

Educational Topic 47: Menopause

Rationale:

Women may spend much of their lives in the postmenopausal years. Physicians should understand the physical changes caused by menopause.

Student should be able to:

Intended Learning Outcomes	Level of Competence	Instructional Method	Assessment Method	ACGME Competency	HSS	Emerging Topics	APGO eResources	EPA
A. Define menopause	K	AL, DT, IL	MCQ, OE	MK		BSR	BSV, OTC, uW	
B. Describe cultural and social expectations of women's experience of menopause	K	AL, CE, DT, IL	CDR, MCQ, OE	ICS, MK, PC	PH, SD	E, GH		
C. Describe changes in the hypothalamic-pituitary-ovarian axis associated with perimenopause/ menopause	K	AL, CE, DT, IL	MCQ, OE	ICS, MK		BSR	BSV, OTC, uW	
D. Describe symptoms and physical exam findings related to perimenopause/ menopause	KH	AL, CE, DT, IL	MCQ, OE, OSCE	ICS, MK, PC	PS		BSV, OTC, uW	1
E. Discuss management options for patients with perimenopausal/ menopausal symptoms, with consideration of patient safety, value-based care and an understanding of social, environmental and economic factors on aging	KH	AL, CE, DT, IL	CDR, CP, MCQ, OE, OSCE	ICS, MK, PC, SBP	HP, PH, PS, QI, VBC	RX	BSV, OTC, uW	4

Intended Learning Outcomes	Level of Competence	Instructional Method	Assessment Method	ACGME Competency	HSS	Emerging Topics	APGO eResources	EPA
F. Counsel patients regarding the menopausal transition, effect on quality of life and the role of social factors in promoting healthy aging	SH	AL, CE, S	CDR, CP, OSCE	ICS, PBLI, PC	PH, SD	GH	BSV, OTC, uW	
G. Counsel patients on the role of healthy lifestyle practices, including nutrition, physical activity and substance use, in managing menopausal symptoms and healthy aging, with consideration of value-based care	SH	AL, CE, DT, IL	CDR, CP, MCQ, OE, OSCE	ICS, MK, PBLI, PC, SBP	HP, PH, PS, QI, VBC	GH, N	OTC	
H. Discuss long-term medical disorders associated with menopause, with an understanding of the gender, ethnic and racial disparities in health outcomes	K	AL, CE, DT, IL	MCQ, OE, OSCE	ICS, MK	PH, SD		BSV, OTC, uW	