



Nursing Guidelines to Improve Sexual Function and Quality Of Life among Women Undergoing Hemodialysis

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Abstract

Aim: The study's aim was to see how effective nursing recommendations were at improving sexual function and quality of life in hemodialysis patients. An intervention design was used in this project. A purposive sample of 50 women was used in this study (25 women from the dialysis unit at Elahrar hospital, and 25 women from the dialysis unit at Zagazig university hospitals) To collect data we used the structured interviewing questionnaire, the index of female sexual function (IFSFI), to assess sexual function, the 36-item Short Form health survey questionnaire to measure the impact of hemodialysis on women's quality of life, and arabic instructional guidelines on pelvic floor exercises to improve sexual relations and quality of life.

Results: The sexual function index had a mean score of less than 25, suggesting that these patients had negative female sexual dysfunction. Furthermore, the mean quality of life (QoL) score was less than 50, suggesting negative health effects linked to QoL. Following the introduction of the nursing guidelines, there were positive relationships between total FSFI score and total SF-36 score.

Conclusion: Women on hemodialysis saw an increase in sexual function and quality of life.

Recommendations: To provide continuous educational programs to determine needs and perspectives in terms of sexual care in hemodialysis units.

Biography

Hanan Morsy is currently working as lecturer of obstetric and gynecological nursing department. He had pursued his education in Bachelor of Nursing with excellent grade. His research interest is womens health & related researchers.

Publications

1. Improving Quality of Life among Women with Endometriosis: An Intervention Study



4th World Congress on Womens Health and Midwifery, April 23, 2021

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