

## INTRODUCTION

### Climacteric

*Climacteric* refer to the period in females life when she passes from the reproductive to the non reproductive stage with regression of ovary function usual begins about 2 to 5 years before the last menstrual period and at least 2 to 5 years after menopause (*Shaaban, 2001*).

*Pre-menopause* is the first phase of the climacteric when fertility decrease and menses become irregular. This phase lasts few months or few years. Trouble some symptoms , such as vasomotor instability, fatigue, headaches, and emotional disturbance, may appear during this phase. The pre-menopause tend to be short if menopause is early and prolong life menopause is late (*Fraser, Copper 2004*).

*Menopause* is the medical term for the end of a woman's menstrual periods. It is a natural part of aging, and occurs when the ovaries stop making hormones called estrogens. This causes estrogen level to drop, and lead to the end of month menstrual periods. This usually happens between the ages of 45 and 60 with an average of 51 years (*AGOG, 2007*). The mean age of menopause among Egyptian women was  $49.03 \pm 2.25$  years as reported by (*Adekunla et al; 2002*). Menopause can also occur when the ovaries are surgically removed or stop functioning for any other reason (*Qunadil 1999 & Adekunle et al., 2000*). Menopausal unpleasant symptoms reported by menopausal women as a hot flushes, sweating, mood change, irritability, insomnia, headache, lack of energy, palpitation, muscle and joint pain disparonia and loss of sexual desire. Osteoporosis is a very serious problem in this period (*Santro,2004*).

*Post menopause* refers to the phase after menopause and lasts for the rest of females life, which is characterized by deceased hormonal production with associated symptoms and problems that reduce quality and

length of life for a large number of women (*Wern, 1998*). With the increase in life expectancy of females they spent about one third of their life in menopause (*Yousuf 2000*).

*The World Health Organization Quality of Life Group (WHO, QOL group, 1996)* define a quality of life as individual's perceptions of their position in life, context with the cultural and value system, where they live and relation to their goal expectations and standard concerns. It involves aspect of physical health, psychological stage. and level of independence, social relation ships, environmental factor, and personal beliefs. Quality of life is an important outcome that reflects the way person (women) feel and function. Assessing impact of condition on quality of life is particularly relevant in symptomatic condition such as the menopause (*Betty et al., 1998 and Wiknd et al., 1999*).

*The British Association for Counseling 1992* defined counseling is as a process through which one person (women) helps another through purpose full conversation in an understanding atmosphere to make decision. It seeks to establish a helping relationship in which one who is counseled can express his feelings in such a way to clarify his own situations come to terms with some new excellence. Education & counseling to the women at this critical period of time have very helpful and supportive effects, that help woman's decision regarding treatment used to over come the menopausal symptoms.

Studies was done in Egypt, (2002) showed that , the prevalence of menopausal symptoms was 84% among Egyptian women (*Arife et al., 2003*).

Nurses can offer counsel and support to women experiencing physical, psychological and emotional stress associated with menopause. Nurses need to use an empathic approach in counseling, health teaching or providing physical care (*Mcknney et al., 2004*).