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Knowledge, attitude and practices regarding hormone replacement therapy among post hysterectomy with bilateral oophorectomy women in a tertiary center of Sri Lanka

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Introduction

Hormone replacement therapy (HRT) could benefit women who have reached the natural menopause, have had a hysterectomy.

Objective

To evaluate knowledge, attitudes and practices of HRT in women with the history of hysterectomy and bilateral oophorectomy.

Methods

This study was conducted in Sri Jayewardanapura General Hospital, Gynaecology clinic for period of six months. 100 women with age less than 50 years, who have been undergone hysterectomy and bilateral oophorectomy within one year were selected by random sampling method. The main outcome measures were women's knowledge of HRT, their attitudes towards it and the percentage of users, past users and never users within the sample.

Results

A 100% response rate was achieved. Overall, 38% of women are currently using HRT and 5% were past takers and 47% were never takers. In that, women up to secondary education were using HRT more (24/38) compared to less educated women. Only 46 (46%) women were aware about menopausal symptoms following surgery. 41% of women were have knowledge on benefits and risk associated with HRT usage. 27 women out of 100 were discussed about HRT before surgery with doctors. Attitudes towards the HRT usage following surgery was satisfactory, however women more concern about the expenses (61%) and around half of them (47%) were interested in natural products over hormonal products.

Conclusions

Usage of HRT among post hysterectomy with bilateral oophorectomy women was not adequate, but educated women are using more HRT. Knowledge regarding menopausal symptoms and risk and benefits associated with HRT usage was satisfactory. Meantime, their attitudes towards the HRT usage also good. However, proper education regarding menopausal symptoms following surgery and benefits of HRT usage will enhance their quality of life.