HRT F2 Tutorial

- Please note this one was designed for F2 Grade- and curriculum links etc. will be different for GPST- and some areas would need expansion)
27th January 2017.

HRT- Help!

Set scene- have they prepared topic?
Agreed because had difficulty/lack confidence in this area- clarify the learning need.

Aims
To be able to manage the next menopausal woman attending surgery who enquires about HRT
Relevance of this is direct patient contacts, Section 1Professional Behaviour and Trust- 4.
Keeps practice up to date through **Learning** and teaching,
Section 3 Clinical Care-13 Prescribes Safely-Discussion of Medication with patients

ILO
- feel confident to give her up to date evidenced base advice
-know how to diagnose the menopause
-understand the different types of HRT
-understand the different delivery mechanisms of HRT
-safely prescribe a first HRT prescription

Knowledge
Skills
Attitudes

Victoria Wood You tube- Menopause and health food shops-start at 2mins 18s-3 20mins

ASSESS PRE Knowledge-

So -Have you had any cases present?
What problems did you experience?
How might a lady approach mentioning the menopause
How might we facilitate this?
What might her ideas be?
Concerns?- Sex? Sleep? Breast cancer? Side effects?
Expectations? E.g. " You just have to put up with it!"

HRT- Combined or unopposed estrogen- Simple!
Oral or transdermal
Vaginal only
Oddbods!(e.g.Tibolone, Tridestra Mirena role-and not mentioned by NICE!)

When is which appropriate?

How much? 1mg or 2mg? Age of patient

ENCOURAGE

-Confirm learning

Cases to Discuss

1.51 year old lady, 13m no periods, sweats and poor sleep affecting her work.

2.63 year old lady, flushes and 7m sweats. LMP 10 years ago.

3. 49 year old lady, low mood, sweats, flushes, oligomenorrhoea.

4.43 year old lady,poor sleep, anxious, 9m amenorrhoea.

Summarise Feedback-

Objectives Met?
Learning Plan!

Menopause cartoon!

Feedback-
I would be really grateful if you would complete a feedback to help me gauge if I have met your learning needs, and improve the tutorial for next time.

Resources

https://www.nice.org.uk/guidance/ng23/chapter/recommendations

https://thebms.org.uk/_wprs/wp-content/uploads/2016/04/WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf

https://thebms.org.uk/_wprs/wp-content/uploads/2016/04/HRT-Guide-160516.pdf