

深耕社區---落實關懷更年期婦女健康

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Initiating Into The Community --- To Implement Health Care For Perimenopausal Women

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摘要

2002年7月在JAMA (Journal Of the American Medical Association) 發表一系列之婦女健康關懷研究指出, 更年期婦女長期使用荷爾蒙藥物所面臨風險可能會大於其帶來的效益, 使得醫師減低賀爾蒙之用量, 更年期婦女求醫及服用賀爾蒙之意願更低, 然而更年期之保健是刻不容遲。每位更年期婦女, 需面臨至少三個健康管理議題: (1) 更年期症狀處理 (2) 心臟血管疾病預防 (3) 骨質疏鬆預防。而護理人員多為女性, 針對大多未求醫之更年期婦女, 宜提供主動之社區保健及健康管理。護理人員能協助更年期婦女的自我保健議題, 包含: (一) 規律運動的更年期婦女能改善其健康; (二) 健康教育的介入有助於婦女有效執行自我照顧健康的行為; (三) 鼓勵婦女多關心自己, 營造自己的身心養生之道: 此時該是更年期婦女自己努力營造健康的時候, 作為人生第三個及四個二十五年健康之基礎, 期望護理人員能以正向之更年期照護, 帶給其更年期婦女個案的正向積極的身心保健。

關鍵字: 更年期 婦女健康 自我照顧

ABSTRACT

In 2002, JAMA (Journal of the American Medical Association) published a series of menopause related research. These studies indicated that menopausal women of long-term HRT users have more risks than its benefits impacting on their health. These results have shown that physicians reduce the dosage of hormones intake and menopausal women have less motivation of seeking medical help for taking hormones. Currently, how to help women to take care of their perimenopausal health is very important. Each perimenopausal woman might face three health issues: (1) management of perimenopausal symptoms (2) prevention of cardiovascular diseases (3) prevention of osteoporosis. Most nurses are women that are expected as the best health providers for perimenopausal women. Nurses

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