

SUMMARY

Rating Health-Related Quality of Life after Menopause

Introduction: Quality of life of individual and its evaluation is increasingly important in clinical practice. Specifically, women in the period associated with menopause often suffer from symptoms which do not directly threaten health, respectively life, but they can reduce the quality of life. With the general aging of our population is increasing the number of women in this period. The care these women must be comprehensive and focused on their subjective perception of women's lives. Clinical practice in the Czech Republic needs specific instrument to assess quality of life of menopausal women. Therefore, the authors created the Czech versions of specific instruments assessing the health related quality of life (HRQL) in postmenopausal women - Menopause Rating Scale (MRS) and Utian Quality of Life Scale (UQOL).

Objectives: The theoretical aim of this work was to describe the period associated with menopause, characterize the quality of life and methods of its evaluation and also provide an overview of assessment tools for quality of life for women in the period associated with menopause. We mapped the situation in diagnosing and treating of estrogen deficiency symptoms in Czech clinical practice.

The empiric aim of the work was to develop Czech versions of the two questionnaires for the assessment of HRQL women after menopause - Menopause Rating Scale and Utian Quality of Life Scale (with permission of the authors of the original version). Assess their practical usability from the perspective of women themselves, doctors - gynecologists and midwives. For verification, we chose a broader Menopause Rating Scale and in the first phase of the study, we assessed the quality of life of women participating in the study.

The second phase of the study was to verify the Czech standardized version of the MRS on the selected broader sample of postmenopausal women in the Czech environment as a tool usable for clinical practice. We also created an electronic form of instrument MRS for routine clinical use.

Results: There is a Czech version of two questionnaires MRS and UQOL for measuring the quality of life of women in postmenopause. We have verified it with 204 respondents – postmenopausal women, aged 49 - 63 years, who had symptoms of estrogen deficiency. The investigation showed that both questionnaires are useful in everyday clinical practice. For wider verification, we chose a time-saving, quick and user-friendly questionnaire Menopause Rating Scale. We continue exploration of its routine use on the one hand its printed version and also the electronic version. Regarding the psychometric characteristics, the Czech version of the MRS is comparable with foreign, is reliable and valid.

Conclusion: The Czech version of the Menopause Rating Scale is a screening method that enriches the clinical work of gynecologists and midwives. It allows to assess the quality of life in postmenopausal women is acceptable from the perspective of women examined from the perspective of health professionals. It can be used clinically in the Czech gynecological practice as part of regular clinical examination.

Evaluation of quality of life of women in the study shows that the quality of life are better younger women and women who are treated with hormone replacement therapy. Importantly, we also monitor the changes of the quality of life in postmenopausal women over time, including assessment of treatment effect.