Managing the menopause in women living with HIV: a survey of general practitioners and practice nurses

M Chirwa¹, R Ma², C Guallar³, S Tariq³,⁴
¹Chelsea and Westminster Hospital, London, ²Imperial College London, ³Mortimer Market Centre, London, ⁴University College London
NUMBER OF WOMEN ACCESSING HIV CARE BY AGE GROUP, 2004-2014

Source: Data provided by Zheng Yin (Centre for Infectious Disease Surveillance and Control, Public Health England)
MANAGEMENT OF THE MENOPAUSE: GENERAL POPULATION

Menopause: diagnosis and management

NICE guideline
Published: 12 November 2015
nice.org.uk/guidance/ng23

• MANAGE IN PRIMARY CARE
• OFFER HRT
HIV AND THE MENOPAUSE

- Possible earlier menopause and greater symptoms\(^1\)
- Symptoms misattributed\(^2,3\)
- Use of HRT $\sim 10\%$\(^4,5\)
- Can be managed in primary care
- Lack of data on management of menopause and HIV in primary care

Source: 1. Tariq et al. (2016); 2. Johnson TM et al. (2008); 3. Cejtin HE et al. (2005); 4. Fantry LE et al. (2005); 4. Samuel M et al. (2013)
AIM

To explore current knowledge and practice in management of menopause in women living with HIV among general practitioners and practice nurses
METHODS

• Paper-based questionnaire study

• Two sexual and reproductive health conferences in London in October/November 2015
  
  – Margaret Pyke Study Day
  
  – FSRH Current Choices Conference

• GPs and practice nurses
RESULTS: RESPONDENT DEMOGRAPHICS

- Overall response rate = 19% (95/500)
- Median age = 47 years (IQR: 34-61)
- Median year of qualification = 1996
- 93% were female
- 92% were GPs
- 89% worked in practices with >5000 patients
**Respondent Practice Region**

- **London**: 39%
- **England (Outside London)**: 54%
- **Wales, Northern Ireland or Scotland**: 5%
- **Other/Not Known**: 2%
RESULTS: CONSULTATIONS

- 65% saw women living with HIV for general consultations

- 20% (n=18) had managed menopause symptoms in women living with HIV
  - 60% of those were based in London
GENERAL CONSULTATIONS WITH WOMEN LIVING WITH HIV BY PRACTICE REGION

- London
- England (Non-London)
- Wales, Scotland or NI

Oftens
Occasionally
Never

p<0.05
## RESULTS: MANAGING MENOPAUSE

<table>
<thead>
<tr>
<th></th>
<th>HIV-negative women, n (%)</th>
<th>HIV-positive women, n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How confident do you feel managing menopause symptoms?</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Confident</td>
<td>85 (97)</td>
<td>40 (47)</td>
</tr>
<tr>
<td>Not confident</td>
<td>3 (3)</td>
<td>46 (53)</td>
</tr>
<tr>
<td><strong>Where should menopause be routinely managed?</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mainly within primary care</td>
<td>84 (96)</td>
<td>40 (53)</td>
</tr>
<tr>
<td>By a specialist service</td>
<td>3 (3)</td>
<td>17 (22)</td>
</tr>
<tr>
<td>HIV specialist teams</td>
<td>n/a</td>
<td>18 (24)</td>
</tr>
<tr>
<td>Other</td>
<td>1 (1)</td>
<td>1 (1)</td>
</tr>
</tbody>
</table>

No association between confidence in managing menopause in HIV and respondent gender, age, clinical role, practice size or region (all p>0.05)
CONCERNS ABOUT MANAGING MENOPAUSE IN WOMEN LIVING WITH HIV

77% (n=68) stated they would benefit from further training on HIV and menopause.
RESULTS: COMMENTS FROM RESPONDENTS

I have no knowledge of implications of HIV for menopause-related issues

I suspect I may be underusing HRT

Numbers are very small in my practice, but I would like to be better informed to be able to advise better

There is a case for specialist services or at least specialist guidance
LIMITATIONS

- Small study
- Not representative sample
- Low response rate (19%)
- Limited scope of questions as short survey
Conclusions

• Growing patient population with likely clinical need

• First study to look at management of menopause in women living with HIV in primary care

• Low confidence in managing menopause in women living with HIV

• Half thought that menopause in women living with HIV should be managed in primary care
RECOMMENDATIONS

- Specialist training for those managing menopause

- Develop national guidance

- Good liaison between HIV services and primary care
“Knowledge is like money: to be of value it must circulate, and in circulating it can increase in quantity and, hopefully, in value.”

LOUIS L’AMOUR  
(1908-1988, AMERICAN AUTHOR)

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