



Impact of a 12-minute educational video prior to initial consultation in a Mature Women's Health and Menopause Clinic



Jeanne Bouteaud, Ola Shaltout, Marie K Christakis, Fahmeeda Murtaza, Wendy Wolfman, Lindsay Shirreff

The most common symptoms of menopause are **VASOMOTOR SYMPTOMS (VMS):**



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.

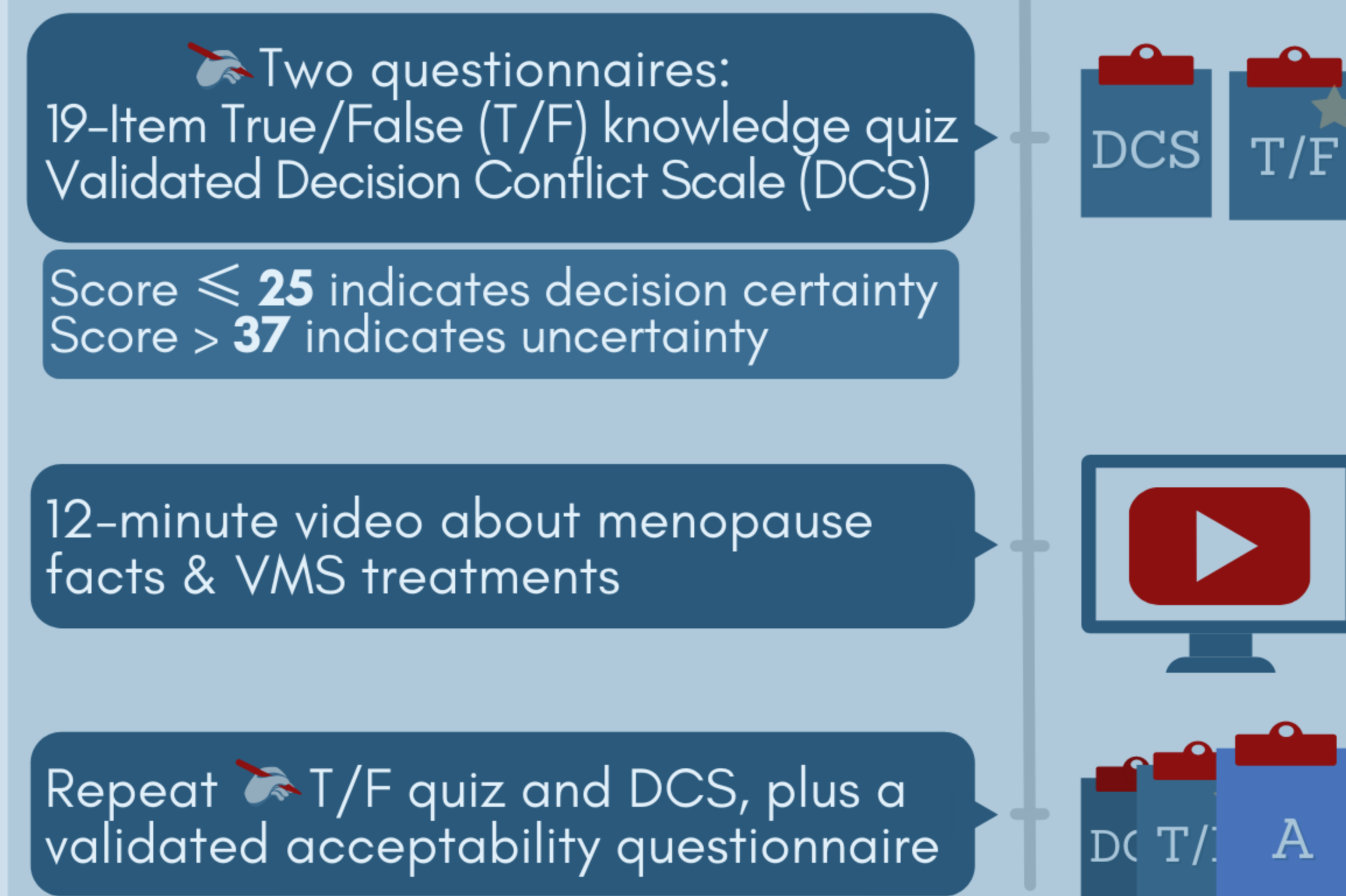
Objectives

- To evaluate patients' knowledge of menopause symptoms and VMS management prior to consultation
- 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



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.