SUMMARY

Menopause is a major burden and a daunting challenge among women. The beneficial effect of family support in overall health promotion and care of the patient has been documented. There is virtually no information on integrated health care among Nigerian menopausal women especially in areas of family support, self-care practices and other health related quality of life. Therefore this study was conducted to investigate the role of perceived family support and self-care in women of menopausal age group attending the GOP clinic, Federal Medical Centre Owo.

This was a descriptive cross-sectional hospital based study which utilized systematic sampling technique to select 404 women within ages 40-60 years who attended General Outpatient Clinic Federal Medical Centre Owo. A pre-tested, semi-structured interviewer administered questionnaire was used to obtain information from respondents. Data was analyzed using SPSS version 21.

The mean age of the respondents was 50.5 ±6.3 years with the highest among women aged 55 years and above. The knowledge of menopause related symptoms was poor as 64% of the respondent did not know any menopause related symptoms. The prevalence of menopause related symptoms were more among the peri-menopausal and postmenopausal respondents in the 6 symptom domains assessed. The use of screening services was poor as 4% of the respondents had done half of the 8 “recommended” health related screening within the stipulated period. The perceived family support among the respondents was low as 47.8% of the family had good family support. There was no significant association between family support and the self-care practices (health screening and treatment options).
This study has revealed gaps in the knowledge of menopause related symptoms, self-care practices and family support among the menopausal women. In addition, perceived family support did not play a role in the self-care practices among menopausal women. Opportunities for public enlightenment and health education interventions is needed to address these gaps among the study population.