

Menopause education:

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 evidence-based training programs of all healthcare professionals on menopause are summarized below.

Curriculum content

- Definitions of menopause-related terms
- Types of menopause (natural, induced premature/early)
- Stages of menopause (perimenopause, 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)

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.

- 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

Delivery

Delivery of this curriculum is ideally through:

- lectures
- e-learning
- placements

Ideally, **accredited menopause experts** should deliver this content.

Further information

EMAS (2025). CareOnline. Health at menopause and beyond <https://emas-online.org/guidelines-and-education/#emas-care-online>

EMAS (2021). Position statement. The essential menopause curriculum for healthcare professionals <https://doi.org/10.1016/j.maturitas.2021.12.001>