

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Emily R. Rudis

DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Climacteric: go from reproductive to non-reproductive
Perimenopause: 1st sx menopause-complete cessation of menses
Postmenopause: 1 year post last period

Pathophysiology Related to Client Problem

physiologic cessation of menses; decreased ovary function; occurs during climacteric for all females

Health Promotion and Disease Prevention

Prevent early menopause by avoiding modifiable risk factors (below)

ASSESSMENT

Risk Factors

Ages: 40-58 yrs; ave. 52
Early: Radiation- excessive, hard manual labor, poor general health, hypothyroidism, obesity, inadequate space between births, freq elective abortions, smoking, removal of ovaries, hysterectomy

Expected Findings

Pattern of cessation: over 1-2 yrs (or abrupt)
No periods x 1 yr = menopause has occurred
Endo/Myometrium/ovaries atrophy, dec uterus size, labia majora flatten, vaginal mucosa thins & becomes alkaline, dec cervical secretions, dec pelvis musc tone, pendulous & loosely elastic breasts
dyspareunia, vaginal dryness/itching/burning, irreg bleed, vaginal infections, atrophic cystitis, insomnia, N/T, joint pain, psychological manifestations, emotional liability, hot flashes, OP

Laboratory Tests

inc FSH, inc LH, dec Estrogen levels

Diagnostic Procedures

dec # maturing ovarian follicles

SAFETY CONSIDERATIONS

joint pain
psychological manifestations
emotional liability
OP (fx)
Breast CA R/T
HRT

PATIENT-CENTERED CARE

Nursing Care

Foods to limit
Habits to avoid
Positive outlook
Good nutrition

Medications

HRT (estrogen - PO/suppositories/cr eams, progesterone, estraderm - transdermal estradiol)
SSRIs
Clonidine
Gabapentin
SERMs
Bisphosphonates

Client Education

Cope w hotflashes (loose clothing, cool environment, limit triggers)
Feminity & libido do NOT dec
Contraception for up to 1 year after last period

Therapeutic Procedures

Nutrition
Vitamins B6/D
Kegel exercises
Ca supplements
Herbals - soy

Interprofessional Care

Support groups
Annual GYN exams

Complications

Hot flashes (triggers = red wine, chocolate, aged cheeses, caffeine, smoking, ETOH)
OP (fx, pain)
Dec Vitamin D metabolism

Med SE:
HRT: cyclic/atypical vaginal bleeding, inc R/F breast CA, breast swelling/pain, edema, wt. gain