

# Welcome to Project ECHO Population Health Network: Reproductive Health Series

Series 2: Session 1

“Women’s health in the midlife: The initial consult for menopause”



Supporting general practice, commissioning health services into gaps and driving service integration.

**phn**  
WESTERN VICTORIA  
An Australian Government Initiative

# Acknowledgement of Countries



I'd like to begin by acknowledging the Traditional Owners and custodians of the unceded lands and waterways

- the Wadda Wurrung, Gulidjan, Gadubanud, Keeray Wurrung, Peek Wurrung, Gunditjmarra, Djab Wurrung, Wotjobaluk, Dja Dja Wurrung, Jadawadjarli, Wergaia, Jupagalk and Jaadwa peoples.

We recognise their diversity, resilience, and the ongoing place that First Peoples hold in our communities. We pay our respects to the Elders, both past and present and commit to working together in the spirit of mutual understanding, respect and reconciliation. We support self determination for First Nations Peoples and organisations.



Ask the question. Do you identify as Aboriginal or Torres Strait Islander?





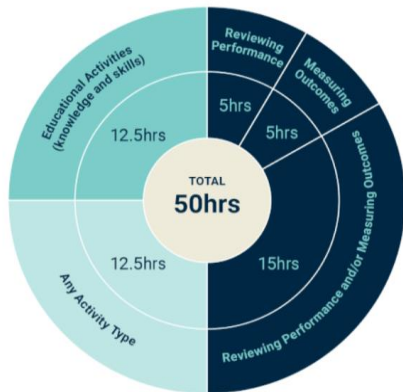
# Etiquette/Zoom use

- Clearly name yourself with first name and surname.
- Introduce yourself / Role / Region / Organisation in "chat"
- Use chat to ask questions
- Please remain on 'mute' except when speaking
- **Please turn video on**
- In-session Evaluation at the end



- These sessions will be recorded for ongoing training and quality improvement purposes.
- The didactic presentations ONLY will be disseminated on our learning channel.
- Discussions will be de-identified where used for QI or research purposes.
- Please let us know if you would not like your comments recorded.

Minimum requirements



## WVPHN Your CPD Centre

ECHO is a Peer Group Learning Activity  
 EA- Passive activity  
 RP- Interactive activity  
 MO- QI activity supported by ECHO



An Australian Government initiative



# Agenda– Reproductive Health Series 2: Session 1

## “Women’s health in the midlife: The initial consult for menopause”

**Facilitator: Dr Bianca Forrester**, Clinical Lead of Innovation and Learning, Western Victoria Primary Health Network

**Naomi White**, Senior Manager Regional Partnerships and Public Health – Grampians, Western Victoria Primary Health Network

- COVID Update and Health Alerts

**Presenter and Case Presenter: Dr Anne Stephenson**, GP, Surfcoast Medical centre

- The initial consult for menopause

**Professor Lena Sanci**, Department of General Practice, Melbourne Medical School, The University of Melbourne

- Strengthening Care for Rural Children Trial

**Panel for discussion: Dr Kate Graham**, Clinical Editor HealthPathways and COVID Clinical Advisor, Western Victoria Primary Health Network

**Network Co-ordinator: Jemma Missbach**, Western Victoria Primary Health Network



# COVID Update

## Extension of COVID-19 vaccine Secretary Approvals for nurse immunisers and pharmacist immunisers



- The Victorian State Department of Health has advised the SARS-CoV-2 (COVID-19) VACCINE Secretary Approvals for nurse immunisers and pharmacist immunisers have now been extended for an additional 12 months until 4 October 2024.
- The Secretary Approvals have been published in [Government Gazette S 530 Thursday 5 October 2023](#).
- The Secretary Approvals have been subject to the following amendments:
  - Removal of the requirement to complete the Commonwealth COVID-19 Vaccination Training Program.
  - Removal of the requirement to comply with the Victorian COVID-19 Vaccination Guidelines.
  - Requirement to comply with any additional requirements specified on the Department of Health's [COVID-19 vaccine webpage](#).

# COVID Update

## (previous cont.)

- With the removal of the training program, please note if you are a new vaccine provider you must still be onboarded to vaccinate. Please contact [covidenquiry@westvicphn.com.au](mailto:covidenquiry@westvicphn.com.au) to take part in administering vaccines.

As previous, you must either be a General Practice, ACCHS's or Pharmacy to be able to apply.

## Vaccine updates

- The Pfizer Bivalent (BA.1) 18 years+ (Grey) vaccine is no longer being manufactured and has been superseded by the Pfizer Bivalent BA.4-5 12 years + (Grey) vaccine.

# Health Alerts – Buruli Ulcer

Buruli Ulcer is spreading (notifiable disease)

- Most recently cases have been detected in Greater Geelong, North and inner West Melbourne.
- High risk season for infection is now however it takes 4-5 months for an ulcer to develop.
- Early recognition, diagnosis and treatment is critical for outcomes

Barwon South West PHU have produced resources for clinicians and the community.

- [https://bswphu.org.au/images/BU\\_information\\_for\\_community.pdf](https://bswphu.org.au/images/BU_information_for_community.pdf)
- [https://bswphu.org.au/images/BU\\_Practical\\_tips\\_for\\_diagnosis\\_1.pdf](https://bswphu.org.au/images/BU_Practical_tips_for_diagnosis_1.pdf)
- <https://bswphu.org.au/news/item/study-informs-buruli-ulcer-prevention-advice>





## Other



- Shingles Vaccine now available for 65 years and over, First Nations people over 50 years and immunocompromised people over 18 with certain medical conditions
  - Orders open November 1st
- JEV vaccine available for eligible persons for free – no change in eligibility. Increased risk with warmer weather coming



# Would your general practice like the support of a paediatrician?

## Strengthening Care for Rural Children trial (SC4RC) Commencing 2024

- Fortnightly access to a paediatrician via video telehealth for 11 months
- Phone and email support
- Specialised Project ECHO

Register your interest today!



\$3000 QI grant per practice

Up to 54 hours of RACGP and ACRRM  
CPD hours accredited

Funded by Grampians Health Ballarat  
and Barwon Health

# Menopause

Dr Anne Stephenson

*“A woman in the autumn of her life  
deserves an Indian summer  
rather than a winter of discontent.”*

Robert Greenblatt, first President - International Menopause Society

# Defining menopause & perimenopause

## **Menopause transition**

- From when cycle starts changing until the final menstrual period(FMP).

## **Perimenopause**

- From when the cycle starts changing until 12 months after FMP

## **Menopause**

- From 12 months after the FMP

# Presentations of menopause/perimenopause

Some women have done the research and just want to be treated

Some have no knowledge and believe MHT is dangerous

## Common symptoms

### **Perimenopause**

- Mood swings
- Sore breasts
- Anxiety/depression
- Brain Fog
- Headaches
- Irregular periods
- Low libido

### **Peri > menopause**

- Hot flushes/night sweats
- Poor sleep
- Joint and musculoskeletal pain
- Irritability/anxiety/depression
- Brain fog
- Vaginal dryness

### **Post menopause**

- No periods
- Dry vagina
- Frequent urination



# My approach to menopause consultations

- 1) Initial consult main issues symptoms and main concerns
- 2) Two follow-up long consults

It is rare to get things right straight away.

# Initial consult

Limited time as most have booked a 15 min appointment.

- Take a history and understand their symptoms of perimenopause.
- Ask for top 1-3 concerns.
- Discuss expectations and acknowledge how important this time is for a woman to sort through menopause and other issues.
- Give them information to take home.
- Book a long appointment to get things started.

# Extended consult

## Menopause Checklist

- History
- Main concerns
- LMP/menstrual history
- Menopause symptoms (I use AMS menopause symptom scorer and keep a copy)
- Past medical history - gynae, cardiovascular, Pre-eclampsia, cancer, VTE, osteoporosis, migraine
- Family history -cancer, VTE, CVD, Osteoporosis
- Screenings – Breast, Bowel cancer
- Social history – drivers of stress.
- Smoking, diet, alcohol, drugs, complementary therapies, exercise?
- CVS risk
- Bone health
- Contraception

Examination

Plan

Don't forget lifestyle advice

# Resources for patients

Menopause symptom score

[https://www.menopause.org.au/images/stories/infosheets/docs/ams\\_symptom\\_score\\_card.pdf](https://www.menopause.org.au/images/stories/infosheets/docs/ams_symptom_score_card.pdf)

Link to Youtube clips to inform about Menopause that are evidence based from AMS

<https://www.menopause.org.au/health-info/menopause-videos>

Menopause information sheet

[https://www.menopause.org.au/images/factsheets/Menopause\\_What\\_are\\_the\\_symptoms.pdf](https://www.menopause.org.au/images/factsheets/Menopause_What_are_the_symptoms.pdf)

# Complementary medicines



in Hampton, Australia purchased  
ic Collagen Protein  
minutes ago

Best Seller

## Hormone Harmony™

★★★★★ 15619 Reviews

- ✓ With ingredients traditionally used in western herbal medicine shown to:
  - Relieve symptoms of Menopause
  - Reduce Mood Swings associated with Menopause
  - Relieve bloating, flatulence and symptoms of indigestion
  - Reduce mild gastrointestinal tract inflammation
  - Enhance energy levels
  - Support, focus and clarity in post-Menopausal Women
  - Reduce irregular periods and menstrual pain
- ✓ Gluten & Dairy free
- ✓ Support healthy reproductive hormones
- ✓ Global best seller — sold out 4x in 2022

### Buying Options:

One-time purchase

**\$89.99 AUD**

Subscribe & save 20%

**\$71.99 AUD**



# Menopause case study

Case –Trudy

51 year old married smoker

Leadership role -HR, global company

- Flushes and sweats
- Body and muscle aches
- Fatigue, poor sleep and low energy
- 15kg weight gain, currently 90kg
- Wants MHT for QOL and remain healthy

# Menopause –shared decision making

## Patient perspective

- Symptoms
- Quality of life
- Benefits and risks
- Future health

## Practitioner perspective

- Management strategies
- Co-morbidities and future health risks
- Screening general health
- Psychology and education of patient

# Role of MHT /other management

- Symptom relief
- Quality of life
- Benefits vs risks for patient

# Management -pros and cons of MHT

## **Absolute contraindications**

- Acute liver disease
- Chronic liver disease with impaired function
- Breast cancer
- Past aVTE
- Sickle cell anaemia

## **Relative contraindications**

- Hypertension
- Benign breast disease
- Fibroids
- Migraine
- Gall bladder disease
- Thrombophlebitis
- Endometriosis

# HealthPathways

## PROJECT ECHO Women's Health

### WHAT IS HEALTHPATHWAYS?

A web-based information portal providing locally agreed, evidence-based clinical guidelines and referral pathways designed to support primary health care providers, in particular General Practitioners, in the assessment, management and referral of patients.

Provides information on:

- How to assess and manage a range of conditions
- How to refer patients to local specialists and services in the timeliest manner
- Reference materials
- Educational resources
- Patient resources

A dynamic website with new pathways constantly under development and existing pathways regularly reviewed by local GPs and specialists to ensure they remain aligned with best practice, relevant to the local context.

### CLINICAL

[Menopause](#)

[Urinary Incontinence in Women](#)

[Pelvic Organ Prolapse](#)

[Persistent Pelvic Pain](#)

### Referral

[Continence Specialist Services](#)

[Non-acute Gynaecology Assessment \(> 24 hours\)](#)

[Acute Gynaecology Assessment \(Same day\)](#)

### CONTACT

•New to HealthPathways?

Visit <https://westvic.communityhealthpathways.org/> and select 'register now'

•Use the "send feedback" button on the website or email: [healthpathways@westvicphn.com.au](mailto:healthpathways@westvicphn.com.au)

•The HealthPathways team can arrange for passwords to be bypassed if you provide your practice IP address.

### WHO CAN USE HEALTHPATHWAYS?

•GPs and Health Professionals within the Western Victoria region can access HealthPathways. The portal is not designed to be used by the general public and can only be accessed by using a secure login and password. There is no cost to access.



# Western Victoria PHN – Needs Assessment



**We are listening!**



- Western Victoria PHN want to understand the needs of the communities that we serve. The 2024 Needs Assessment consultation process is underway.
- Please follow the link and tell us what health issues are most important to you and your community.
- <https://www.meetingplacewestvicphn.au/needs-assessment>

# Celebrate the end of the year with Western Victorian Primary Health Network

Western Victoria Primary Health Network invites primary care professionals in our region to attend a professional networking social evening.

Please join us for a relaxed night of socialising, networking and connecting with colleagues in your region to celebrate 2023. Bring your whole team and make the most of this opportunity to mix with your fellow GPs, primary care professionals, and health service representatives.

Finger food supplied, drinks at bar prices.



## Ballarat Goldfields

**Ballarat – Tuesday, 14th November  
6pm to 8pm**

Oscar's Hotel, 18 Doveton Street South, Ballarat

## Wimmera Grampians

**Horsham – Wednesday, 15th November  
6pm to 8pm**

Horsham Golf Club, 304 Golf Course Road, Haven

## Geelong Otway

**Geelong – Wednesday, 29th November  
6pm to 8pm**

The Myers Bar at Centra, 131 Yarra Street, Geelong

## Great South Coast

**Portland – Tuesday, 21st November  
6pm to 8pm**

Portland Golf Club, 755 Madeira Packet Road, Portland

**Warrnambool – Wednesday, 22nd November  
6pm to 8pm**

Lady Bay Resort, 2 Pertobe Road, Warrnambool

**Hamilton – Tuesday, 28th November  
6pm to 8pm**

Hamilton Golf Club, 170 Rippon Road, Hamilton

Lake Imaging (<https://lakeimaging.com.au>) is the co-sponsor of the Geelong, Warrnambool and Ballarat events.

## Scan QR code to register now

For Ballarat and Horsham events please RSVP by **31 October 2023**.  
For Portland, Warrnambool, Hamilton and Geelong events please RSVP by **6 November 2023**.



- Please join us for a relaxed night of socialising, networking and connecting with colleagues in your region.
- Bring your whole team and make the most of this opportunity to mix with your fellow GPs, primary care professionals, and health services representatives.
- Six locations across the region – Register now.

## Session Evaluation

- Please take the time to evaluate this **session**
- [Link](#) pasted into the chat

## Upcoming Sessions

- Weekly from **2 November** until **30 November**



If you have a case, you would like to discuss with the group:

- **Case template** [here](#)
- Email [projectechocovid19@westvicphn.com.au](mailto:projectechocovid19@westvicphn.com.au)
- Use the comment box in the evaluation form