

ACTIVE LEARNING TEMPLATE: **System Disorder**

STUDENT NAME Hanna Wenerd

DISORDER/DISEASE PROCESS menopause

REVIEW MODULE CHAPTER \_\_\_\_\_

**Alterations in Health (Diagnosis)**  
 Stop of menses  
 ↓ estrogen

**Pathophysiology Related to Client Problem**  
 Physiologic cessation of menses, decreased ovary function, climacteric

**Health Promotion and Disease Prevention**  
 n/a

**ASSESSMENT**

**Risk Factors**  
 Women  
 ages 40-50yrs  
 ave. 52

**Expected Findings**  
 hot flashes, decreased bone density, irregular menses, shrinking of labia, mood swings, decreased breast tissue

**SAFETY CONSIDERATIONS**  
 - osteoporosis  
 - abnormal bleeding  
 - early menopause

**Laboratory Tests**  
 FSH  
 blood  
 urine  
 saliva

**Diagnostic Procedures**  
 pap test  
 mammogram  
 bx uterine lining  
 DXA

**PATIENT-CENTERED CARE**

**Nursing Care**  
 provide comfort and info

**Medications**  
 hormone therapy  
 alternative therapies

**Client Education**  
 teach s/sx  
 Hot flashes

**Complications**  
 - embolic complications  
 - cancer

**Therapeutic Procedures**  
 nutrition →  
 po fluids, v.ble,  
 yogurt  
 dietary changes

- estrogen  
 - SSRI  
 - SERMS  
 - progesterone

**Interprofessional Care**  
 OBGYN  
 surgeon  
 PCP  
 endocrinologist