

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Climacteric: go from reproductive to non-reproductive.

Pathophysiology Related to Client Problem

Physiologic cessation of menses; decreased ovary function; occurs during climacteric from all females.

Health Promotion and Disease Prevention

There are no preventions, occurs with age, 40-58yrs.

ASSESSMENT

Risk Factors

Radiation, hard manual labor, inadequate space between kids, smoking, hypothyroidism, obesity, ovary radiation, removal of ovaries.

Expected Findings

Irregular periods, no period, hot flashes, dyspareunia, vaginal dryness/itching/burning, weight gain, joint pain, emotional lability, atrophic cystitis, insomnia, osteoporosis.

Laboratory Tests

Low Estrogen
High FSH and LH

Diagnostic Procedures

N/A

SAFETY CONSIDERATIONS

Be mindeful of dehydration due to hot flashes.

PATIENT-CENTERED CARE

Nursing Care

Promote positive outlook, good nutrition and good health, help cope with hot flashes, foods to limit, and habits to avoid.

Medications

Hormone replacement therapy:
Estrogen and progesterone for short period of time to help with symptoms.
Gabapentin,
Raloxifene,
Clonidine,
Paroxetine.

Client Education

Femininity and libido do not decrease at menopause, need annual GYN exams, contraception for one year after last menstrual period, spotty bleeding is normal, join a support group.

Therapeutic Procedures

Kegel exercises, calcium supplements, vitamin B6 and vitamin D, ample fluid, yougurt, cranberry juice, wear loose clothing, cool house, limit: read wine, chocolate, aged cheeses, caffeine, smoking, ETOH.

Interprofessional Care

GYN, nurse, doctor.

Complications

Uterine cancer, ovarian cancer.