Menopausal Knowledge and Management in Peri-menopausal Women

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Objectives: The purpose of this study was to understand what peri-menopausal women know in order to enhance perimenopausal management.

Methods: Data collection was performed in December 2010. A total of 211 peri-menopausal women in Seoul and City S, Gyeonggido were surveyed using a convenience sample. Collected data was analyzed using SPSS.

Results: We found that 86% of peri-menopausal women had not received any health education on menopause and 92% of perimenopausal women wanted more education about menopause. Women who acquired relevant information from a hospital (or medical staff) had high levels of knowledge and care of their menopause. Also, it was found that there was a high correlation between postmenopausal women's knowledge and menopause management ($r = 0.75, P = 0.01$). A regression model of the factors that affect menopausal management consisted of menopausal knowledge, menopausal status and menopausal education, with these factors explaining 20.5% of variance.

Conclusion: Systematic efforts and education are necessary to empower menopausal women in the management of their menopause.

Key Words: Knowledge, Menopause, Middle aged