



NR601 Standardized Procedure Worksheet

Name:

Carefully read the assignment guidelines and rubric and complete each worksheet section below.

1. Definition

- a. Disease or condition- Menopause- Hormone Replacement Therapy
- b. Pathophysiology- A decline of the female's reproductive hormones marked by the end of the menstrual cycle.
- c. Incidence and prevalence- Women aged 40-60 with an average onset at age 51 (Santoro et al., 2021). It is preceded by perimenopause, where hormonal changes cause noticeable symptoms. These symptoms can last for years, starting in the early 40's, going through the four stages of menopause: premature menopause, perimenopause, menopause, and postmenopausal.

2. Assessment

- a. Symptoms- Mood changes, osteoporosis, loss of breast density, wrinkled skin, thinning hair, hot flashes, sleep disturbance, nausea, migraines, fatigue, irritability, memory issues, decreased libido, and vaginal dryness.
- b. Physical Exam- Vaginal and uterine atrophy, reduced number of ovarian follicles

3. Diagnostic tests

- a. Testing
- b. Expected results