The essential menopause curriculum for healthcare professionals

Managing perimenopausal and postmenopausal health is a key issue for all areas of healthcare, not just gynecology. The EMAS recommendations for training programs of all healthcare professionals on menopause are summarized below.

Curriculum content
The curriculum should cover:

- definitions of menopause-related terms
- types of menopause (natural, induced premature/early)
- stages of menopause (peri-menopause, menopausal transition, postmenopause)
- menopausal symptoms and their impact on relationships and work
- menopause and long-term health (cardiovascular disease, osteoporosis, cognitive decline and dementia)
- premature ovarian insufficiency/early menopause and long-term health and fertility
- clinical assessment

- screening for breast and cervical cancer, and osteoporosis
- endocrine investigations (for whom and when)
- diet and lifestyle to stay healthy at the menopause and beyond
- menopausal hormone therapy
- non-estrogen-based approaches and therapies for menopausal symptoms
- non-estrogen-based therapies for osteoporosis
- duration of use and benefits and risks of individual treatment options
- the delivery of menopause healthcare, including telehealth.

Healthcare professionals should take into account that women may have different perceptions and experiences of the menopause, and a personalized approach is needed.

All healthcare professionals should receive high-quality training on menopause.

Delivery
Delivery of this curriculum is ideally through:

- lectures
- e-learning
- placements.

Ideally, accredited menopause experts should deliver this content.

Further information

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