

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Physiologic cessation of menses

Pathophysiology Related to Client Problem

Associated w/ declining ovarian function, complete after 1 year of amenorrhea (absence of menstruation)

Health Promotion and Disease Prevention

Annual check-ups, pap smears Q1-3yrs, mammography and bone loss screening.

ASSESSMENT

Risk Factors

Women 40-58 yrs old
Women
Removal of ovaries
Family hx
Smoking
If having cancer tx, autoimmune disorder

Expected Findings

Vaginal dryness, itching, burning.
Insomnia, joint pain, irritability, hot flashes

Laboratory Tests

Estrogen lvls, FSH and LH lvls

Diagnostic Procedures

Dx after 12 months of amenorrhea, sexual Hx, s/s diary, pelvic ultrasound

SAFETY CONSIDERATIONS

Increase Vit D, calcium and daily weight bearing exercises
Getting adequate intake
Encourage screening for depression, bone density, mammography and ways to reduce risk of cardiovascular disorders

PATIENT-CENTERED CARE

Nursing Care

Nutrition, vitamins/herb supplements, Kegel exercise. Provide calm/quiet environment. Increase water intake, use fans or cooling bedding

Medications

Hormone replacement therapy: Estrogen (Premarin) and Progesterone (Provera) - may be given together to prevent endometrial cancer.
Calcium supplements
Antidepressants, Gabapentin, Antihypertensives

Client Education

Maintain healthy weight, exercise regularly, clothing selection and sleep hygiene. Encourage smoking cessation

Therapeutic Procedures

Vaginal lubricants and moisturizers
Intake of soy isoflavones through diet supplements

Interprofessional Care

Nurse, gynecologist, endocrinologist, therapists, dietician, PT

Complications

Endometrial Cancer
Breast Cancer, Cardiovascular disease
Urogenital atrophy
Bone mineral density loss
Dementia
Various types of cancer