

SUMMARY

Menopause is a natural biological process, not a medical illness. It is the permanent end of menstruation and, it marks the end of reproductive life of women. Natural menopause is a gradual process occurs when the ovaries naturally begin decreasing their production of the sex hormones. It occurs for most women from age 45 and 55 years. It is confirmed by the absence of menstrual periods for 12 consecutive months and no other biological or physiological cause can be identified.

During menopausal phase the female body has to undergo some important changes as vasomotor changes, genitourinary atrophy, and sexual dysfunction and psycho-social changes manifested in depression and anxiety, skin changes, bone loss and increase risk for fractures. The menopause also could be associated with long term life threatening disease as cardiovascular disease and osteoporoses.

Every woman has the right to have the highest attainable standards of health to improve her quality of life during menopausal period. One measure to attain optimal health during this period is (HRT), which is very important to avoid /or decrease the menopausal changes. Post menopausal HRT is a recent method, which should be provided under the medical supervision and proper counseling. As with increasing life expectancy of menopausal women, therefore, it is very important for assessment of their knowledge and attitude regarding HRT is mandatory. So this study was carried out to assess women's knowledge and attitude regarding menopause and HRT.

Aim of the study:

To assess knowledge and attitude of menopausal women toward hormone replacement therapy through:

- 1- Assess knowledge of menopausal women regarding the hormone replacement therapy.
- 2- Identify attitude of menopausal women toward the hormone replacement therapy.

Setting:

Six faculties (50%) of Benha University were chosen randomly from total (12) setting of Benha university facilities through simple random techniques. Those faculties were (facility of education, faculty of law, faculty of medicine, faculty of art, faculty of commerce, faculty of agriculture in moshtohor).

Sample:

Convenient sample was selected 3 days /week from 9 AM To 2PM for 6 months in period between "January 2010 to June 2010" and reached 200 menopausal women.

Tools used for data collection:

The following tools were constructed, tested, and piloted by the researcher to collect data. Data collected using a structured interview questionnaire form and attitude scale.

1- Structured interview questionnaire:

This sheet was developed by the researcher after reviewing related literature and under guidance of supervisors ,adjusted and prepared in Arabic language the sheet comprised the following data items:

- Socio-demographic data as age, age, marital status, working status, and level of education, etc.
- Assess women's knowledge about the menopause and hormone replacement therapy through items written in Arabic language in the form of close and open-ended questions.
- Modified likert scale to assess attitude of the menopausal women regarding hormone replacement therapy.
- **The pilot** study was conducted for 3day /week for 2weeks and reached to 20 menopausal women and excluded from the sample size.

The present study **revealed** that:

- The present study showed that 60% of sample had unsatisfactory knowledge about the menopause and hormone replacement therapy.
- 79% of menopausal women had negative attitude regarding menopause and hormone replacement therapy.
- There was a highly significant relation between attitude and women age.
- There were highly significant relation between nature of husband presence and knowledge.
- The present study showed also there was positive correlation between total knowledge and total attitude scores.

Accordingly, the study results there are a number of important

Recommendations:

- The nurse can sharing in raising awareness about menopause and hormone replacement therapy through conducting mother teaching

class to help women understand what are menopause, its symptoms, cause, goals and components of treatment.

-Counseling about menopause and menstrual changes should be done for women at different level and at different areas to enhance self efficiency and self management.

-Creating awareness and provide further education to women in under resourced countries about the menopause and HRT to empower them to make informed choices about their health during this period