

ASSOCIATION BETWEEN SLEEP PROBLEMS WITH IMPAIRMENT IN ATTENTION AND CALCULATION CAPACITY IN POSTMENOPAUSIC WOMEN RESIDENTS IN THE COLOMBIAN AMAZON REGION



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INTRODUCTION

Postmenopausal women must be fully evaluated to identify biopsychosocial problems that contribute to the loss of well-being. Sleep Problems and Cognitive Impairment are situations that should be of interest

OBJETIVE

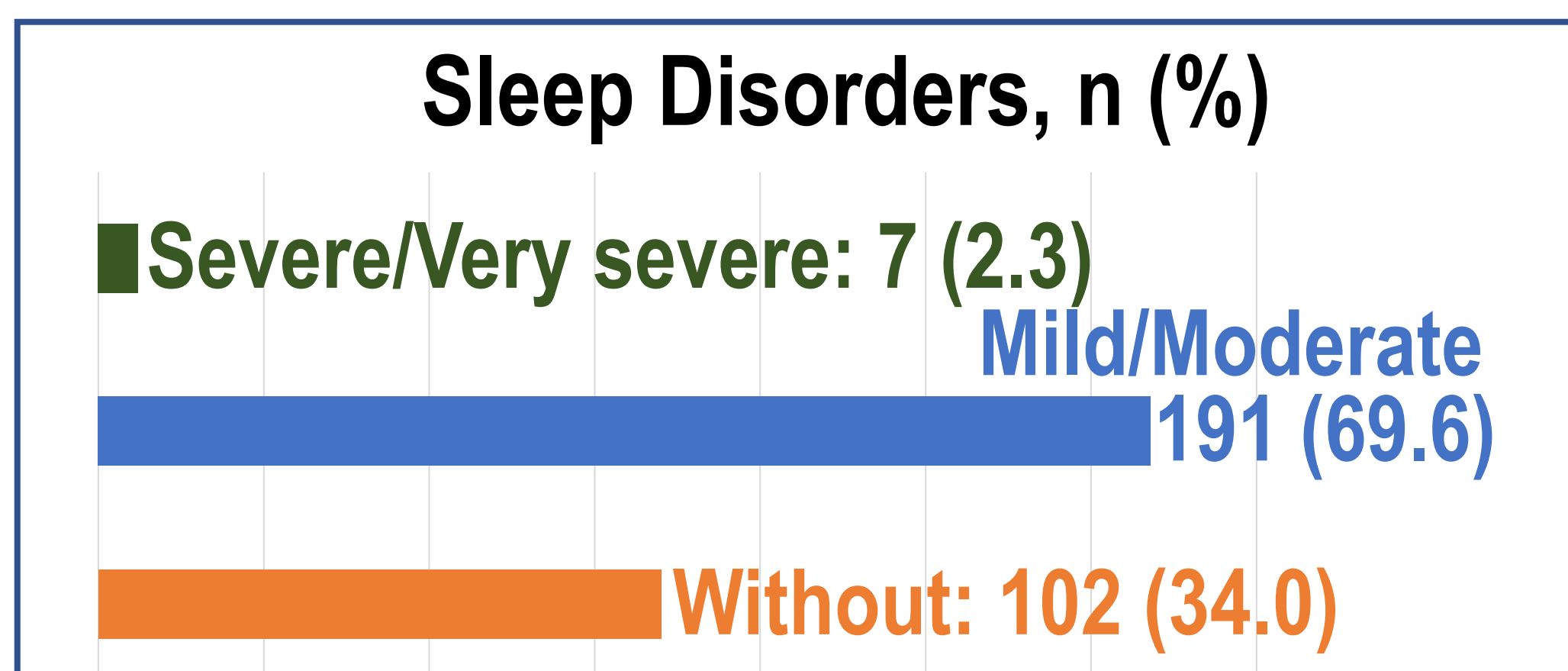
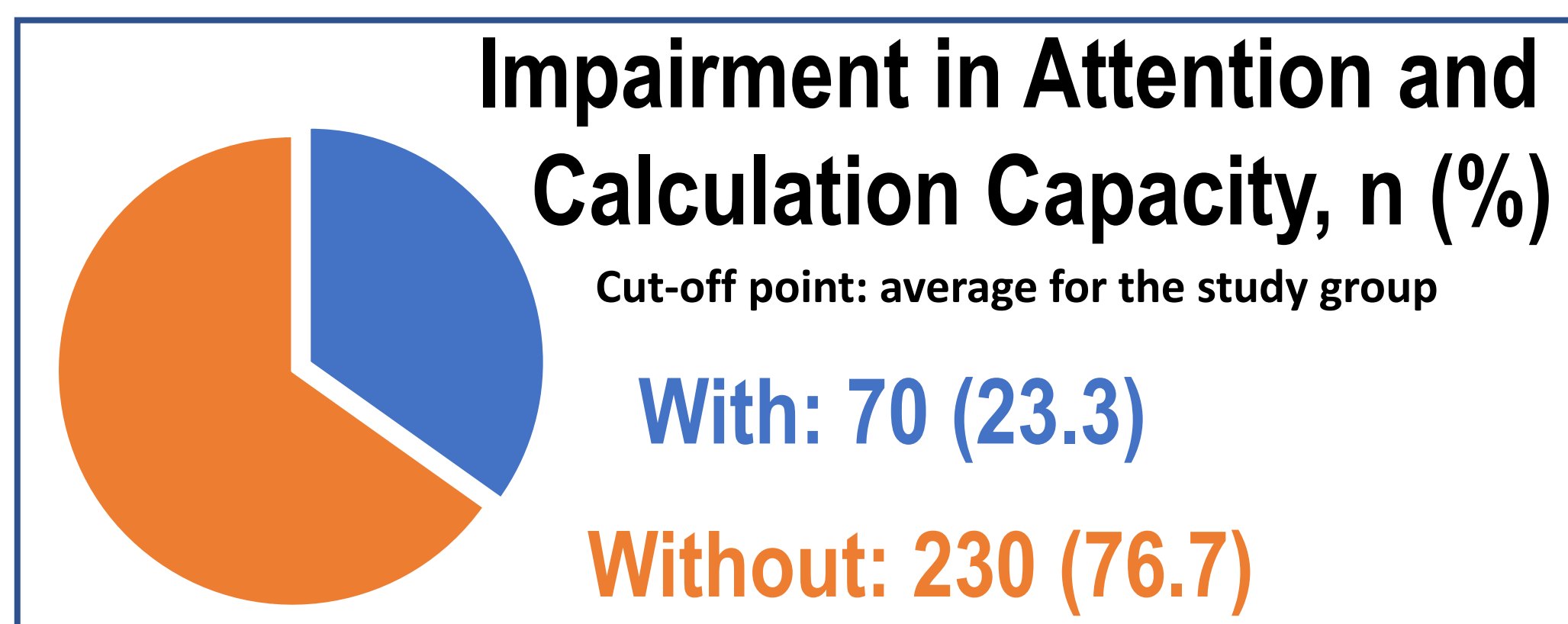
To determine the association between Sleep Problems and Impaired Attention and Calculation Capacity in a group of Colombian women

METHOD

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, Colombian Amazon Region. 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"
(Items four explore Sleep Problems)
"Mini-Mental State Examination" (one of the dimensions evaluates Attention and Calculation Capacity)
Unadjusted logistic regression was performed:
Attention and Calculation Capacity (Dependent Variable)
Sleep Problems (Independent Variable)

RESULTS

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



Association with Impairment in Attention and Calculation Capacity

Sleep problems	OR [95%CI]
Severe/Very severe	4.58 [1.00-21.00]
Mild/Moderate	1.26 [0.71-2.26]

RESULTS

In a small group of Colombian women, severe and very severe sleep problems were associated four and a half times with Impairment in Attention and Calculation Capacity