



PRACTITIONER DEVELOPMENT
UK LTD

Caring for women around the Menopause Part Four

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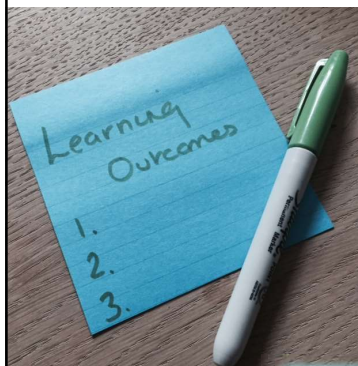

My Background

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

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

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Part Four Aim

- Promoting lifestyles changes
- Alternative therapies including cognitive behaviour therapy

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"SO MANY WOMEN I'VE TALKED TO SEE MENOPAUSE AS AN ENDING. I'VE DISCOVERED THAT THIS IS YOUR MOMENT TO REINVENT YOURSELF AFTER YEARS OF FOCUSING ON THE NEEDS OF EVERYONE ELSE."

—Oprah Winfrey

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What many women are really thinking?

- Don't want to get out of bed
- Can't find your glasses
- Joints ache when you move
- Your brain goes blank
- Is it getting hot in here

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13 million women

There are 13 million peri or post menopausal women in the UK

Women are spending on average a third of their lifetime post menopausal

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Lifestyle changes

- Nutrition
- Lifestyle choices
- Stress management
- Sleep hygiene
- Exercise



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MANAGING THE MENOPAUSE

		
DIET	LIFESTYLE CHOICES	EXERCISE
Healthy balanced diet rich in <ul style="list-style-type: none"> • calcium • vitamin B & D • wholegrain foods 	Reduce <ul style="list-style-type: none"> • Caffeine • Alcohol Stop smoking	<ul style="list-style-type: none"> • Balance & flexibility • Cardiovascular • Muscle strengthening

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MANAGING THE MENOPAUSE



STRESS

Breath work

- Writing a list
- Saying no
- Doing things they love



SLEEP

Bedtime routine

- Downtime
- Cool room
- Cold water to drink



MINDSET

• Positive self talk

- Making time for themselves
- They have choices

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Herbal Remedies

Black Cohosh – Good for hot flushes not anxiety

Red clover some evidence for vasomotor symptoms

Soya – some evidence for vasomotor symptoms

None of them have long term health benefits

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Just because its natural doesn't mean its safe

Herbal remedies are not regulated by a medicine authority and there can be a wide variety in their potency and effectiveness.
NICE, 2015



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Acupuncture

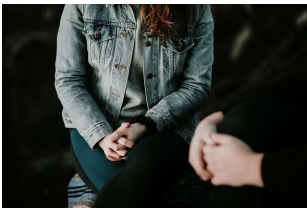
- Women often report reduction of hot flushes and night sweats with acupuncture



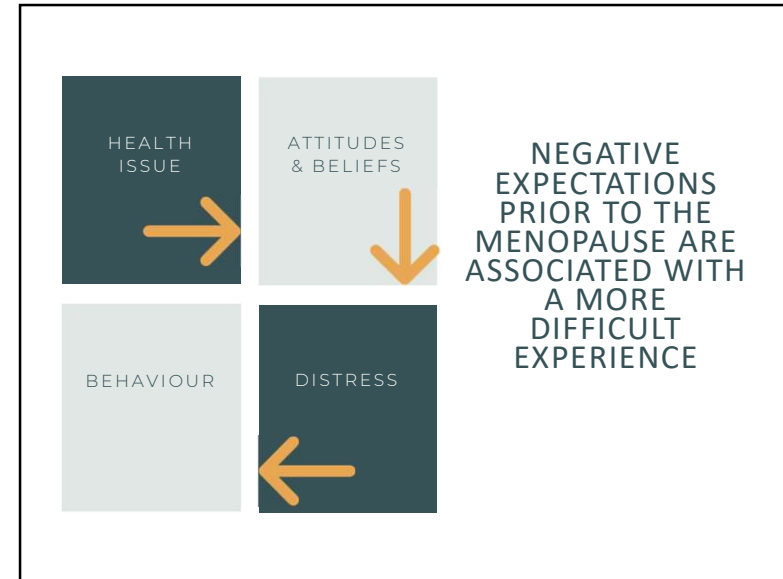
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Cognitive Behavioural Therapy

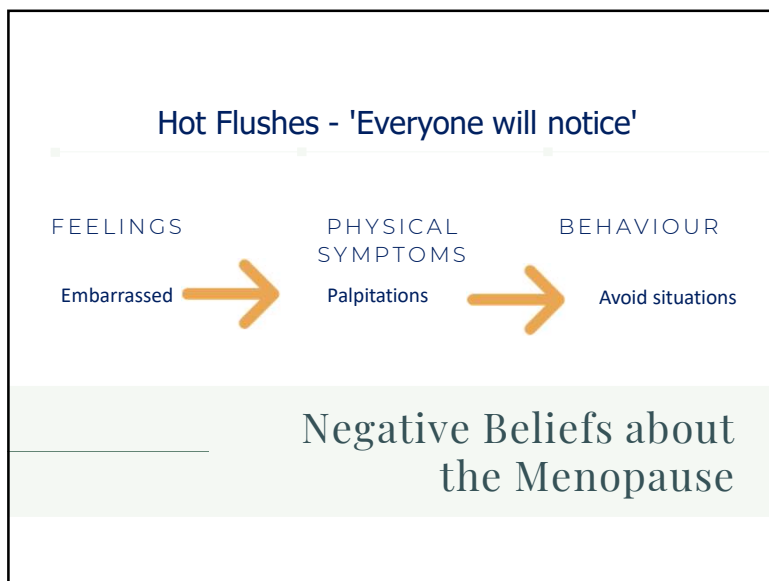
- CBT can alleviate low mood and anxiety which arise as a result of the menopause,
- New evidence that CBT can also improve hot flushes and sweats



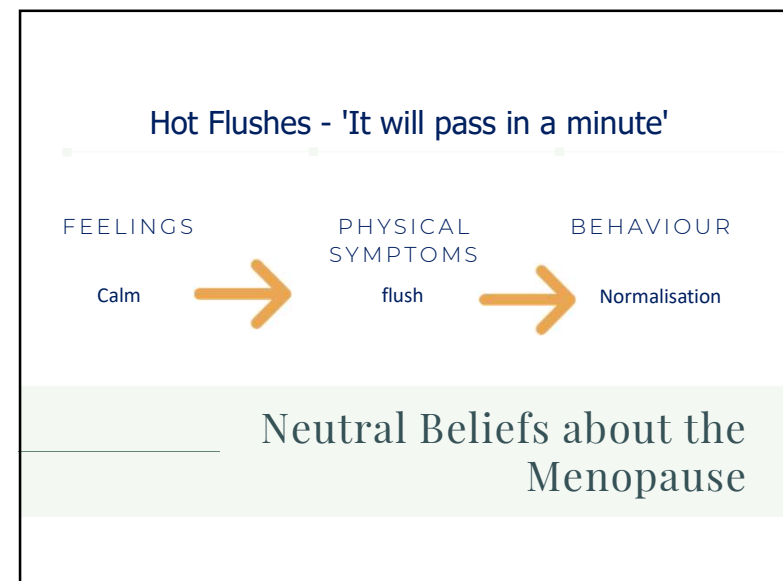
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Resources

- The British Menopause Society - Prescribable Alternatives
- Royal College of Obstetrician and Gynaecologists on alternatives to HRT

British Menopause Society - CBT

The Women's Health Concern - complementary therapies

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Prescribable alternatives

Effective on vaso-motor symptoms.

Some have an impact on mood and well-being

Don't provide long term health benefits

DO NOT routinely offer SSRI / SNRI as first line treatment

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Prescribable Alternatives

CLONIDINE – increase gradually

SSRI – 50 – 70% improvement in hot flushes

PAROXETINE – a good first choice

GABAPENTIN – specialist use

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Red Flags and Trouble shooting
in the Menopause

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No Period under 40

One in 100 women will be menopausal

Check other symptoms

Do a pregnancy test

Hormone profile FSH 6 weeks apart

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Post Coital Bleeding

Any bleeding that occurs during or after sexual intercourse

Check last cervical screening and repeat

Visualise the cervix

Vaginal swabs

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Recurrent UTI

Caused by change in the vaginal pH

Do Urinalysis

If vaginal dryness - Consider vaginal oestrogen

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Heart Palpitations

Concerning if not coinciding with hot flush

Don't improve and last a long time

ECG

Check thyroid levels

If angina and shortness of breath ring 999

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Post Menopausal Bleeding

any bleeding 12 months after the last period needs investigating

TWO WEEK WAIT REFERRAL

Ultrasound of womb lining

Biopsy of lining of womb

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Bleeding on HRT

any bleeding 6 months after starting needs investigating

Check HRT compliance

TWO WEEK WAIT referral

Ultrasound

Biopsy of lining of womb

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HRT not working

If symptoms don't resolve or some return after 3 months

Check HRT compliance

Check if increasing the dose is possible

Change preparation, mode of delivery or both

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Fracture after minor fall

Fracture after a minor fall

Consider risk for osteoporosis

Dexa scan

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Bloating

Unusual, severe & persistent bloating

Eating less & feeling full

Pelvic pain most days

Unexplained weight loss

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Vulval itch or lump

persistent itch with changes in the appearance of the vulva

Thickened, raised, red, lighter or darker patches

Lump, open sore or visible growth

Consider two week wait for biopsy

Biopsy at vulval clinic

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Breast lump

New breast cancer diagnoses are most common in women over 50

Lump in armpit or breast tissue


Any unusual skin changes or dimples

Nipple inverting or nipple discharge

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Screening for women

- Cervical screening up to 65
- Breast Screening for over 50's
- Bowel screening for over 60's



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Resources

- RCN Women's Health clinical topics page & publications
- Charities
 - Eve Appeal Charity
 - Go Girls Cancer Support
 - Jo cervical cancer Trust
- Ovacome - BEAT ovarian cancer awareness
 - Coppafeel breast cancer awareness