



اللجنة العلمية الدائمة للتمريض
استمارة ملخص بحث بواسطة المتقدم

بيانات تستوفى بواسطة المتقدم:- د/ آيات مسعود عمر مسعود
الوظيفة المتقدم لها الباحث: أستاذ مساعد
رقم البحث:- (٤) نوع البحث: (مشترك)

عنوان البحث باللغة الانجليزية:

Impact of Self-care guidelines on functioning and well-being of postmenopausal women with aging vaginal symptoms

عنوان البحث باللغة العربية:-

تأثير ارشادات العناية الذاتية على الاداء الوظيفي وصحة السيدات بعد سن اليأس المصابات
باعراض جفاف الهبل
مكان النشر:

The Malaysian Journal Of Nursing | VOL. 9 (4) April 201 8

المشاركون في البحث:

١. د. ناهد موسى صابر
 ٢. د. آيات مسعود عمر مسعود
- هل البحث معتمد على رسالة علمية
لا (√) نعم ()

ملخص البحث باللغة الانجليزية:

Abstract

Background: Vaginal aging is a thinning, drying and inflammation of the vagina due to decrease estrogen in the body. The most menopausal women experience vaginal aging symptom. **Aim of the study:** to evaluate the impact of self-care guidelines on functioning and well-being of postmenopausal women with aging vaginal symptoms. **Methods:** A quasi-experimental study design was used. This study was conducted at the Outpatient clinics in MitGhamr Hospital, Ministry of Health in



Egypt. A purposive sampling of 50 menopause women was used. Data were collected by using a structured interview questionnaire and Day to Day Impact of Vaginal Aging questionnaire (DIVA). **Results:** Results showed that the vaginal symptoms had a high disparaging impact on studied postmenopausal women on their daily activities Pre= (71.6%), post= (22.8%), the emotional well-being before intervention has had (57.5%), but it declined to (20.5%) after the intervention. Further, there is a positive impact to sexual function of the postmenopausal women pre=(61.25), post =(21%), and self-concept pre=(50%), post = (14.8%). Moreover, the total impact of the day today life domains were high among women of age group > 50 years, and who was a resident in rural areas with statistically significant difference (p= 0.0001). **Conclusion:** The study findings suggest that the functioning and well-being of postmenopausal women with aging vaginal symptoms can be addressed utilizing a substitute treatment such employing the self-care guidelines. **Recommendations:** Self-care concept should be empowered as an essential part of all levels and strategies of women health care. Further researches are needed regarding factors and barriers associated with the utilization of self-care practices through reproductive years for women as well as for management of various perimenopausal and gynecological problems.