

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Johanna Duperoy

DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Menopause is also known as the “change of life” and is the cessation of menses for at least 12 months that occurs during 41-59 years of age. Menses will appear on an infrequent cycle and the flow will decrease until there is complete cessation.

Pathophysiology Related to Client Problem

Menopause is the result of hormonal changes such as decrease in production of estrogen. The client can have natural or surgically induced menopause.

Health Promotion and Disease Prevention

Encourage routine health screenings (mammograms, colonoscopy, bone density fecal occult blood testing, gynecologic exam)

Encourage client to stop smoking immediately if applicable.

ASSESSMENT

Risk Factors

Age

Expected Findings

Hot flashes diaphoresis cause sleep disturbances and fatigue, Atrophic vaginitis, shrinking of labia, dyspareunia, increased vaginal pH, incontinence
Mood swings, changes in sleep patterns, decreased REM sleep, Joint pain (perimenopause) Decreased bone density,

Laboratory Tests

Hormones: estrogen and progesterone decreased; FSH increased
Cholesterol: LDL increased, HDL may decrease (menopause)

Diagnostic Procedures

Pelvic examination with Papanicolaou
Endometrial biopsy
Bone mineral density measurement using dual-energy x-ray absorptiometry DXA) to determine the client’s risk for osteoporosis

SAFETY CONSIDERATIONS

PATIENT-CENTERED CARE

Nursing Care

Encourage client to decrease calories and fat intake
Increase fiber and whole grains
Drink adequate water daily (6-8 glasses) if not contraindicated

Medications

Menopausal hormone therapy

Client Education

Provide education with the client about the condition and how to manage
Inform client to report vaginal bleeding

Therapeutic Procedures

Encourage at least 30 minutes of physical activity at 3-4 times per week
Weight bearing exercises can prevent muscle and bone loss

Interprofessional Care

PCP
RN
Gynecologist
OBGYN

Complications

- Osteoporosis
- MI
- Stroke
- Venous thrombosis
- Breast cancer
- Ovarian cancer