

A GROUNDED THEORY APPROACH TO EXPLORE HOW WOMEN PERCEIVE MENOPAUSE

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Background

- 220 million Muslim women reported to be in the postmenopausal or climacteric period (Gharaibeh, Al-Obeisat, & Hattab 2010).
- It is predicted that the amount of postmenopausal women will rise from almost 477 million in 1998 to 1.1 billion in 2025 (Theroux, 2010).
- Menopause is a transitional period which continues from 1 to 10 years depending on different internal and external factors (Ama & Ngome 2013).
- The physiological definition of menopause does not cover all aspects of women's menopause experience.
- Although physiological, socio-cultural, spiritual, individual, physical sexual, and psychological dimensions of menopause have been studied in the literature, they have not been integrated collectively (Lindh-Åstrand, Hoffmann, Hammar, & Kjellgren, 2007).
- Differences in menopausal symptoms have been referred to multiple factors such as "culture, society, education and economic condition" (Hakimi, Simbar, & Tehrani, 2014).
- The meaning of menopause is different among women because menopause experience is unique for each individual (Hakimi, et al., 2014).

Aim

(a) to understand the uniqueness of an individual's menopausal perceptions and that how these differences influence in delivery of nursing care. (b) to identify the multiple dimensions of women's menopause perception as a nursing phenomenon within Iranian context as a Muslim country .

Methodology

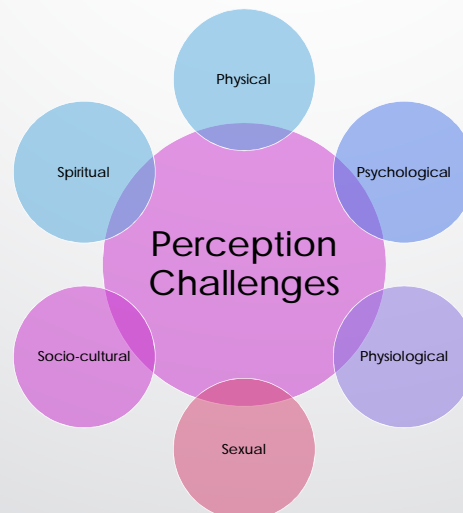


Findings

Menopause Meanings

Developmental stage	Loss of femininity	Natural event	Infertility	Becoming meaningless
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Gestalt of Menopause



Significance

Health care professionals need to provide care for patients from different racial, ethnic, and cultural backgrounds through culturally competent care. It is important to note that women will bring their individual culturally based menopausal concerns that reveal how menopause is perceived and defined by them.

Implications

- Micro**
 - Support self efficacy/self identity
- Mezzo**
 - Research
 - Education
- Macro**
 - Policy
 - Research

Conclusion

- Provide holistic care and cultural competent care for menopausal women.
- Provide care based on women's need and what menopause means to them
- Provide care based on gestalt of menopause rather than physiological definition of menopause

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