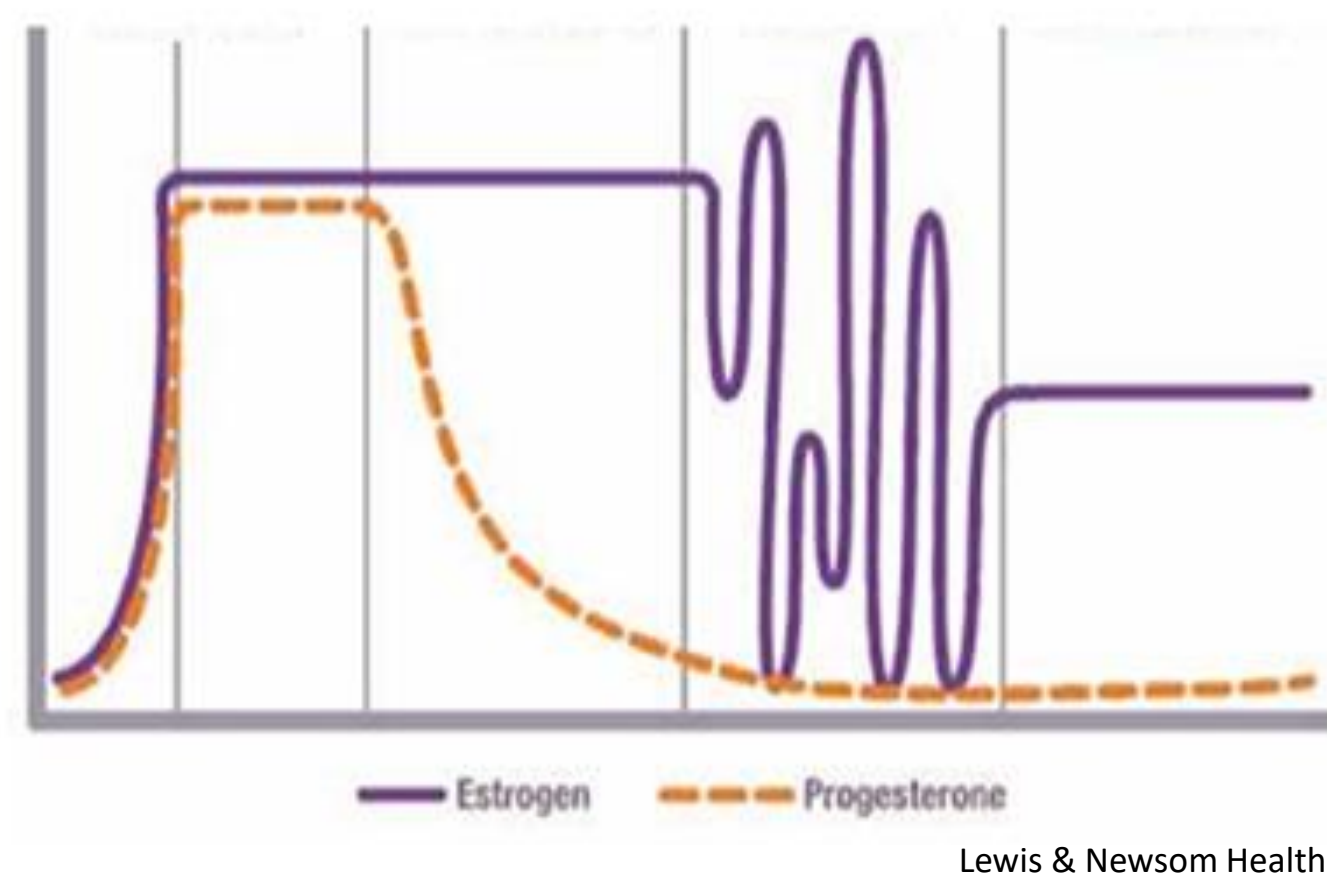


You are not losing your mind. You are losing your estrogen.

Background

Menopause is a physical, psychosocial, and cultural transition as diverse and complicated as humans themselves.

About 80% of people with ovaries will experience symptoms as their hormones fluctuate and decline over time.



Less than 10% of medical residents feel prepared to manage menopause.

Not Feeling Like Yourself?

Common symptoms (> 40% of people) may begin **years before** menstrual changes.



- Difficulty concentrating
- Fatigue, forgetfulness
- Anxiety, low mood, irritability
- Trouble sleeping
- Muscle and joint pain
- Itchy, dry skin
- Sore breasts
- Hot flashes, night sweats
- Less sexual desire, painful sex
- Urinary problems

Key Concepts & Outcomes

Recognize symptoms of hormonal fluctuation and decline

Provide anticipatory guidance and shared decision-making

Improve quality of life in perimenopause

Interventions & Solutions

Initial information and symptom screening via MyChart and clinic appointments

Provide resources: apps, websites, book list, info-sheets

Provide continuing education, tool kits, mentors

RN follow-up call



RN led group class



Provider visit



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Key Players

Patient population: Clinic patients aged 35-55

Other key players:

- Providers- MD, CNM, FNP
- Clinic staff- RNs, MAs, front desk
- Organization management
- EMR specialist
- Billing department

Evaluation

How many screenings went out?
How many replies were received?
What support was requested?

What was learned at group class?
Are patients satisfied?

Have MENQOL scores improved?
More perimenopause ICD-10 codes?
More referrals or consult requests?
Has clinical staff demonstrated competence?

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