**Project ECHO Population Health Network Reproductive Health Series 2, Session 1.**

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

**Recommendations**

**Date**  Thursday 2 November 2023

**Time**  7.30am-8.30am

**Case Presenter** Dr Anne Stephenson

**Case Summary**

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 (menopausal hormonal treatment) for QOL (quality of life) and remain healthy

**Patient perspective Practitioner perspective**

* Symptoms Management Strategies
* Quality of life Co-morbidities and future health risk
* Benefits and risks Screening general health
* Future health Psychology and education of patient

**Question to the group**

Any tips on shared decision making around MHT-Menopausal hormonal treatment for this patient.

**Questions to explore.**

1. What's happening with her periods?
2. Is she on any other Medications? Any issues with her BP?
3. Contraceptive use now and in the past?
4. Has she ever addressed smoking cessation?
5. Past medical history, current meds including OTC, current screening, mammogram, CST etc
6. Query no longer needs contraception as >50yop and no period 12 months
7. What is her diet and exercise at present and are there any cause for recent weight gain
8. Any family history of Brca
9. What is her sleep pattern like?
10. Any changes in her mood?
11. Are there any problems with sleep apnoea?

**Key recommendations**

1. No longer requires contraception – under 50, no period for 2 years and over 50, no period for 1 year.
2. Motivational interviewing - Set SMART goals - Specific, Measurable, Actionable, Realistic, Timebound
3. Create a therapeutic engagement/relationship with this patient
4. Book in two long consultations with the patient – 30 minutes each or level E (items for general attendance consultations of 60 minutes or more by general practitioners (GPs) and medical practitioners (MPs))
5. Organise screening bloods to check for cardiovascular risk, diabetes, general health check etc.
6. Check cardiovascular risk score- [Australian cardiovascular disease risk calculator | AusCVDRisk (cvdcheck.org.au)](https://www.cvdcheck.org.au/calculator)
7. Review HeatlhPathways

**Resources**

[Australasian Menopause Society](https://www.menopause.org.au/)

[Australasian Menopause Society score card for your toolkit:](https://www.menopause.org.au/hp/information-sheets/ams-symptom-score-card)

[Jean Hailes for Women’s Health](https://www.jeanhailes.org.au/)

[Menopause Videos for patients](https://www.menopause.org.au/health-info/menopause-videos)

[ABC Catalyst - The Truth about menopause with Myf Warhurst](https://iview.abc.net.au/show/truth-about-menopause-with-myf-warhurst)

<https://www.menopause.org.au/images/stories/infosheets/docs/AMS_Complementary_and_Herbal_Medicines_Hot_Flushes.pdf>

[Level E consultation](http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-intro%20of%20lvl%20E)

Information from session: Do x2 FSH which can help if they have a Mirena and you want to know if contraception is still required which also helps on type of HRT used. If someone has a mirena and getting to the point where they need to have it removed and you’re not sure if menopausal – do FSH – grater than 25, six weeks apart, then you can safely remove the mirena 12 months later.

Useful website useful for looking up side effects / risks for alternative therapies - useful for consumers as well - US based but lots of herbal and other things covered https://www.nccih.nih.gov/health/black-cohosh