



## THE IMPACT OF MIDWIFE LED INTERVENTION ON REDUCING THE VASOMOTOR MENOPAUSAL SYMPTOMS AMONG MENOPAUSAL WOMEN AT MATERNITY CARE HOSPITAL

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### INTRODUCTION

The term woman is usually reserved for an adult. Nature takes women through a series of transitions from her birth until death, which includes menarche, pregnancy, labor, motherhood and menopause. Menopausal symptoms affect about 70% of women approaching menopause. National Family Health Survey - 2 (NFHS) in 2018 analyzed the issue of menopause as an emerging issue in India in 2018. They assessed the variation in the level of menopause in India with their states. The transition into menopause usually starts with changes in women's menstrual cycle patterns, often accompanied by hot flashes or other symptoms. Most women begin the menopausal transition between ages 45 and 55, and the process may last for several years. Women reach menopause at different ages, and the average age of menopause is 52 in the United States. You will only know that you've reached menopause when you have not had a period or spotting for a full year.

### OBJECTIVES

- To assess the pretest level of the vasomotor menopausal symptoms among menopausal women in both experimental and control group.
- To assess the effectiveness of midwife led intervention on vasomotor menopausal symptoms among menopausal women in both experimental and control group

- To compare the pre and post test level of the vasomotor menopausal symptoms among menopausal women in both experimental and control group
- To associate the post test level of the vasomotor menopausal symptoms among menopausal women with their selected demographic variables in both experimental and control group.

## **METHODOLOGY:**

This study was conducted with 300 samples in Quantitative research approach, the study design was True experimental study. menopausal women who were attending Gynecological outpatient department who fulfilled the inclusion criteria were selected for the study by simple random sampling technique. Vasomotor menopausal symptoms was assessed by using vasomotor menopausal symptoms assessment tool. After the pretest, the measures which will reduce the vasomotor menopausal symptoms and slow paced breathing was taught and advice to practice twice a day for the experimental group. Control group was advised to practice the routine activities. The post test level of vasomotor menopausal symptoms was assessed on 30th day of pre test by using the same vasomotor menopausal symptoms assessment tool. Collected data was analyzed by descriptive and inferential statistics. Frequency and percentage analysis were used to describe demographic characteristics of the study participants. Pre-test and post-test were compared using student's paired t-test. The association between demographic variables and knowledge score were analyzed using Pearson chi square test.

## **RESULT**

The major findings of the study revealed that, In the posttest overall vasomotor Menopausal symptoms among women in Experimental group mean score was 57.53% Control group post test mean score was 75.30%. Hence this shows the marked difference between experimental group with intervention and control group women with no intervention which reveals the effectiveness of the midwife led intervention.

Result showed that the level of vasomotor Menopausal symptoms among women in both groups. Experimental group post test mean was 57.53 standard deviation 4.17, Control group post test mean was 75.30 standard deviation 5.30. Experimental group post test mean was less than control group post test mean.

## **DISCUSSION**

Menopausal women who received midwife led intervention had a statistically significant difference in reducing the level of vasomotor menopausal symptoms. This study infers that midwife led intervention was the best remedial measures in all health care settings for the menopausal women. The findings of the present study emphasize the need and important attention for the health care workers and midwives to train themselves to handle the menopausal women with vasomotor menopausal symptoms.

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