

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS _____

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Cessation of menses for at least 12 months that occurs during ages 41-50

Pathophysiology Related to Client Problem

Menopause is the result of hormonal changes such as decrease in production of estrogen

Health Promotion and Disease Prevention

Post-menopause is 1 year after cessation of menses

ASSESSMENT

Risk Factors

41-59 years old, 12 moths no menstrual cycle, smokers, family hx, hysterectomy, CA treatment

Expected Findings

Vasomotor s/sx -> hot flashes
Genitourinary -> atrophic vaginitis, labia shrinkage, mood swings, sleep pattern changes, breast tissue changes, irregular menses, migraines

Laboratory Tests

- Decreases estrogen & progesterone
- Increased FSH
- Increase LDL & may have a decrease in HDL

Diagnostic Procedures

Pap test, endometrial biopsy, & bone mineral density measurement DXA

SAFETY CONSIDERATIONS

- r/f falls related to complications of osteoporosis
- r/f bleeding if undiagnosed abnormal uterine over 40 years , 1 year post menopause

PATIENT-CENTERED CARE

Nursing Care

- encourage at least 30 min of physical activity 3-4 times per week
- wt. bearing exercises can prevent muscle & bone loss

Medications

- Menopausal hormone therapy (HT)
- oral contraceptives
- CAM therapies

Client Education

- Educate of condition and how to treat
- educate on need to report vaginal bleeding
- Instruct of self administration of hormone therapy

Therapeutic Procedures

Interprofessional Care

- Encourage regular health screening
- encourage client to stop smoking ASAP

Complications

- osteoporosis
- embolic complications
- Cancer