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Consultation needs about menopause among women; Qualitative study

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Background and aim: Menopause is the critical part of life of women, that one can affected on quality of life with some psychological and physical problems by decreasing of health. This is one of field in reproductive health. May be in the quantitative researches, we couldn't find attitude of interviewer, so we decided use of focus group discussion as a qualitative research. The aim of this study was to determine consultation needs about menopause among women.

Materials and Methods: This qualitative study, performed in Al-Zaharah's Hospital in Rasht in 1391. 62 women (>40 years) Participated in 7 groups, who's were selected by using purposive Sampling in focus group discussion. Women's data were collected by semi questions structured. Interviews were records after getting concept, then health needs request was compiled subsequently transcript from audio-taped interviews.

Results: On the basis of results, most of women told the age of menopause is upper 45 years and bake pain, lower abdominal pine and hat flash were as disturbing symptoms, while they did not know about suitable nutrition and protective ways for osteoporosis. But Most of them answered walking is the best in during this time.

Conclusion: There was a big gap for health needs about menopause among women in during this time.so for given knowledge to menopause women, needs improve national and local educational services and programs for these valuable groups.

Key words: Reproductive health need, menopause, qualitative research.

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