

Original Article

## Assessment of the Quality of Life in Women with a Diagnosis of Urogenital Prolapse

**Eda Şahin, RN, PhDs**

Gulhane Military Medical Academy, School of Nursing, Department of Obstetric and Gynecology Nursing, Etlik, Ankara, Turkey

**Gulsen Vural, RN, PhD**

Professor Sanko University, Faculty of Health Science, Gaziantep, Turkey

**Correspondence:** Eda Sahin. Gulhane Military Medical Academy, School of Nursing, Department of Obstetric and Gynecology Nursing, Etlik, Ankara, Turkey e-mail: edasahin@gata.edu.tr

### Abstract

**Aim:** The aim of this descriptive study was to assess the severity of symptoms and their impact on quality of life in women with a diagnosis of urogenital prolapse.

**Background:** Urogenital prolapse symptoms are not life-threatening, but they lead to limitations in work, family and sexual life and deterioration in quality of life. Therefore, when many women experience these symptoms more than once in a week, they realize that their quality of life has been negatively affected.

**Methods:** The study included a total of 179 women with a diagnosis of urogenital prolapse who applied to the gynecology outpatient clinic of Women's Health Teaching and Research Hospital, Turkey, July-October 2010. The "Descriptive Information Questionnaire" and "The Prolapsus-Related Quality of Life (P-QOL) Questionnaire" were used to collect data.

**Results:** In this study, 68.1% of women recruited from the gynecology outpatient clinic were aged 52 and over, and 46.9% had graduated from primary school. 44.1% of women's parity was 3-4, 97% of women had a history of giving birth vaginally. 72.6% of women were in the postmenopausal period and 29.1% of women had a history of urogenital prolapse in their family. 77.7% of women had not previously applied to a hospital, even though they had experienced symptoms related to urogenital prolapse, 43.6% of women had applied to a hospital concerning urinary incontinence. It was found that 52% of women were diagnosed with cystocele, 57% had a third degree or higher urogenital prolapse.

Urogenital prolapse affects women's general health perceptions, physical-social activities, personal relationships, quality of sleep.

**Conclusion:** All women should be educated - consulted about urogenital prolapse for prevention of the disease, early diagnosis treatment.

**Key words:** Urogenital prolapse, women, quality of life