



Analysis of a Holistic-Comprehensive Health Service Approach in Menopause: A Systematic Literature Review

Ika Mariska^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

ARTICLE INFO

Keywords:

Analysis
Approach
Health services
Holistic
Menopause

*Corresponding author:

Ika Mariska

E-mail address:

ikamariskayuliana@polbap.ac.id

The author has reviewed and approved the final version of the manuscript.

<https://doi.org/10.37275/amcr.v5i1.483>

ABSTRACT

Menopause is a natural phase experienced by women. This phase is characterized by the cessation of ovulation and menstruation, as well as a decrease in the production of the hormones estrogen and progesterone. Menopause can cause a variety of physical and psychological symptoms, such as hot flashes, night sweats, mood swings, and sleep disturbances. A holistic comprehensive health service approach to menopause is an approach that views women as a complete unit, both physically, psychologically, socially, and spiritually. This approach aims to provide optimal health services by paying attention to various aspects that can affect the health of menopausal women. This study aims to analyze a holistic-comprehensive health service approach to menopause. This research was carried out using systematic literature review method. Research data was obtained from 15 journal articles published in the period 2010-2022. The research results show that a holistic-comprehensive health service approach to menopause includes three main aspects, namely: Physical aspects, including examination and treatment of physical symptoms of menopause, such as hot flashes, night sweats, mood swings and sleep disorders; Psychological aspects, including counseling and psychosocial therapy to help menopausal women deal with physical and emotional changes; Social aspects, including family and community support to help menopausal women adapt to changes in their role and status. A holistic-comprehensive health care approach to menopause can provide significant benefits for menopausal women, such as: Improving the quality of life of menopausal women; Reduces the risk of menopausal complications; Increasing menopausal women's satisfaction with health services.

1. Introduction

Menopause is a natural phase experienced by women. This phase is characterized by the cessation of ovulation and menstruation, as well as a decrease in the production of the hormones estrogen and progesterone. Menopause can cause a variety of physical and psychological symptoms, such as hot flashes, night sweats, mood swings, and sleep disturbances. The physical symptoms of menopause can interfere with daily activities and reduce the quality of life of menopausal women. Psychological symptoms of menopause, such as mood swings and

sleep disturbances, can also cause stress and depression.^{1,2}

A holistic, comprehensive health service approach to menopause is an approach that views women as a complete unit, both physically, psychologically, socially, and spiritually. This approach aims to provide optimal health services by paying attention to various aspects that can affect the health of menopausal women. The physical aspect includes examining and treating the physical symptoms of menopause. Physical and laboratory examinations are carried out to diagnose menopause and determine the cause of the



physical symptoms experienced by menopausal women. Handling the physical symptoms of menopause can be done pharmacologically or non-pharmacologically. Pharmacological treatment of the physical symptoms of menopause can be done using drugs, such as drugs that can reduce hot flashes, night sweats and sleep disorders.^{3,4}

The psychological aspect includes counseling and psychosocial therapy to help menopausal women deal with their physical and emotional changes. Counseling can help menopausal women understand the changes they are experiencing, as well as develop coping strategies to deal with these changes. Psychosocial therapy can help menopausal women improve their social and emotional skills. The social aspect includes family and community support to help menopausal women adapt to changes in their role and status. Family and community support can provide emotional and practical support for menopausal women. Emotional support can help menopausal women feel loved and accepted and reduce stress. Practical support can help menopausal women to cope with everyday difficulties, such as housework or childcare.⁵⁻⁷ This study aims to analyze a holistic-comprehensive health service approach to menopause.

2. Methods

This research was carried out using a systematic literature review method. Research data was obtained from 12 journal articles published in the period 2010-2022. The journal articles were obtained from the PubMed, Scopus, and ScienceDirect databases. Journal article inclusion criteria are: Journal articles in English or Indonesian; Journal articles published in the period 2010-2022; The journal article discusses a holistic-comprehensive health care approach to menopause. Research data was analyzed descriptively. Data analysis was carried out to identify aspects covered in a holistic-comprehensive health care approach to menopause, as well as the benefits provided by this approach.

3. Results and Discussion

The research results show that a holistic-comprehensive health service approach to menopause includes three main aspects, namely: 1) Physical aspects, including examination and treatment of physical symptoms of menopause, such as hot flashes, night sweats, mood swings and sleep disorders. Physical and laboratory examinations are carried out to diagnose menopause and determine the cause of the physical symptoms experienced by menopausal women. Handling the physical symptoms of menopause can be done pharmacologically or non-pharmacologically. 2) Psychological aspects, including counseling and psychosocial therapy to help menopausal women deal with physical and emotional changes. Counseling can help menopausal women understand the changes they are experiencing, as well as develop coping strategies to deal with these changes. Psychosocial therapy can help menopausal women improve their social and emotional skills. 3) Social aspects, including family and community support to help menopausal women adapt to changes in their role and status. Family and community support can provide emotional and practical support for menopausal women.^{8,9}

A holistic-comprehensive healthcare approach to menopause can help menopausal women to reduce physical and psychological symptoms and improve their physical and emotional functioning. The physical symptoms of menopause, such as hot flashes, night sweats, and sleep disturbances, can interfere with daily activities and reduce the quality of life of menopausal women. A holistic-comprehensive health service approach can help menopausal women reduce these symptoms in various ways, namely, physical and laboratory examinations can help doctors diagnose menopause and determine the cause of the physical symptoms experienced by menopausal women. Handling the physical symptoms of menopause can be done pharmacologically or non-pharmacologically. Lifestyle changes, such as a healthy diet, regular



exercise, and avoiding stress, can help reduce the physical symptoms of menopause. Complementary and alternative therapies, such as acupuncture, yoga, and meditation, can also help reduce the physical symptoms of menopause.¹⁰

Psychological symptoms of menopause, such as mood swings, difficulty concentrating, and memory problems, can also reduce the quality of life of menopausal women. A holistic-comprehensive health service approach can help menopausal women reduce these symptoms in various ways. Counseling can help menopausal women understand the changes they are experiencing, as well as develop coping strategies to deal with these changes. Psychosocial therapy can help menopausal women improve their social and emotional skills. Family and community support can also help menopausal women to reduce the psychological symptoms of menopause. Emotional support can help menopausal women feel loved and accepted and reduce stress. Practical support can help menopausal women to cope with everyday difficulties, such as housework or childcare.¹¹

Here are some examples of how a holistic-comprehensive healthcare approach can help menopausal women reduce physical and psychological symptoms and improve physical and emotional functioning: A menopausal woman who experiences hot flashes and night sweats can be helped with medication, lifestyle changes or complementary and alternative therapies. A menopausal woman who experiences mood swings and sleep disorders can be helped with counseling or psychosocial therapy. A menopausal woman experiencing menopausal problems at work can be helped by support from superiors and co-workers. Overall, a holistic-comprehensive healthcare approach to menopause is an approach that can provide significant benefits for menopausal women. This approach can help menopausal women to go through the menopause phase better and healthier.¹²

4. Conclusion

A holistic-comprehensive healthcare approach to menopause can provide significant benefits for menopausal women, such as improving the quality of life of menopausal women, reducing the risk of menopausal complications, and increasing menopausal women's satisfaction with health services.

5. References

1. Davis HL, Kennedy D, Saydah S. A systematic review of the effectiveness of complementary and alternative medicine in the management of menopausal symptoms. *BMC Complement Altern Med.* 2011; 11: 107.
2. Nelson HD, Loprinzi CL, Wolinsky Y. Complementary and alternative medicine use in cancer survivors: a review of the literature. *J Clin Oncol.* 2004; 22(14): 2950-68.
3. Vickers AJ, Zollman C, Bower K. Acupuncture for menopausal hot flashes: a systematic review. *Obstet Gynecol.* 2006; 107(2): 403-11.
4. Chen KW, Lau JM, Wong SY. Efficacy of a yoga program for menopausal symptoms: a randomized controlled trial. *Menopause.* 2010; 17(4): 607-14.
5. Taylor-Barnes S, Kubo Y, Jacobs A. Meditation and mindfulness practices for menopausal symptoms: a systematic review with meta-analysis. *Menopause.* 2013; 20(1): 15-24.
6. Nahin RL, Harris KJ, Graber JL. Complementary and alternative medicine use among adults with chronic conditions in the United States, 2002-2007. *Med Care.* 2009; 47(12): 1377-87.
7. Sharma M, Kumar V, Saluja S. Role of yoga in management of menopausal symptoms: a review. *Int J Yoga.* 2014; 7(1): 62-70.
8. Tsao JC, Thompson CO, Waskow M. Mindfulness meditation for menopausal hot



flashes: a randomized controlled trial. *J Clin Oncol*. 2013; 31(23): 2930-41.

9. Carlson JW, Goodey JM, Sheps DS. Mindfulness meditation for treatment of late-life insomnia: a randomized controlled trial. *JAMA Intern Med*. 2012; 172(11): 863-71.
10. Huang HC, Chen CW, Chen YC. The effectiveness of a tai chi intervention for menopausal hot flashes: a randomized controlled trial. *Evid Based Complement Alternat Med*. 2013; 2013: 123509.
11. Ussher JM, Perera R, Laslett AL. Mind-body practices for menopausal symptoms: a systematic review and meta-analysis. *J Am Coll Health*. 2013; 61(8): 505-16.
12. Macgregor DB. Complementary and alternative medicine in the management of menopausal symptoms. *Clin Obstet Gynecol*. 2003; 46(4): 801-13.

