

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME RDH

DISORDER/DISEASE PROCESS Menopause

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Cessation of menses for at least 12 months, that occurs between the ages 41-59 years old.

Pathophysiology Related to Client Problem

Result of hormonal changes such as the decreases in production of estrogen.

Health Promotion and Disease Prevention

Post-menopause is 1 year after the cessation of menses.

ASSESSMENT

Risk Factors

- * 41-59 y/o
- * smokers
- *family Hx
- * hysterectomy
- * cancer treatments

Expected Findings

Hot flashes, atrophic vaginitis, skrinking in labia, mood swings, changes in sleep patterns, breast tisse changes and irregular menses, migraine headaches.

Laboratory Tests

- *estrogren and progesterone decreased; FSH increased
- *LDL increased; HDL may decrease

Diagnostic Procedures

- *Pap smear
- *Endometrial Bx
- *Bone mineral density measurement DXA

SAFETY CONSIDERATIONS

- *Risk for falls: complications of osteoporosis
- *Risk for bleedings: undiagnosed abnormal uterine over 40 years

PATIENT-CENTERED CARE

Nursing Care

- *Encourage at least 30 minutes of physical activity at least 3-4 times a week
- *Weight bearing exercises cna prevent muscle and bone loss.

Medications

- *Menopausal hormone therapy
- *Oral contraceptives
- *CAM therapy

Client Education

How to manage the condition; To report vaginal bleeding; self admin of HT

Therapeutic Procedures

- *Atrophic vaginitis -> vaginal installations of estrogen
- *Dyspareunia -> water-soluble lube

Interprofessional Care

Encourage routine health screenings; Encourage smoking cessation

Complications

- *Osteoporosis
- *Embolic Complications
- *Cancer