

Prevalence, Impacts and Management of Urogenital Challenges among Rural Menopausal Women of Vhembe District in Limpopo Province, South Africa

N. J. Ramakuella* and A. Amosu

School of Health Sciences, Department of Advanced Nursing Science, University of Venda, Thohoyandou 0950, South Africa

**E-mail: Nditsheni.Ramakuella@univen.ac.za*

KEYWORDS Menopause. Urogenic. Symptoms. Lack of Information

ABSTRACT The study was a cross-sectional descriptive survey. A sample of 500 women between the ages of 40 years and above was selected. Sampling was done by combining two probability sampling methods – cluster and systematic sampling. The procedure was continued until the sample size of 489 participants was met. A structured and pretested self-administered questionnaire was used to collect data. The collected data were analysed using the Statistical Package for the social sciences (SPSS version 19). Descriptive statistics, frequency tables and percentages were used in the data analysis. As for urogenital category, about 62.3 percent of the women in their pre-menopausal stage compared to 50 percent and 51.3 percent had no frequency of urination. 64.8 percent, 61.2 percent and 55 percent of the women in the pre-menopausal, menopausal and post-menopausal status respectively had either a mild, moderate or severe problem regarding changes in their sexual desire/libido. High prevalence of urogenital challenges among the menopausal women in this study, suggest a need for an intervention to reduce the incidence of menopausal challenges associated with menopause in this population.