

# Menopause Care in Primary Care

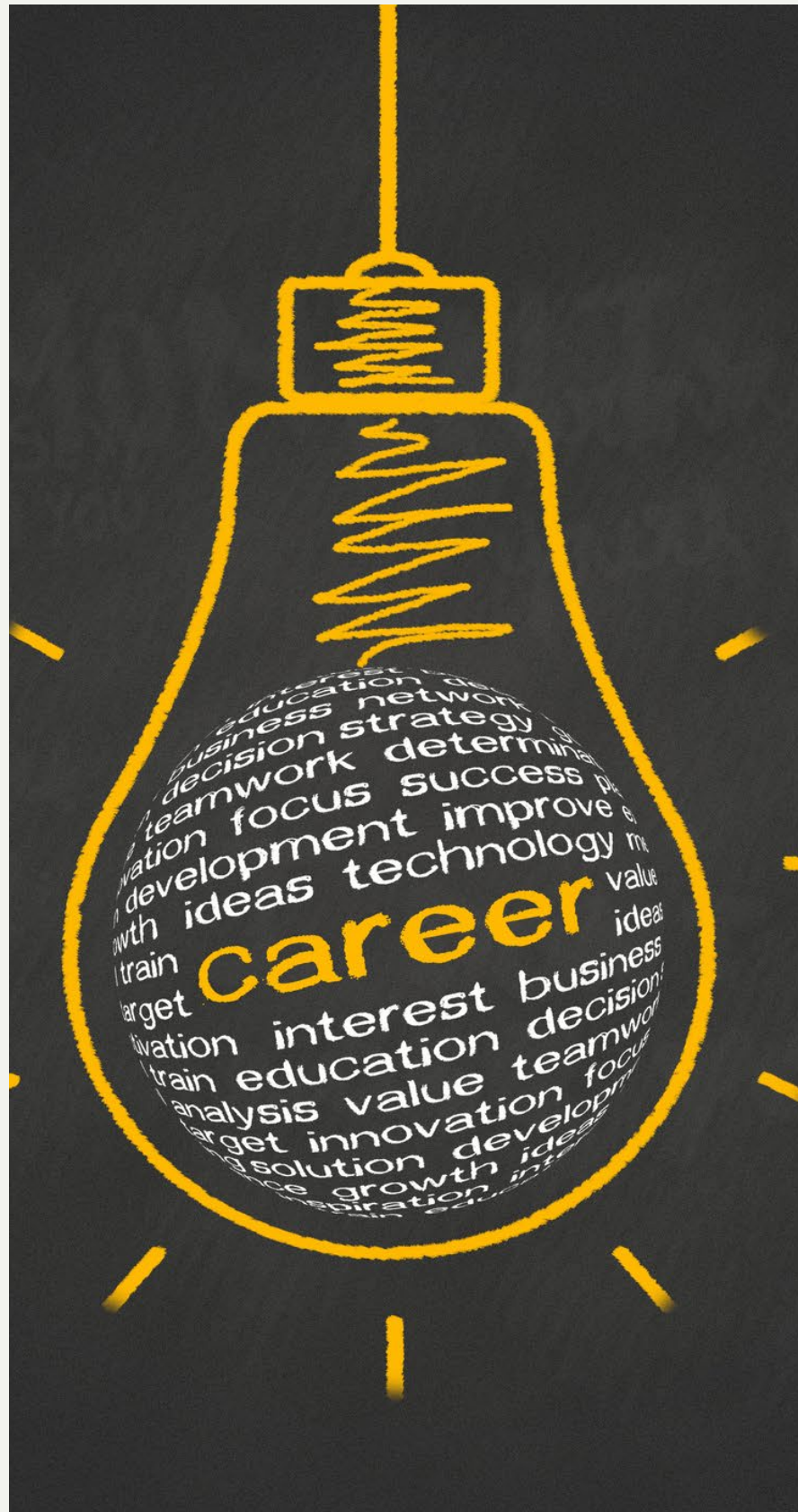
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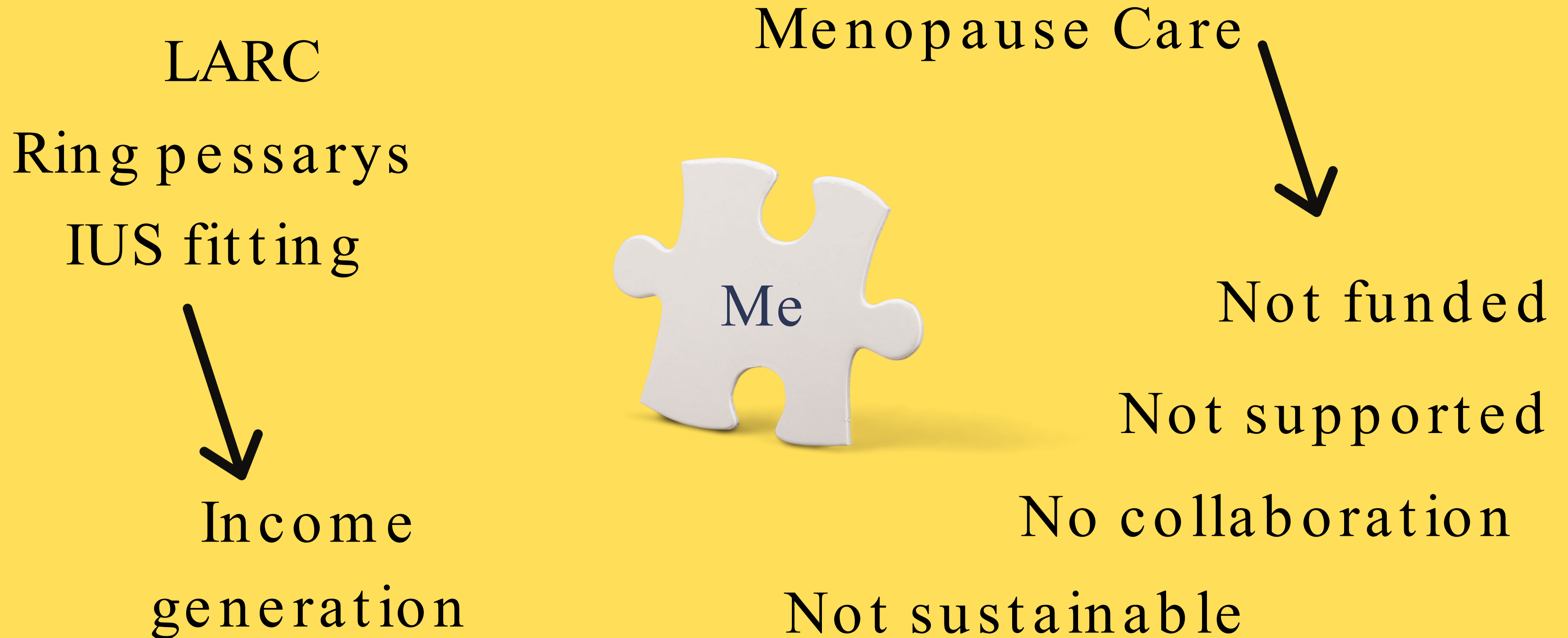


# About me



- Primary care since 2004
- Interest in women's health
- Personal experiences
- Lightbulb moment!
- Menopause specialist training (2019-2022).
- Watson Health
- Trained to deliver menopause CBT (2023)

The current situation in  
primary care





# The value of Menopause Care

Symptoms

Menopause  
MOT

Chronic disease  
prevention

Health  
Optimisation

Mental health

Lifestyle

Work force and retention



# Current Barriers for Patients



- Difficult to get an appointment
- Clinician skill
- Having your symptoms recognised
- Continuity of care
- Mirena fit for HRT
- Surgical/Premature menopause
- Language and diversity
- Wait time to see a specialist

# Beliefs, Trust and Expectations

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Misinformation

Mistrust

Mismanagement



# Menopause pathways of care



- Primary Care - Standard menopause care
- Menopause Service (hub) - Enhanced menopause care
- Secondary Care - Specialist

Menopause triage service/A&G helpful to determine appropriate service

# The Women's Health Hub model

Brings together a range of women's health services including contraception, menstrual health, menopause, abortion and screening, tailored to the needs of the region.





# Next Steps



## Guidance

Women's health hubs: core  
specification

Updated 21 March 2024

## Guidance

Women's health hubs: cost  
benefit analysis

Updated 21 March 2024



*Thank  
you*

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# References

<https://www.gov.uk/government/publications/womens-health-strategy-for-england>

<https://www.gov.uk/government/publications/womens-health-hubs-information-and-guidance>

<https://www.gov.uk/government/publications/womens-health-hubs-information-and-guidance/womens-health-hubs-cost-benefit-analysis>

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