

ACTIVE LEARNING TEMPLATE: **System Disorder**

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DISORDER/DISEASE PROCESS Menopause

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
 ↓ estrogen
 ↑ FSH & LH

Pathophysiology Related to Client Problem
 cause unknown
 decrease in # of maturing ovarian follicles/decline in estrogen → ovaries atrophy → estrogen decreases → increased FSH & LH

Health Promotion and Disease Prevention
 eat healthy diet
 get enough sleep
 manage BP
 maintain bone strength

ASSESSMENT

Risk Factors
 - excessive radiation
 - hard manual labor
 - poor general health
 - smoking - frequent abortions
 - surgery (removals)

Expected Findings
 - dyspareunia, dryness, itching, burning
 - irregular bleeding, more infections
 - wt gain, insomnia, joint pain, irritability, hot flashes, osteoporosis

SAFETY CONSIDERATIONS
 Eat balanced diet
 exercise regularly
 Don't smoke
 decrease vaginal discomfort
 cool hot flashes
 Educate on CV disease

Laboratory Tests
 • estrogen
 FSH & LH > levels
 Thyroid

Diagnostic Procedures
 AMH level
 blood / urine culture

PATIENT-CENTERED CARE

Nursing Care
 cool hot flashes
 Aid in coping
 keep track of sx

Medications
 hormone replacements
 low dose anti-depressants
 vaginal estrogen

Client Education
 Teach to get sleep enough
 avoid caffeine
 practice relaxation techniques
 don't smoke

Complications
 cardiovascular disease
 OP (fractures)
 urinary incontinence
 weight gain
 depression

Therapeutic Procedures
 hormone therapy

Interprofessional Care
 OB/GYN
 MD
 mental health