

Title: The effects of health education by internet on menopausal knowledge and quality of life among middle-aged and older women.

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Background: Health education used by internet may help to increase individual's knowledge and further improving individual's symptom and quality of life.
Objective: This project was to examine the effectiveness of the internet use for menopausal health education on menopausal knowledge and quality of life in the middle-aged and elderly community women.
Methods: The quasi-experimental research design was employed. A total of 60 women between 40 and 85 years of age participated in the study. Women were assigned into experiment or control groups. The participants in experimental group would receive menopausal health education via internet and those in control group would not. Data was collected during two phases: baseline and 4-week. The outcome measures including menopausal symptoms scale, menopausal knowledge scale and WHOQOL-Menopause.
Results: After the 4-week healthy educational program, the total score of menopausal knowledge was changed from 89.77 to 93.77 (p = 0.280) and the total score of WHOQOL-Menopause was changed from 59.38 to 59.56 (p = 0.840), but there were no significant difference in experimental group. The average satisfaction score of "Menopausal Health Booklet" of the women in the experimental group was 74.03 (SD = 6.77), showing a medium degree satisfaction.
Conclusions: It is suggested that further analysis of Internet healthy education resources can understand the exact needs of menopausal knowledge in the middle-aged and elderly community women, and design the appropriate contents and strategies of menopausal health education to improve their menopausal knowledge and quality of life.

Biography

Hui-Ling Wang has completed her PhD at the age of 38 years from Institute of Allied Health Science, College of Medicine, National Cheng Kung University, Tainan, Taiwan. She is a assistant professor in Department of Nursing, Fooyin University, Taiwan. She has owned licenses of RN and Community Health Nursing, and 16 years of nursing professional experiences. Her specialties is elderly care, community health nursing, and climacteric nursing.

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