal bleeding and its management among menopausal women.

CONCLUSION

The main focus of this study was to evaluate the effectiveness of Structure teaching programme on knowledge regarding post menopausal bleeding and its management among menopausal women admitted in HSK Hospital and research centre, Bagalkot. The women after menopause need an appropriate level of knowledge to maintain their health at its best possible level, Hence such awareness developing programmes are of high need to maintain good health among menopausal women.

References

1. <http://pre.menopause.fateback.com/>.
2. ISRAEL SL, WEBER LL. Postmenopausal uterine bleeding. *Obstet Gynecol.* Mar;7(3):286-292.
3. Ali Hassan at-Timim MBC HBm MS, PhD. Professor of pathology post menopausal bleeding clinic

- pathological study in Babel. Journal of Babylon University.18 (3)-2010.
4. Panda JK; One-stop clinic for the post menopausal bleeding .J Reprod Sep: 47(9): 761-6.
 5. J. James, A. Meril MD. Management of post menopausal bleeding. Clinical and gyneac 1981; 24(1): 285-99.
 6. Evaluation of one stop clinic for the rapid assessment of PMB journal of obstetrics and gynecology volume 18, number 2, March 1998
 7. Sonia Arora, Bhupinder Kaur Anand. Epidemiological correlates of post menopausal bleeding, Department of Obestetrics & Gynecology, J.N.M.Medical college & DR .B .R Ambedkar Memorial, Hospital, Raipur.

How to cite this article:

Kamala K N and Utaalbasha Dhandargi (2018) 'Effectiveness of Structured Teaching Programme on Knowledge Regarding Menopausal Bleeding And Its Management Among Menopausal Women', *International Journal of Current Advanced Research*, 07(9), pp. 15581-15583. DOI: <http://dx.doi.org/10.24327/ijcar.2018.15583.2851>
