

Menopause

(February 2017)

Rationale

Menopause is defined as 12 months of amenorrhea after the final menstrual period, reflecting complete, or near complete, cessation of ovarian function. Promotion of health maintenance in this group of women will enhance physical, emotional, and sexual quality of life.

Causal Conditions

This Objective relates solely to physiological menopause.

Key Objectives

Given a patient with physiological menopause, the candidate will be able to explain and prevent the undesirable effects of menopause.

Enabling Objectives

Given a patient with physiological menopause, the candidate will

- list and interpret relevant clinical findings, including
 - a. an appropriate history and physical examination, in particular, looking for atypical findings or risk factors for complications of menopause;
- list and interpret investigations, including
 - a. those required for well-woman examination;
- construct an effective initial management plan, including:
 - a. counselling and education of the patient on the normal changes during menopause;
 - b. exploration of and reassurance about psychosocial concerns regarding aging and sexuality;

- c. counselling and education of the patient regarding prevention of osteoporosis and cardiovascular disease;
- d. discussing risks, benefits, and guidelines for hormone replacement therapy, including topical estrogen therapy;
- e. discussing alternatives to estrogen therapy for some of the symptoms of menopause.