

Disclosure Information

Managing the Unpredictable Symptoms of Perimenopause (and Menopause)

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 is often defined by unpredictability. Hormonal fluctuations drive irregular bleeding, vasomotor symptoms, sleep disturbance, mood variability, cognitive changes, sexual health concerns, and genitourinary symptoms. For clinicians, this variability can complicate assessment, treatment selection, and patient counseling. This one-hour webinar translates evidence into practical clinical strategies for evaluating and managing the most common and disruptive symptoms of perimenopause. Participants will review evidence-based options for vasomotor symptom management (hormonal and non-hormonal), approaches to abnormal uterine bleeding, treatment of genitourinary syndrome of menopause (GSM), and counseling strategies that center on patient goals and quality of life. Emphasis will be placed on individualized risk assessment, shared decision-making, and dispelling common myths about hormone therapy.

Objectives:

- Identify the most common symptom clusters of perimenopause and explain how hormonal variability contributes to clinical presentation.
- Differentiate perimenopausal symptoms from other conditions that require further evaluation (e.g., thyroid disease, mood disorders, pregnancy, medication side effects).
- Apply evidence-based management strategies for:
 1. Vasomotor symptoms (hormone therapy and non-hormonal options)
 2. Abnormal uterine bleeding
 3. Mood and sleep disturbance
 4. Genitourinary syndrome of menopause
 5. Sexual health concerns
- Assess patient eligibility and contraindications for menopausal hormone therapy using a risk-stratified approach.
- Integrate person-centered counseling techniques to support patients navigating symptom unpredictability, changing fertility, STI risk, and quality-of-life priorities.

Successful Completion:

To receive contact hours, participants must complete the activity as well as complete the online evaluation and request for credit form. CNE 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: Jaclyn 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 1.5 for nurses.

Enduring Materials - Contact hours will be awarded for this program through August 21, 2027

Contact Angela Bolen at bolena@umkc.edu or 816-235-6611 if you have questions regarding continuing education credit.