

Marital, Sexual Satisfaction and Quality of Life among Post-hysterectomy Women: Impact of Nursing Counseling Guided by BETTER Model

Abstract

Background: Hysterectomy, a challenging procedure that significantly impacts sexual function and women's quality of life, has received less attention in these areas. Sexual function deteriorates considerably post hysterectomy surgery. Decline can be noticed not just in the sexual relation frequency but also in the six dimensions of sexuality. Sexual function deterioration is most common and can result in unsatisfying sexual relations, low self-esteem, interpersonal issues, marital difficulties, and divorce, all of which lower quality of life. **Aim:** The study was conducted to evaluate the impact of nursing counseling using the BETTER model on marital, sexual satisfaction, and quality of life among post-hysterectomy women. **Subjects and Methods:** A quasi-experimental research design was used to study 45 women post-hysterectomy operations at Beni-Suef University Hospital in Egypt, using a purposive sample. The study utilized four tools, including a self-administered questionnaire, the ENRICH marital satisfaction scale, the Female Sexual Function Index (FSFI), and the quality of life enjoyment and satisfaction score. **Results:** The intervention improved women's marital satisfaction, sexual functioning, and quality of life enjoyment and satisfaction. Nursing counseling guided by the BETTER model also showed a positive association between the overall female sexual function index score and quality of life ($P = 0.0001$). **Conclusion:** The BETTER model-guided nursing counseling effectively improved post-hysterectomy women's marital satisfaction, sexual function, and quality of life, achieving the research's aim and hypotheses. **Recommendations:** Incorporate the BETTER sexual approach of a counselor for management of sexual dysfunction, psychological issues and handle sexual and mental health issues in all obstetrics and gynecological units.

Keywords: Sexual satisfaction; quality of life; post-hysterectomy; counseling; BETTER Model