

# More menopause-focused education required for doctors

October 21 2015

---

Despite the fact that nearly two million women every year reach menopause (that's equivalent to 6,000 women each day), many experts agree that OB/GYN residents are not being properly prepared to address menopause-related health issues. A new study published online today in *Menopause*, the journal of The North American Menopause Society (NAMS), however, demonstrates how adding a menopause-focused curriculum is helping residents to meet this growing challenge.

The study comes out of Johns Hopkins University School of Medicine where they created a two-year curriculum including lectures and labs focused on [menopause](#) and related health issues. Between 2011 and 2013, 34 OB/GYN [residents](#) completed the menopause curriculum annually. Prior to attending the menopause sessions, a majority of residents—78.7 percent—did not feel comfortable managing menopause patients. After the two-year curriculum, a whopping 85.7 percent reported feeling 'comfortable/very comfortable' taking care of menopause patients.

"This is a huge challenge in the medical profession," says Dr. Wulf Utian, executive director of NAMS. "There is a tremendous void in healthcare providers understanding the key issues being faced by pre-and post-menopausal women. As a result, many [women](#) are not getting the treatment they need and are suffering needlessly with an array of menopause-related symptoms. Although this was a small study sample, it provides valuable insight as to the need to provide additional menopause-focused education, and I hope that medical schools, as well as residency

programs in OB/GYN, internal medicine and family practice use it as a justification to augment their current curriculums."

The article, 'Effectiveness of a 2-year menopause medicine [curriculum](#) for obstetrics and gynecology residents,' will be published in the March 2016 print edition of *Menopause*.

Provided by The North American Menopause Society

Citation: More menopause-focused education required for doctors (2015, October 21) retrieved 5 July 2024 from

<https://medicalxpress.com/news/2015-10-menopause-focused-required-doctors.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.