

ABSTRACT

Health Maintenance Needs For Perimenopausal Women and Their Partners in a Selected Population

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A survey was conducted among women attending a public gynaecological facility and a private medical facility. Their partners were included wherever possible. The aim was to compare health maintenance needs in the perimenopausal women and their partners (age 40 - 55) attending a private and a public facility for care. All patients attending both facilities and who were within the age range were invited to enroll. At the public facility 80 females and 27 partners were enrolled whilst at the private facility it was 40 females and 21 partners.

It was found that approximately one third of the respondents stated that they were unaware of the meaning of menopause and it was noted that, for the majority, menopause was not discussed with either the partner or anyone else. The access to care, especially at the public facility, was affected by long waiting time and lack of adequate transportation. Amongst respondents, both male and female, hypertension was the most common medical problem. Similar proportions of those attending either facility had a total abdominal hysterectomy.

This study has identified some factors which affect health maintenance in the stated age group and recommendations are made to address the problem.