

# MPS - Menopause

## MPS-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will have a basic understanding of the anatomy and physiology of the female reproductive system and the changes associated with menopause.

### STANDARDS:

1. Explain the normal anatomy and physiology of the female reproductive system.
2. Explain that hormones produced by the ovaries have wide ranging effects that involve not only the uterus and ovaries but also the brain, skin, blood vessels, heart, bones, breasts, and the urinary system.
3. Explain that menopause is a normal part of life and involves changes in levels of many hormones as well as physical and emotional changes.

## MPS-C COMPLICATIONS

**OUTCOME:** The patient/family will understand some of the potential changes associated with menopause.

### STANDARDS:

1. Discuss the changes that may occur with menopause and the impact of these changes on the patient's health. Explain how complications/symptoms of menopause are related to decreased estrogen and other hormones.
  - a. Loss of bone density leading to osteoporosis may include oral cavity changes
  - b. Increased cardiovascular risks
  - c. Loss of fertility
  - d. Vasomotor symptoms, hot flashes
  - e. Mood changes (irritability, anxiety, mood swings, depression, agitation, changes in libido) and sleep disturbances
  - f. Urogenital symptoms: atrophy, thinning, dryness, vulvar itching/irritation, loss of vaginal elasticity, pain/discomfort with sexual activity, frequent urination, urinary urgency, stress incontinence, pelvic relaxation
  - g. Mild concentration and memory impairment
  - h. Ocular changes (dryness, burning, pressure, sensitivity to light, blurred vision, increased lacrimation)
  - i. Weight gain, palpitations, skin changes, joint pain, and headache

- j. Hair changes

## **MPS-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences cultural that spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

## **MPS-DP DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the changes that may occur with menopause.

### **STANDARDS:**

1. Discuss menopause as the end of menstruation and fertility usually defined by no menstruation for 12 months. Explain that menopause may be caused by medical interventions, such as surgery, chemotherapy, or pelvic radiation but more commonly menopause occurs as a result of a normal developmental process.
2. Explain that in the United States menopause typically occurs between 45–55 years of age but may occur earlier or later. The whole process may take several months or years.
3. Discuss common manifestations of menopause:
  - a. Vasomotor: hotflashes may include irritability, anxiety, sleeplessness, and agitation
  - b. Urogenital: atrophy, thinning, dryness, and loss of elasticity
4. Discuss the different classifications of menopause:
  - a. Age 45–55 with hot flashes and irregular menses assume perimenopausal
  - b. Age 45–55 with hot flashes and no menses for 6 months assume menopausal
  - c. Age < 45 with hot flashes but regular menses or irregular menses but no hot flashes could be early menopause further investigation may be indicated
  - d. Age 40–50 Menopausal symptoms still on oral contraceptives possibly menopause further investigation may be indicated

5. Discuss how menopause relates to altered hormone production. As appropriate discuss the current understanding of medications/herbals/etc. in the treatment of menopausal changes.

#### **MPS-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the relationship between exercise and the changes of menopause and will develop a plan to achieve an appropriate activity level.

#### **STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

#### **MPS-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of menopause.

#### **STANDARDS:**

1. Discuss the importance of follow-up care, including the importance of correcting problems that may develop.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

#### **MPS-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about menopause.

#### **STANDARDS:**

1. Provide the patient/family with literature on menopause.

2. Discuss the content of the literature.

## **MPS-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand that certain behaviors reduce the risk of complications that may be associated with menopausal changes.

### **STANDARDS:**

1. Discuss behaviors which promote good health and reduce the risk of potential complications associated with menopausal changes, e.g., osteoporosis and cardiovascular disease including:
  - a. Avoidance of tobacco, excessive caffeine, and other drugs of abuse
  - b. Regular weight bearing exercise to reduce the risk of osteoporosis and regular aerobic exercise to reduce the risk of cardiovascular disease
  - c. Stress reduction
  - d. Balanced diet low in fat and rich in calcium and Vitamin D
  - e. Maintenance of a healthy weight
3. Advise the patient of potential triggers for hot flashes and avoidance of triggers:
  - a. Stress and anxiety
  - b. Spicy foods
  - c. Caffeine
  - d. Hot drinks
  - e. Alcoholic beverages
  - f. Hot environment
4. Discuss the current recommendations for breast exams including mammography. Refer the patient to a physician for the most current information.

## **MPS-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.

4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **MPS-MNT    MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for the management of menopause.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **MPS-N        NUTRITION**

**OUTCOME:** The patient/family will understand the role of nutrition and menopause.

### **STANDARDS:**

1. Discuss the changes of menopause that may be addressed by dietary modifications such as weight gain, cardiovascular changes, and decreased bone density.
2. Discuss the appropriate caloric intake in response to metabolic changes associated with aging, and the importance to maintaining adequate intake of calcium and vitamin D in the diet and/or supplementation as needed.
3. Refer to a registered dietitian, physician, or pharmacist as appropriate to discuss other dietary modifications or supplements/herbals.

## **MPS-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the proposed procedure, including indications, complications, and alternatives, as well as, possible results of not having the procedure performed.

### **STANDARDS:**

1. Discuss the indications, risks, and benefits for the proposed procedures such as pap smears, mammograms, and endometrial monitoring (transvaginal ultrasound, endometrial biopsy).
2. Explain the process and what to expect before, during, and after the procedure.
3. Discuss pain management, as appropriate.
4. Emphasize the importance of fully participating in post-procedure recommendations and follow-up.
5. Discuss procedure findings and implications as appropriate.

## **MPS-S SAFETY**

**OUTCOME:** The patient/family will understand principles of injury prevention associated with osteoporosis.

### **STANDARDS:**

1. Discuss ways to reduce risk of falls. Adapt home safety to prevent injury including removing throw rugs, installing bars in the tubs and showers, securing electrical cords. **Refer to OS and FALL.**
2. Identify community resources that promote safety and injury prevention.
3. Provide information regarding key concepts for emergencies.

## **MPS-SM STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in menopausal symptoms.

### **STANDARDS:**

1. Explain that uncontrolled stress may cause increased symptoms of menopause.
2. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol, or other substance use as well as inappropriate eating, all which can compromise overall health.
3. Emphasize the importance of seeking professional help as needed to reduce stress.
4. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:

- a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. Maintaining a healthy diet
  - g. Exercising regularly
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
5. Provide referrals as appropriate.

## **MPS-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results