



Women's Health Matters

Empowering Women's Health:
A Vision for Comprehensive
Care



Kent Community Health NHS Foundation Trust (KCHFT)

Overview

- Provides high-quality healthcare across Kent
- Serves a diverse population with comprehensive health services

Integrated Sexual Health Service (ISHS)

- Comprehensive care including sexual health screening and treatment
- HIV care
- Genital dermatology
- Highly specialised contraception services including IUCD and implant insertion/removal, deep implant removal
- Psychosexual therapy

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Proposal Aim

- Expand ISHS to include comprehensive Hormone Replacement Therapy (HRT) service
- Address the significant service gap in HRT for menopausal women
- Enhance access to menopause treatments in line with the Women's Health Strategy 2023





MENOPAUSAL WOMEN'S HEALTH NEEDS:

- Access to HRT: Many women face barriers accessing HRT through GPs and private clinics.
- Symptom Relief: Effective management of symptoms like hot flashes, mood swings, and vaginal dryness.
- Health Risks: Untreated menopause symptoms can lead to long-term health issues such as osteoporosis and cardiovascular diseases.



CURRENT SERVICE GAPS:

- Availability: Limited HRT services in public healthcare settings.
- Affordability: High costs of private care make HRT inaccessible for many women.
- Comprehensive Care: Lack of integrated services addressing both physical and psychological needs of menopausal women.



CHALLENGES WITH GP SERVICES:

- Overstretched GPs: General practitioners are often overstretched and can sometimes have reduced specialised knowledge in menopause.
- Dismissive Attitudes: Women report that GPs can be dismissive, often relying on blood tests and claiming hormone levels are fine.
- Limited Training: GPs have limited time for training and expanding their knowledge on menopause.
- Lack of IUCD Fitters: Insufficient number of trained IUCD fitters impacts the availability of this HRT option.

SYSTEM ISSUES AFFECTING OUTCOMES



▶ INTEGRATION OF SERVICES:

- **Fragmented Care:** Current HRT services are not well-integrated within the NHS, leading to inconsistent care.
- **Training and Resources:** Insufficient training for healthcare providers on HRT options and menopause management.

▶ OPERATIONAL CHALLENGES:

- **Workflow Disruptions:** Integrating new HRT services into existing ISHS workflows can cause disruptions.
- **Data Management:** Inefficient IT systems hinder the ability to track patient outcomes and service utilisation effectively.

▶ COMMUNICATION GAPS:

- **Patient Education:** Lack of effective communication strategies to inform women about HRT options and benefits.
- **Stakeholder Engagement:** Need for better collaboration between different healthcare providers and stakeholders.

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Reducing Inequalities in Sexual Health Service Use and Outcomes

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Empowering Women's Health Through Knowledge and Care

Addressing crucial health
topics for women,
promoting well-being.

