

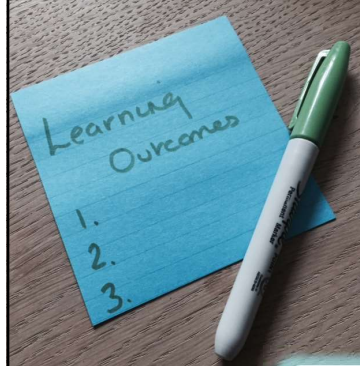


Caring for women around the Menopause Part Five

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Part Five Aims



- NICE Guidance
- When to refer
- Next steps
- Resources

PRACTITIONER DEVELOPMENT

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My Background

28 years experience as a registered nurse working in women's health

- Advanced practitioner
- Ultrasonographer
- Hysteroscopist
- Non Medical Prescriber
- Certified Coach & Trainer



PRACTITIONER DEVELOPMENT
UK LTD

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From Guidelines to Practice

1. Don't use Follicle Stimulating Hormone for diagnosis if over 45
2. Offer HRT as 1st treatment for vasomotor, low mood & anxiety
3. Consider CBT to alleviate low mood or anxiety
4. Offer vaginal oestrogen to women with urogenital atrophy
5. Offer women who are stopping HRT a choice of gradually reducing or immediately stopping treatment.

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6. Advise Women with POI to continue HRT until at least 52 years
7. Consider transdermal rather than oral HRT for menopausal women who are at increased Risk of VTE, including those with a BMI over 30 kg/m²
8. HRT does not increase cardiovascular disease risk when started in women aged under 60 years
9. Any increase in the risk of breast cancer is related to treatment duration and reduces after stopping HRT

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No one
size fits
all
women

Trail and error with
different HRT:

- Route of administration
- The combination
- The dose
- The type of progesterones
- The regime

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Finally When to Refer

10. women should be referred to a healthcare professional with expertise in menopause if:

- treatments do not improve their menopausal symptoms
- they have ongoing troublesome side effects
- they have contraindications to HRT
- there is uncertainty about the most suitable treatment options
- for their menopausal symptoms.

NICE (2015)

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Next steps in training

- Menopause course for Nurses - 2 days
- BMS principles and practice of menopause care
- Menopause Specialist Nurse
 - Extensive focus on women's health
 - Degree
 - Master critical thinking and decision making

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Royal College of Nursing
www.rcn.org.uk

- Join the RCN – Women’s Health forum Facebook group
-
- Nurse specialist in menopause publication
-
- Menopause and mental health
-
- Menopause RCN guidance
- The menopause & work guidance

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British Menopausal Society
www.thebms.org

Consider becoming a member:

- A women’s relationship with the menopause is complicated
-
- HRT practical prescribing
-
- Testosterone
-
- HRT prescribable alternatives
-
- HRT and breast cancer

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Women’s Health Concern
www.womens-health-concern.org

Information for women

- HRT general info
-
- Complimentary and alternatives

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Primary Care Women’s Health Forum
www.pcwhf.co.uk

- The **Primary Care Women’s Health Forum** (PCWHF) intends to collaborate with organisations who have an interest in improving standards in **women’s health**.
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- PCWHF (2020) Menopause Guidance on management and prescribing HRT for GP’s

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Daisy Network
www.daisynetwork.org

- A charity for women with POI.
- All the latest research, news and events.
- Everything women need to understand about going through the early menopause.
- Some information for professionals too

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Menopause Matters
www.menopausematters.co.uk

- Discussion groups
- Information and leaflets for women
- Professional area
- Books
- Resources

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