

ASSOCIATION BETWEEN COGNITIVE FUNCTION AND QUALITY OF LIFE IN COLOMBIAN POSTMENOPAUSIC WOMEN: CROSS-SECTIONAL STUDY



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**Monterrosa-Castro Álvaro, Blanco-Teheran Cristian,
Rodelo-Correa Alix, Romero-Martínez Shairin**
Grupo de Investigación Salud de la Mujer
Facultad de Medicina - Universidad de Cartagena - Colombia

INTRODUCTION & OBJETIVE

The preservation of quality of life is the goal of care for postmenopausal women.

There are not enough studies in Latin American women that explore the association between Quality of Life and Cognitive Function in women in climacteric stage.

To determine the association between Cognitive Impairment and Severe Impairment of Quality of Life in a group of postmenopausal women living in southwestern of Colombia

METHODS

Cross-sectional study, carried out as a pilot test of a study on cognitive aspects in the climacteric, which is part of the project Quality of Life in Menopause and Colombian Ethnic Groups [CAVIMEC]

Approved by the ethics committee

Healthy women, who carried out daily activities and lived in municipalities of the Department of Guaviare. They were between 50-75 years old and were voluntarily surveyed in their homes. Those who did not wish to participate, did not understand the form and those with physical or mental disabilities were excluded

A form was applied that explored the sociodemographic characteristics and included:

"Menopause Rating Scale"
(identifies symptoms of menopause and allows to establish the Severe Impairment of the Quality of Life)
"Mini-Mental State Examination"
(addresses six dimensions of cognitive function and with the total score establishes Global Cognitive Impairment)

RESULTS

300 postmenopausal women residing in rural municipalities were evaluated. Age: 58.0±5.7 years. Age since last menstruation: 7.4±4.7 years. Hispanic / Mixed Race: 99%. Non-smokers: 92%
Half were financially dependent on themselves or were overweight or obese

Menopause Rating Scale (>16 point)	%
Severe impairment of quality of life	7.2
Mini-Mental State Examination	%
(*) cut-off point: average for the study group. (**) ≤ 23 point	
Language Impairment (*)	50.3
Memory Impairment (*)	4.6
Impaired Attention and Calculation(*)	23.3
Impaired Fixation / Memories (*)	44.3
Spatial Orientation Impairment (*)	48.3
Temporal Orientation Impairment (*)	0.0
GLOBAL COGNITIVE IMPAIRMENT (**)	9.3

Association between Severe Impairment of Quality of Life with Cognitive Impairment. Bivariate Logistic Regression

Memory Impairment 4.80 [1.39-16.56], p = 0.01

The other five dimensions and Global Cognitive Impairment were not associated with Severe Impairment in Quality of Life, p > 0.05

CONCLUSIONS

In a small group of postmenopausal women, Memory Impairment was associated nearly five times with Severe Impairment in Quality of Life

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