

Association of Functional Capacity with Quality of Life among Postmenopausal Women: Preliminary Findings of A Cross-sectional Study

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ABSTRACT

Introduction: All women experience menopause, a natural physiology in women's body. Menopausal symptoms may have a significant impact on Quality of Life (QoL) of postmenopausal women. Decline in Functional Capacity (FC) is a common feature in postmenopausal women. There are evidences which show FC is associated with QoL among older adults.

Aim: To find out the relationship between functional capacity and QoL among postmenopausal women.

Materials and Methods: Sixty postmenopausal women were recruited in this cross-sectional study; aged between 40-60 years, asymptomatic with stable vitals. The FC was assessed by 6-minute Walk Test (6MWT) according to the American Thoracic Society (ATS) guidelines. After taking the consent from the participants, they were asked to cover the distance as much as they can in 6 minute and stop in between the test if they feel any discomfort. There after the covered distance was recorded. Baseline data and post-test data were recorded and QoL was assessed by Hindi version WHOQOL-

BREF questionnaire. It contains 26 questions which assesses overall QoL. Participants were asked to fill the form on the basis of their past two weeks experience.

Results: The data were analysed by Kolmogorov Smirnov test to assess the normality of the data. The data shows non-normal distribution therefore, the Spearman's rho test was used to find the correlation between 6MWT and QoL. Results show that there is a significant correlation between 6MWT and QoL with correlation coefficient of 0.323 ($p=0.012$). $P\leq 0.05$ was considered significant.

Conclusion: The findings of the study show decline in FC results in poor QoL in postmenopausal women.

Keywords: Menopause, 6-minute walk test, WHOQOL-BREF questionnaire

Ethical Approval: Approved by the Human Ethical Committee, Chhatrapati Shahu Ji Maharaj University, Kanpur, India.

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