

Menopause support during COVID-19

A RESOURCE FOR PATIENTS

Top tips and where to find more information, based on *NICE Menopause: diagnosis and management*¹. This remote consultation support tool has been designed to support women going through the perimenopause and menopause without face to face consultation, during COVID-19.

CHECKLIST	Y/N	TOP TIPS ¹ AND WHERE TO FIND MORE INFORMATION
What is your height and weight?		
Are you taking regular medications?	Y/N	
Any significant illnesses or operations?	Y/N	
Do you smoke?	Y/N	
How much alcohol do you drink in a week?		
Have you measured your blood pressure at home?	Y/N	Don't worry if not, your GP record may have a recording
Do you have a womb?	Y/N	You will need oestrogen and a progestogen unless your womb has been removed (hysterectomy)
Was your last period over 12 months ago?	Y/N	Perimenopause means your last period was less than 12 months ago
Are you due for a smear?	Y/N	'Smears without Tears' from the Vulval Pain Society has tips for making smear tests as comfortable as possible. https://tinyurl.com/wq30lxx
Are you due for a mammogram?	Y/N	Overview from the NHS on breast cancer screening. https://tinyurl.com/y9dp9buq
Do you feel that your symptoms are related to the menopause?	Y/N	See RockMyMenopause.com for symptoms of menopause https://tinyurl.com/yby9wvve
Which symptoms are you most concerned about?	Y/N	Use the helpful 'Symptom Tracker' at RockMyMenopause.com to note down your symptoms. https://tinyurl.com/ybbc8vsr
Are you hoping to be prescribed HRT?	Y/N	YES – If you have questions about HRT, this guide, 'HRT in a nutshell' has advice to help you make an informed decision. https://tinyurl.com/ycz65o3s NO – Try reading this helpful guide to 'Alternatives to HRT'. https://tinyurl.com/yb6q2gel
Have you found out about benefits and potential long-term risks of using HRT?	Y/N	NO – Ask your GP for information, or listen to this webinar on HRT at RockMyMenopause.com. https://tinyurl.com/w5msp95
Are there risks of HRT that you would like to discuss further?	Y/N	
Do you have any vaginal dryness or discomfort?	Y/N	If YES , these resources on vulval skin care https://tinyurl.com/ydcrea8c and vaginal dryness https://tinyurl.com/y84gkneb have tips for relieving discomfort.
Are you concerned about your sex drive or vaginal bleeding?	Y/N	
Are you at risk of pregnancy?	Y/N	



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► Primary Healthcare Practitioners – see risk review from NICE (NG23) <https://tinyurl.com/tpc34ky>

REFERENCES

¹ NICE. Menopause: diagnosis and management. (2015). NICE guideline [NG23] Published date: November 2015 Last updated: December 2019 Available at: www.nice.org.uk/guidance/ng23