

## **Disclosure Information**

### **The Science of the Shift: What's Happening in Perimenopause**

Provided by the University of Missouri-Kansas City School of Nursing and Health Studies  
Jointly Provided by the Clinical Training Center for Sexual Reproductive Health

#### **Description:**

Perimenopause involves fluctuating ovarian function, variable ovulation, and changing hypothalamic-pituitary signaling, creating a complex clinical picture that often includes irregular bleeding, vasomotor symptoms, sleep disruption, mood changes, genitourinary symptoms, and evolving contraceptive and conception needs. For sexual and reproductive health providers, perimenopause presents both diagnostic challenges and opportunities for high-impact, patient-centered care. This one-hour webinar provides a clear, evidence-based overview of the physiology of perimenopause and translates the science into clinical decision-making. Participants will explore hormonal patterns across the menopausal transition, practical approaches to evaluating abnormal uterine bleeding, considerations for continued contraception, and strategies for counseling patients about symptom management and reproductive goals. Emphasis will be placed on person-centered communication, shared decision-making, and avoiding common misconceptions.

#### **Objectives:**

- Describe the hormonal and neuroendocrine changes that characterize perimenopause, including fluctuations in estrogen, progesterone, FSH, and ovulatory patterns.
- Differentiate normal perimenopausal bleeding patterns from abnormal uterine bleeding requiring further evaluation.
- Apply evidence-based guidance to contraceptive counseling during perimenopause, including timing of discontinuation and method selection based on age and comorbidities.
- Identify common symptom clusters (vasomotor, mood, sleep, genitourinary, sexual health) and outline first-line management strategies.
- Integrate person-centered counseling approaches that address evolving reproductive goals, STI risk, chronic conditions, and quality-of-life concerns during the menopausal transition.

#### **Successful Completion:**

To receive contact hours, participants must complete the activity as well as complete the online evaluation and request for credit form. CNE, CME and Certificates of Completion will be emailed 4 – 6 weeks after submission of the online evaluation/request for credit form.

#### **Relevant Financial Relationships:**

In accordance with continuing education guidelines, the contributing presenters/trainers/authors and planning committee members have disclosed potential relevant financial relationships with ineligible companies. Ineligible companies are those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Trainer: Jaelyn Piasta, DNP, APRN, WHNP-BC, MSCP, FNPWH serves on the advisory boards for Padagis, ADVI and Amissa Health. She has stocks in Eli Lilly and Novo Nordisk.

Planning Committee: Denise Raybon, Sharon Colbert and Angela Bolen have no relevant financial relationships with ineligible companies to disclose.

Kristin Metcalf-Wilson, DNP, WHNP-BC serves on the advisory board for Afaxys Pharmaceuticals and is a Nexplanon trainer for Organon.

*All relevant financial relationships listed for these individuals have been mitigated.*

**Commercial Support/ Sponsorship:**

None.

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**Disclaimer**

Opinions expressed herein are the views of the contributors and do not reflect the official position of the Department of Health and Human Services (DHHS), the Office of Population Affairs (OPA), or the Clinical Training Center for Sexual and Reproductive Health (CTC-SRH). No official support or endorsement by DHHS, OPA, or CTC-SRH is intended or should be inferred.

**Accreditation Statements:****Continuing Nursing Education:**

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program offers up to 1.0 for nurses.

**Continuing Medical Education:**

The AAFP has reviewed The Science of the Shift: What's Happening in Perimenopause - Enduring and deemed it acceptable for up to 1.00 Enduring Materials, Self-Study AAFP Elective credit(s). Term of Approval is from 05/20/2026 to 05/20/2027. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.