



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

ABSTRACT 104

Health problems of women aged 45 to 65 years who accompany clients in Maternity Teaching Hospital, Erbil City/Iraq

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Key words: Menopause, physical health problems, psychological health problems, Erbil city.

Background: Women during menopause and postmenopausal period usually suffer from many health problems which affects their daily activities due to effect of hormonal deficiencies and aging process.

Objectives: Main objectives are to find out the physical, psychological health problems and chronic diseases among women age 45 to 65 years old.

Methods: A descriptive study was conducted during the period July-November /2011 at Maternity Teaching Hospital. The sample consisted of 200 women who were accompanying their relatives to the hospital and their menstrual cycle was stopped for more than one year. A verbal consent was taken from all women who participated in the study. An interview questionnaire form was used to collect the data and it included three parts: background information, physical and psychological health problems and chronic diseases.

Results: Majority of study sample their age ranged from 51-60 years, most of them were married, illiterate, housewives and from urban areas. 74.0 % of study sample complained from chronic diseases. Main physical symptoms which were reported by majority of the study sample included: night sweats, vaginal dryness, disrupted sleep, palpitation, skin changes, headaches, dizziness, sore joints, dry mouth and fatigue. While, most of the study participants complained of the following psychological problems: poor concentration, anger, readiness to cry and anxiety.

Conclusion: Chronic diseases and physical health problems were more common among study participants than psychological problems.