ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER_____

Alterations in Health (Diagnosis)

Pathophysiology Related to Client Problem

Age related decline in the number of ovarian follocles and a dec in ovarian production of estrogen

Health Promotion and Disease Prevention

smoking cessation, weight, inc exercise, diet, take baby aspirin, HTN, HLD,DM, vit d and calcium

ASSESSMENT

Risk Factors

Autoimminue factors, family hx of early menopause, chromosomal abnormalities such as fragile x syndrome, turner syndrom living at high altitude, precocious puberty,

Expected Findings

breast tenderness, cessation of menses, hot flashes, flushes, night sweats, sleep disturbances, joint pain, bone and muscle pain

Laboratory Tests

follicle stimulating hormone and estradiol levels

Diagnostic Procedures

pregnancy test, Head CT or MRI, bone mineral density screening w DEXA scan

SAFETY CONSIDERATIONS

-Increases risk for osteopenia and osteoporosis
-Fall prevention
-increases risk for heart disease

PATIENT-CENTERED CARE

Nursing Care

Promote calcium and vitamin D, encourage weight-bearing exercises, avoid triggers, regular bedtime routines

Therapeutic Procedures

cooling environment, avoid bright lights, alcohol, spicy food, acupuncture, sexual counseling, vaginal lubricants, regular sex

Medications

hormone therapy such as creams, patches, tablets,

estrogen-containing vaginal cream

Client Education

-Report for signs of depression or anxiety
-Severe hot flashes or mood changes
-report painful intercourse

Interprofessional Care

OBGYN, nurse, therapist, counselor, dietician, nutritionist, pharmacist

Complications

-increased LDL cholesterol

-atherosclerosis

-cardiovascular disease

-rapid bone loss, osteoporosis

-inc fracture risk