

# 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

The essential menopause curriculum for healthcare professionals: A European Menopause and Andropause Society (EMAS) position statement <https://doi.org/10.1016/j.maturitas.2021.12.001>