Impact of a 12-minute educational video prior to initial consultation in a Mature Women’s Health and Menopause Clinic
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The most common symptoms of menopause are **VASOMOTOR SYMPTOMS (VMS):**
- Hot Flashes
- Night Sweats

The median duration of these symptoms is **7.4 years**

Treatment options for VMS include:
- Lifestyle changes
- Non-prescription non-hormonal options
- Prescription non-hormonal medications
- Menopause hormone therapy (MHT)

As the population ages, clinical volume is expected to increase. Innovative and efficient ways to deliver care to more patients is required.

The COVID-19 pandemic has created a need to deliver care virtually. As such, online delivery of high-quality information is becoming essential.

**Objectives**

1. To evaluate patients’ knowledge of menopause symptoms and VMS management prior to consultation
2. To determine the acceptability and impact of an online education module on patients’ menopause knowledge and decision-making around treatment

**Methods**
Pre-post intervention study among new patients referred to a menopause clinic with VMS in Toronto, Canada 🇨🇦

**STUDY DESIGN**
- Two questionnaires:
  - 19-item True/False (T/F) knowledge quiz
  - Validated Decision Conflict Scale (DCS)
- Score ≤ 25 indicates decision certainty
- Score > 37 indicates uncertainty

- 12-minute video about menopause facts & VMS treatments
- Repeat T/F quiz and DCS, plus a validated acceptability questionnaire

**Results**

- **After the video...**
  - Significant ↑ in knowledge scores (12.7 ± 2.1 vs. 16.9 ± 1.8, p<0.001)
  - Significant ↑ in decision certainty (↑ in all DCS scores, p<0.001)

Acceptability was high: 62/71 (87.3%) respondents indicated the tool was useful

Findings were independent of:
- Education level
- Household income
- Referring physician type

**Take Home Message**
A 12-minute education module on menopause and VMS treatment was acceptable among patients and improved knowledge and decision certainty about VMS treatment.