

SUMMARY

Uterine fibroids are common and significant health problem affecting women primarily of reproductive age, across all ages, racial backgrounds, and socioeconomic levels. It is estimated that between 20 and 30 percent of women of reproductive age have clinically recognized uterine fibroids, and screening studies indicate the prevalence of uterine fibroids in women may be much higher.

Aim of the study:

The present study aimed to assess the quality of life for women with uterine fibroids through:

- Identifying quality of life of women with symptomatic uterine fibroids.
- Assessing factors affecting quality of life of women with symptomatic uterine fibroids.

Setting of the study :

This descriptive study was conducted at three hospitals in Benha setting which include (Benha University Hospital - Benha Teaching Hospital - Benha Health Insurance Hospital) for women with symptomatic uterine fibroids who are attending outpatient clinics and gynecological departments.

Sample:-

All available women with symptomatic uterine fibroids attending to outpatient clinics and gynecological departments of Benha University Hospital (40), Benha Teaching Hospital (37) and Benha health insurance hospital (23) . Total sample size (100) women's with symptomatic uterine fibroids during 6 month period of data collection .

Tools of data collection:

The interviewing questionnaire format was developed by researcher based on review of literature putting into considerations the aim of the study and the data needed to be collected from the study subjects. The language of interviewing questionnaire was simple clear Arabic language. It divided into:

Part (I) 1- Sociodemographic characteristic of the study sample such as

Such as age, Parity, educational level, occupation, marital status, socio economic level-and income.

2- Menstrual history it includes age of menarche, duration of menstruation, menstrual disturbance and menstrual pains.

3-Family planning history it include using of contraception, contraception methods which include hormonal method such as (injection – pills – norplant), IUD, topical methods, traditional methods and surgical methods

4- Gynecological history such as pervious complaints of uterine fibroids, previous family history of uterine fibroids, previous myomctomy.

5-Patientcomplaints such as vaginal bleeding, dysparonia, low back pain and act.

Part (II): –Women knowledge:-

1-women knowledge about uterine fibroids.

2- Women knowledge about quality of life.

Part (III):- Quality of life dimensions such as:

- Physical dimension

- Psychological dimension.

- Social dimension.

- Data collection for this study was carried out for 6 months through out the period between August 2009– January 2010.

Pilot study:

A pilot study was carried out on 10 % (10 women) of the study sample to test clarity, validity and reliability of the tools. According to results of the data analysis, items correction, modification, omission and addition will be followed as needed. The women involved in pilot study were excluded from the main study sample.

Scoring system: it was used to assess women knowledge about uterine fibroids and their quality life. The scoring system about uterine fibroids knowledge the good level assigned score (2) complete correct answer, average level (1) incomplete correct answer, Poor level (0) wrong answer or don't know while total Score (8) score. The answers of questions are classified into 3 categories according to the number of correct answers the answer was graded as the following:

A-Good: when answer score was more than 75% ($\geq 75\%$) good level.

b - Average: when answer score was $\geq 50\%$ - $<75\%$ (average level).

c- Poor: (not correct or don't know) when answer score was less than 50% ($< 50\%$) (Poor level)

Then enhance total of each category was calculated and hence the total knowledge was scored according to the responses with (good, average, Poor)

Results:

The results of the study revealed that following:

- More than half of studied sample were in the age group ranging from 31- 40 years (55%). Majority of the studied sample were married (84%). While 65% of studied sample have low education, while employment, in this study two third were work (62%), economic

condition this study sample revealed that more than half of studied sample had not enough income (57%).

- A significant relationships between total quality of life score and all patient complaints except (presence of intra menstrual bleeding, constipation, dyspareunia and difficult in micturation), where 70% of studied sample had poor quality of life score associated with vaginal bleeding .While 70% of studied sample had poor quality of life score associated with abdominal enlargement , 78% of studied sample who had low pelvic pain had poor quality of life score.and also 40% of studied sample who had back pain had poor quality of life score .
- A significant relationships were detected between total quality of life score and socio demographic characteristics such, marital status, parity and income where it demonstrates that 72% of studied sample had poor quality life score with married women. 21% of studied sample had poor quality of life score of women who have children 4-5 child) .While 46% of women who had not enough income had poor quality of life score .
- A statistical significant relationships were detected between total uterine fibroids knowledge score and total quality of life scores, where it demonstrates that 47% of studied sample had fair or average knowledge score about uterine fibroids , while most of studied sample had poor quality life score.

CONCLUSION

Based on the results of the present study and research questions the following can be concluded:

- The study results shows that (43%) had poor knowledge about uterine fibroids.

- The study results shows that (83%) had poor quality of life score with uterine fibroids.

-The quality of life of women with uterine fibroids is affected by sociodemographic characteristics where the quality of life score of women were significantly with marital status (marital status, and income parity ranged 4-5 children all have poor quality life score .

-The quality of life of women with uterine fibroids is affected by patient complaints such as vaginal bleeding, abdominal enlargement, low pelvic pain, back pain all have poor quality of life score.

-The study highlighted that significant relations were detected between total knowledge score and total quality of life score.

-This is the first thesis to disease this topic among arabic speaking countries .

Recommendations

Based on the result of the present study, the following can be recommended:

- Health education program about quality of life of women with uterine fibroids include healthy diet, importance of exercise and hygiene.
- Periodical screening for women to detect any tumors in genital tract.
- Continuing nursing education e-g (orientation, sessions, refreshment courses, etc .) about tumors of genital tract .
- Further studies are needed to discuss HRQOL in women with uterine fibroids undergoing different treatment modalities.