

NHS Community Voice menopause meeting: 26 May 2015: 6-8pm: Hackney CVS

Recommendations
<p>1. Better messages about the menopause needed</p> <ul style="list-style-type: none">• Clear terms, definitions and names needed for different stages of the menopause experience• Key message should be that menopause is not an illness and symptoms and severity vary• Counter negative views of the aging process for women, one way of doing this is including menopause in sex education in schools to normalise the menopause
<p>2. Better information</p> <ul style="list-style-type: none">• Lack of information on NHS website noted by attendees• Leaflets about the menopause including core symptoms should be at key information points like GPs• Women also want to understand emotional and mental changes as well as what is happening to their body• Different treatments available including potential benefits and side effects• Alternative treatments such as homeopathy/massage• Effect of diet and exercise• Information should be personalised for patients• Some women want to have a choice about having blood tests and looking at results to see how to supplement any deficiencies
<p>3. Recommend that there is a trigger set up so that GPs and NHS services ask about managing menopause where a woman is of a particular age, an example could be where presents with feelings of anxiety/depression</p>
<p>4. Recommend menopause as part of 'time to talk' 30 minute appointments to enable women to talk through their experience/anxieties and don't feel as though they are being hurried. GP Confederation committed to lobby for this</p>
<p>5. Recommend training set up for GPs and other health professionals including practice nurses</p> <ul style="list-style-type: none">• Suggestion CCG/GP Confederation could support Homerton to deliver, alongside patients• Promote compassion and understanding of GPs and other health professionals, clear some GPs are uncomfortable• Assist GPs to understand wide range of menopause symptoms

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<p>6. Women want the opportunity to be referred onto and have access to:</p> <ul style="list-style-type: none">• Other resources including relevant books as is the case with mental health-this could be a part of promoting self-management• Support group, women want to talk to other women and explore their health• Specialist menopause service• Sometimes women prefer anonymous services particularly with difficult topics such as sex• Feedback from Hands Inc: (a support group for women experiencing the menopause) Health professionals are also wanting places to refer women
<p>7. CCG should consider the needs of women who have been sexually abused in their community gynaecology Services consultation: (this request came from a patient after the meeting via phone)</p>
<p>8. Bring back Well Women Clinic or something like it (some positive comments came from women who remember the Well Women Clinics)</p> <ul style="list-style-type: none">• Women noted that there used to be menopause clinic and Well Women clinic at the Homerton which have now been taken back by GPs
<p>9. Could GPs be capturing information about women experiencing the menopause for NICE reviews through the existing EMIS System (Standard GP patient information system)?</p>
<p>10. Heath bodies should include these recommendations from the NHS Community Voice meeting in response to the NICE consultation</p>
<p>11. Recommend the CCG hold another community meeting on the menopause in September to see what may have changed following the group's recommendations</p>