

# Acknowledgements

This publication was developed in 2017 by an RCN Women's Health Forum project team, updated in 2019 and reviewed and updated in 2022 by Debby Holloway FRCN, Deb Panes and Charlotte Deacon, committee members of the RCN Women's Health Forum.

This document has been designed in collaboration with our members to ensure it  
is accessible to all. If you have any queries, please contact [corporate.communications@rcn.org.uk](mailto:corporate.communications@rcn.org.uk)

RCN Legal Disclaimer

This publication contains information, advice and guidance to help members of the RCN. It is intended for use within the UK but readers are advised that practices may

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1 Introduction



## 2 Def ning

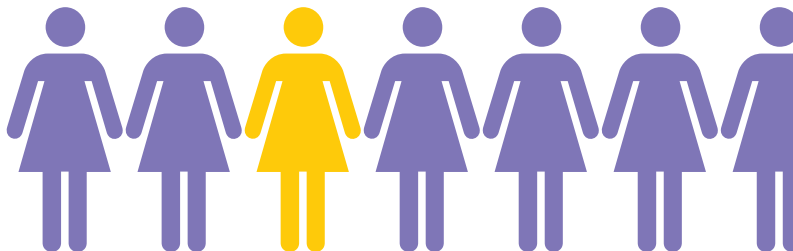
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The primary aim of menopause care is to provide women-centred care that promotes health into the years beyond menopause. This is achieved by using the NICE guidelines as well as adapting and building on

- adopting an individualised approach at all stages of diagnosis, investigation and management
- providing information in different ways, tailored to the individual
- discussing treatment options, including an individualised risk assessment of each type and excluding contraindications
- offering treatment as appropriate, monitoring and adjusting as necessary
- adapting treatment as needed, based on a woman's changing needs and sexual differences
- taking into account fertility needs
- considering and addressing psychological needs
- seeing women at high risk of/or with breast cancer
- seeing women with other risk factors such as type 2 diabetes
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This is an important health issue for employment, including occupational health nursing. Women should be offered support and advice regarding their employment as well as their physical and mental wellbeing.



# 3 The role of the nurse specialist in menopause

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- facilitate a better understanding and the potential health implications of a well-managed menopause among all nurses coming in contact with women
- lead and develop specialist menopause services
- support these services and ensure they are linked with all areas of care.

Following the publication of the NICE guidelines (NICE, 2015) for the









with multiple treatment failures, women with POI and women











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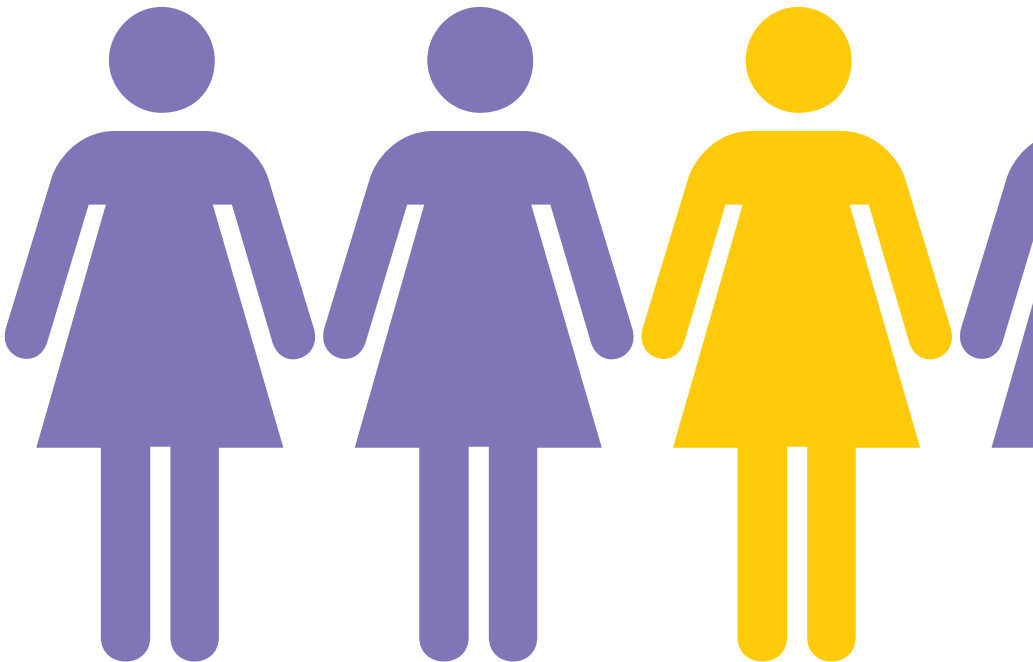
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## 5 Conclusion

The NICE guidelines reference a specialist health care practitioner from any discipline and this development should be welcomed and celebrated as an attractive career opportunity for nurses. The nurse specialist in menopause represents an exciting opportunity for nurses to develop into a leadership role in a collaborative

expert advice and good menopause management to improve their (such as osteoporosis). It is being recognised as a strategic leadership opportunity for nurses who specialise in an important aspect of woman's health care.



# 6. References

- Menopause Specialists (2019) *Menopause Specialists*. Available from [www.menopause.org](http://www.menopause.org)

- Menopause Practice Standards (web). Available from [www.menopause.org](http://www.menopause.org)

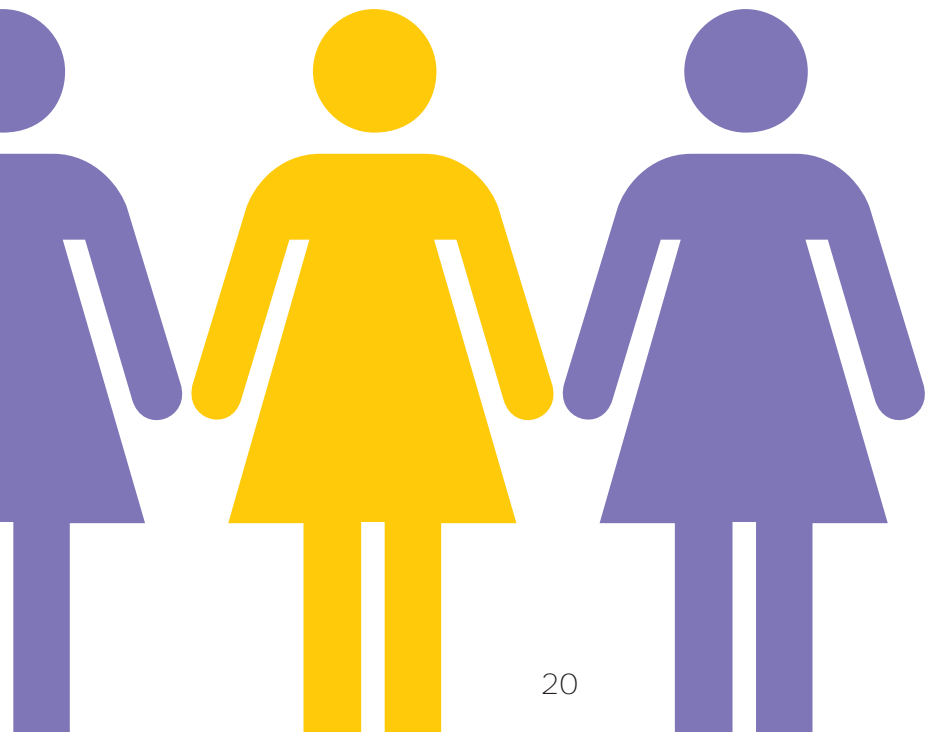
NICE (2019) *Menopause: Diagnosis and Management: NICE guidelines* [NG10]. Available from <https://www.nice.org.uk/guidance/ng10>

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# 7. Further resources

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Daisy Network ŸŸ

Faculty of Sexual and Reproductive Healthcare fsrh.org

Manage my Menopause Ÿ Ÿ Ÿ ù

Menopause Matters Ÿ Ÿ ù

Noble N (2021) Helping and supporting staff to manage menopause symptoms at work. *Nursing Times*

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The Menopause Exchange Ÿ ù Ÿ ù

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## 4.11. Specialist practice

### 4.11.1 Specialist practice

This is an RCN practice guidance. Practice guidance are evidence-based consensus documents, used to guide decisions about appropriate care of an individual, family

### 4.11.2 Menopause

The menopause happens to all women, however the degree of its impact on a of a specialist in menopause was included in the 2015 NICE guidelines on managing menopause, however the detail of how this role might be implemented in practice agreed standards, focusing on the options for nurses who may choose a career pathway towards becoming a specialist practitioner in menopause.

### 4.11.3 Menopause (Specialist Practice)

#### The Nine Quality Standards

professional publication, please contact [menopause@rcn.org](mailto:menopause@rcn.org)

#### Evaluation

The authors would value any feedback you have about this publication. Please contact [menopause@rcn.org](mailto:menopause@rcn.org) clearly stating which publication you are commenting on.

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