

Training for menopause practice in Scandinavia



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Disclosure

Received honoraries as advisor and lecturer, and got travel grants from:

- Bayer Schering Health care
- Novo Nordisk
- Schering Plough
- Wyeth

Scandinavia



Life expectancy for Scandinavian women

- Denmark 80,7 years
- Finland 83.1 years
- Iceland 82.9 years
- Norway 82.9 years
- Sweden 83.1 years

Menopausal women in Scandinavia

- Menopause age 52.9 years*
- Life after menopause 30 years
- Percentage of life after menopause 36.5 %

Number of postmenopausal women in Scandinavia \approx 4 mill

Health care for menopausal women

General practitioner, family doctor

- Gynecologist

Other specialists

- Internist
- Rheumatologist
- Orthopedics
- Oncologists
- Geriatricians

Training for menopause practice

- Medical school
- Postgraduate training
- Specialization in gynecology
- Continuing medical education

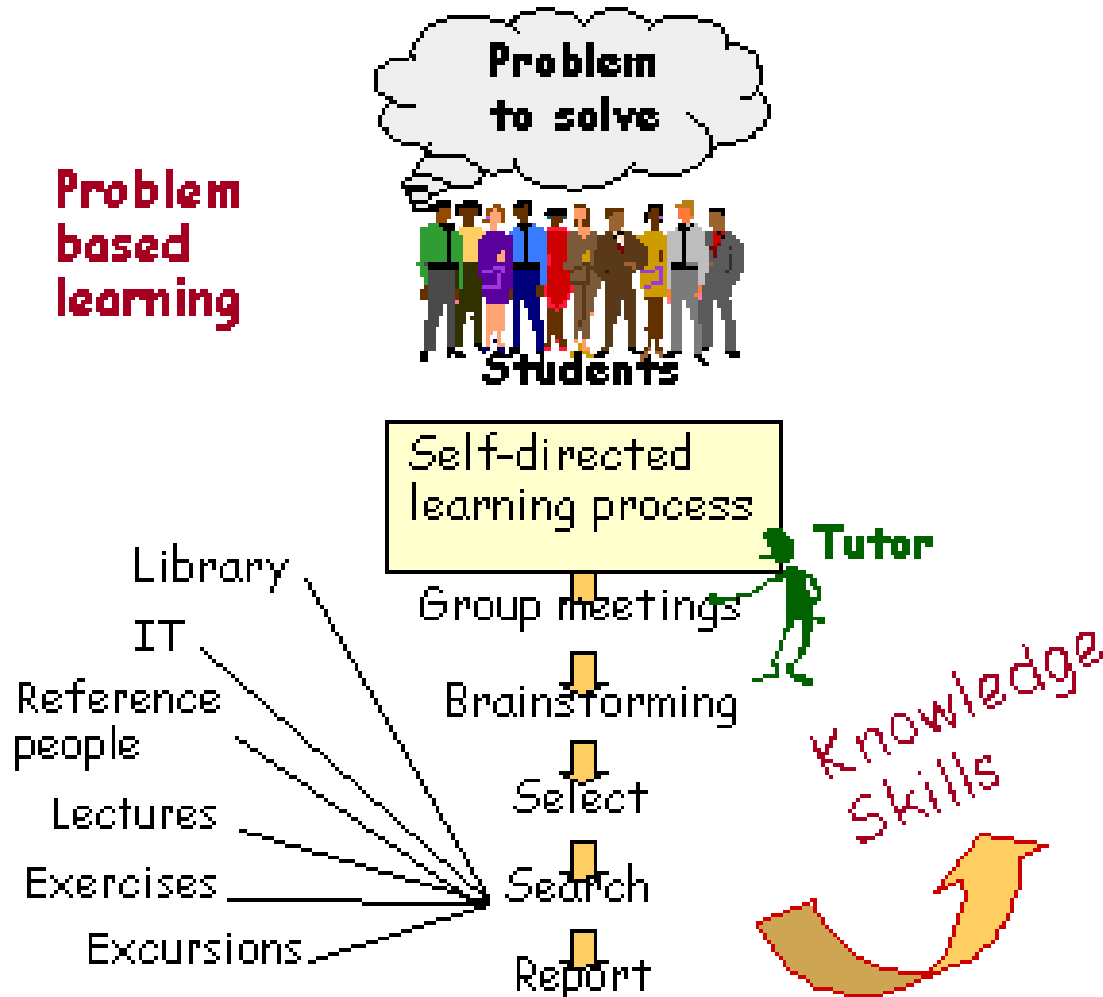
Medical education in Scandinavia

- Problem Based Learning (PBL)
- “Spiral learning”
- Early patient contact
- Practical training
 - Hospital (16 weeks)
 - Community medicine (6 weeks)
- Student dissertation (4 months)

Problem based learning

PBL

Problem based learning



**PBL Marit Andersen,
47 years old
(gynecology)**



Introduction

Marit is a 47 years old school teacher

After 6 months of irregular bleedings, no periods for three months

She consults her family doctor because she has sleeping problems, she is tired and has some hot flushes.

She wonders if she is in the menopause



Other explanations for her symptoms

What tests would you perform?

Urine and blood tests

HCG	negative	
TSH	2,3	(N: 0,40-5,5 mIU/L)
Prolactin	300	N 40-530 mIU/L)
FSH	40	(postmenopausal > 20 IE/l)
LH	23	(postmenopausal > 20 IE/l)
Estradiol	≤0,07	(postmenopausal < 0,1 nmol/L)



The tests show menopausal values. Marit asks about HRT

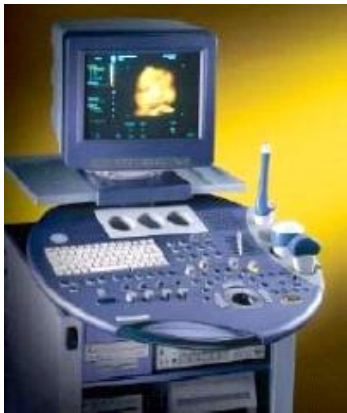
- ***How would you consider indications and contraindications?***
- ***What advice would you give her?***



Marit decides to start on HRT

- *What investigations would you perform?*
- *What type of HRT would you prescribe*
- *Controls?*

Investigation and information



Radiographic breast support



Choice of HRT

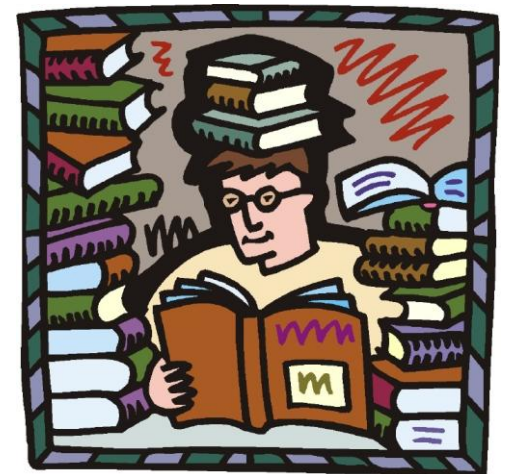


Learning objectives

- Have knowledge about
 - Basic endocrinology
 - Physical and psychological reactions in menopause
 - Bleeding disturbances
 - Age-related uro-genital changes
 - Screening routines
- Being able to give detailed advice concerning climacteric problems and their treatment

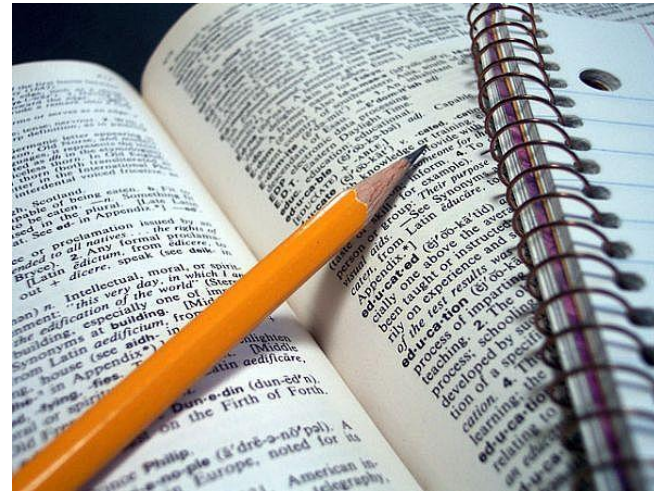
To study

- Bleeding disturbances in the perimenopause
- Endocrine changes around the menopause
- Climacteric symptoms
- Estrogen treatment
- Osteoporosis



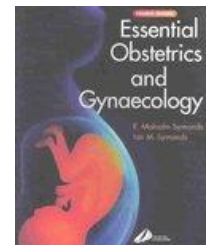
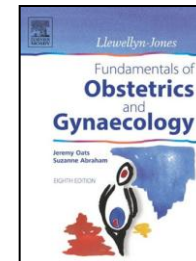
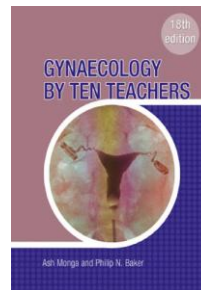
Sources of information

- Text books



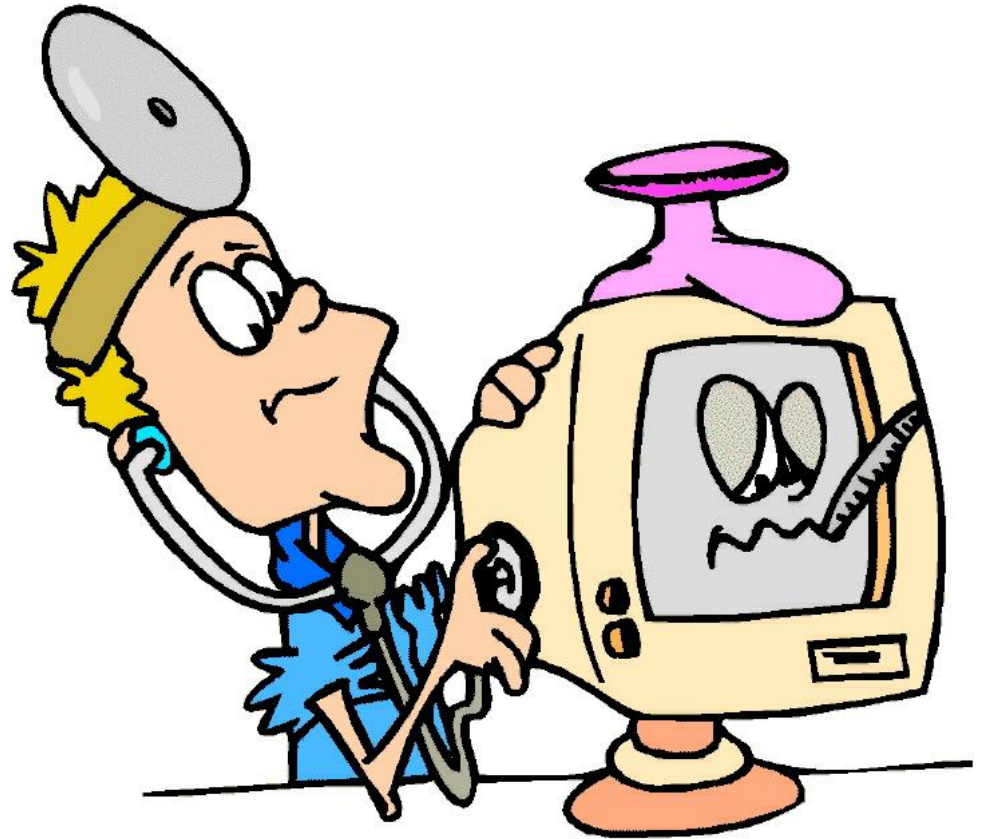
Menopause in gynecological textbooks

	<u>pages</u>	
Danish:	12/387	3,1%
Norwegian:	6/134	4,4%
‘Ten teachers’:	11/237	4,6%
‘Essentials of gynecology’:	11/322	3,4%
‘Fundamentals of obst and gyn’:	6/114	5,3%
‘Essential obst and gyn’:	5/134	3,7%



Sources of information

- Text books
- Compendiums
- Notes
- Media
 - Newspapers
 - Magazines
 - TV programs
- Internet



Second session



Exchange of information. Conclusions.

Medical education in Scandinavia

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Learning about the menopause

Norwegian survey among final year students

- PBL on menopause: 93%
- Lecture on menopausal topics: 87%
- Consultations with patients with menopausal problems 3.2 (1-17)
- No ----- 23 %

Medical education in Scandinavia

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Student dissertation

- Postmenopausal bleeding
- Use of alternative medicine for menopause symptoms
- Risk factors for osteoporosis

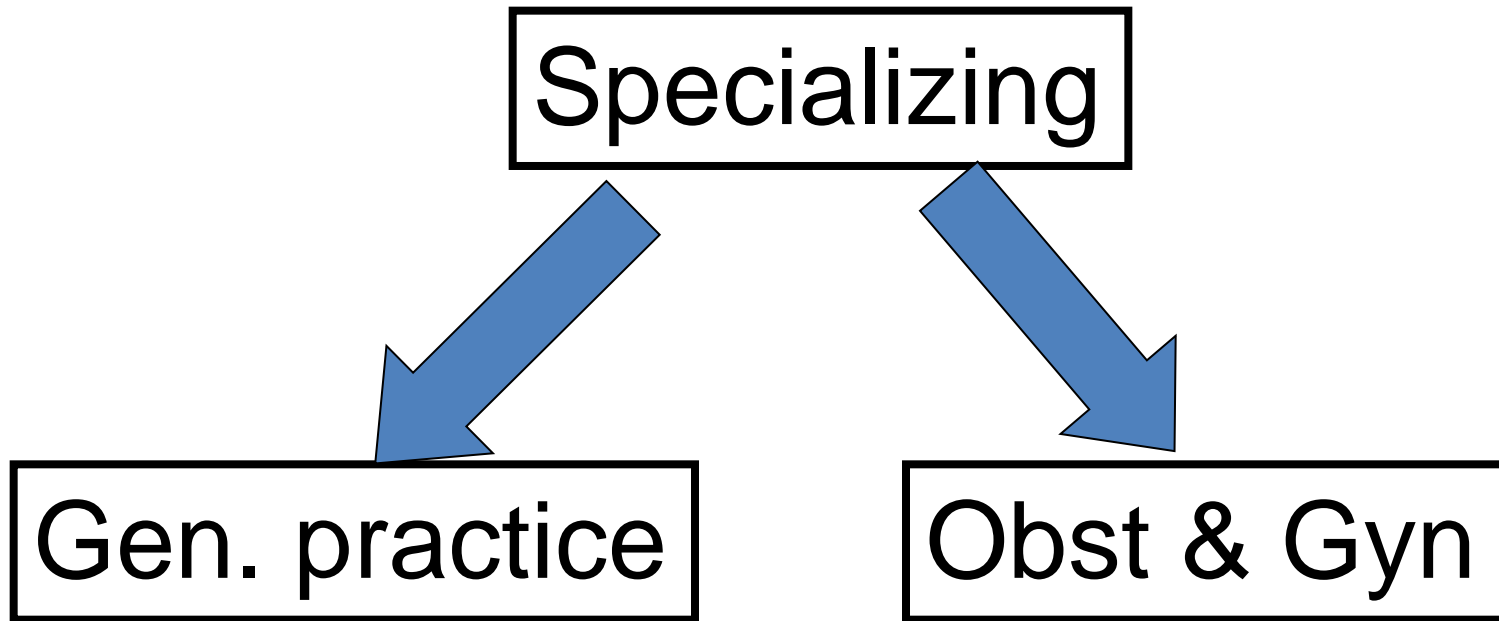
Medical doctor, and what then?



Medical officer program (Sweden)

- 18-21 months depending on the hospital
- The program involves at least:
 - 9 months internal medicine and surgery
(orthopedics, general surgery and anaesthesiology)
 - 3 months psychiatry
 - 6 months general practice
- a national exam with a written oral part to achieve the "medical license"

Medical license, and what then?



Specialist training in obst/gyn Scandinavia

4-5 years

Practical training in the clinic

- Obstetrical procedures
- Surgical practice
- Theoretical courses (obligatory)
 - Denmark: 3 hours of 34 hours in gynecology comprise menopause
 - Norway: 4 hours of 30 hours in gynecology comprise menopause

Specialist examination in Scandinavia

Finland and Sweden have examinations

Sweden (voluntary):

4-6 hours written examination

Questions on the menopause (20% of gynecology)

New specialists in obst-gyn per year

Denmark	30
Finland	25
Iceland	?
Norway	20
Sweden	40



NFOG

Nordic federation of societies of obst & gyn

Gynecologists in Scandinavia

Denmark	920
Finland	900
Iceland	53
Norway	600
Sweden	1400

Gynecologist, and what then?



CME

–continuing medical education–

- No recertification
- Optional courses
 - Sweden, autumn 2009
 - Menopause: 1 of 22
 - Denmark , May-Dec 2009
 - Menopause: none out of 20 courses
 - Norway, May-Dec 2009
 - Menopause: none out of 20 courses

Conferences on the menopause

- Scandinavian (NFOG, every 2 years)
 - Scandinavian Menopause Society: precongress
- EMAS (European- every 3 years)
- IMS (International- every 3 years)
- NAMS (North American-annually)



Conferences on the menopause

EMAS, Istanbul 2006

Scandinavian participants:

Denmark	15
Finland	39
Norway	25
Sweden	13



Conferences on the menopause

EMAS, London 2009

Nordic participants:

112  37

Denmark 14

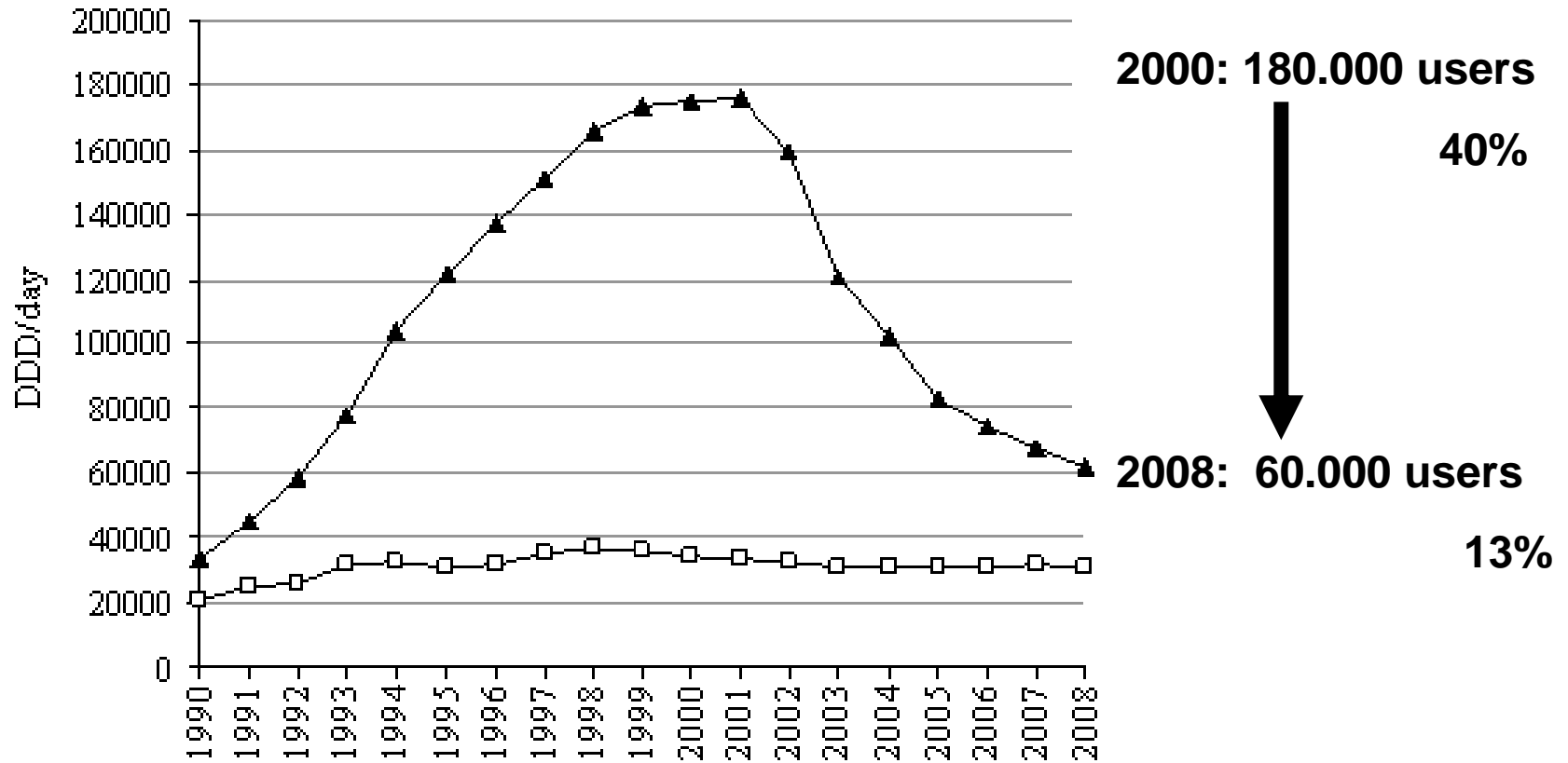
Finland 8

Norway 6

Sweden 9



HRT sale in Norway



Industry sponsoring

- Lower sales-decreased activity concerning menopause
- Restrictions concerning:
 - Invitations from the Pharmaceutical Industry
 - Permission from employer to participate
 - No financial support when industry is involved
 - No CME credit

Industry sponsored meetings

Year	Topic	Hours	Invited	Participants
2000	HRT	8	PPG *	30
2000	HRT	6	Trainees	20
2001	HRT	8	PPG	30
2002	HRT	10	Trainees	18
2004	HRT	8	PPG	30
2005	HRT	9	PPG	40
2006	HRT	9	PPG	30
2007	HRT	10	PPG	40
2007	HRT	6	Trainees	21
2008	HRT	8	PPG	25

* Private practising gynecologists



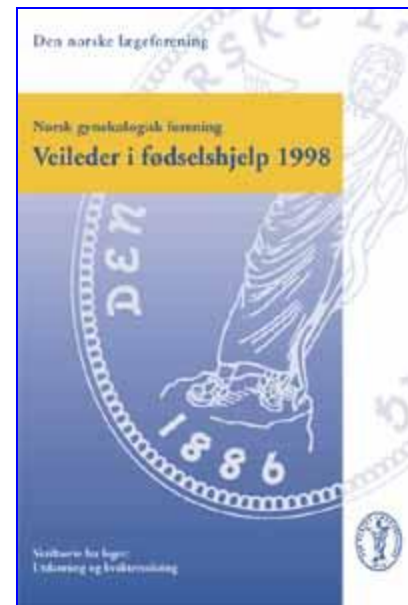
Guidelines Denmark 'Hindsgavl guidelines'

- Peri- and postmenopausal hormone treatment
- Pure estrogen therapy
- Local estrogen treatment
- Mammography

Norway

Guidelines in Obst & Gyn

1. 1996
2. 2004
3. 2009



www.legeforeningen.no



Swedish Working groups' report

ARG-reports

Nr 38

Replacement therapy in the menopause

- new point of view.

1998



Acta Obstetricia et Gynecologica Scandinavia

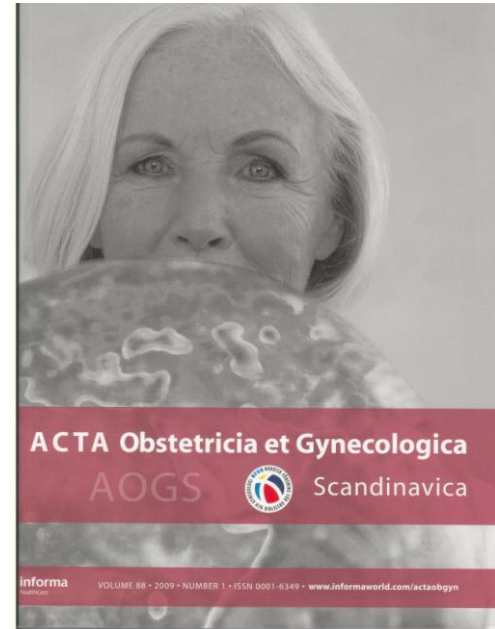
- Distributed to all Scandinavian gynecologists
- 12 issues per year
- Impact factor
 - 1.1 to 1.5

Jan 2007-May 2009

Articles, total: 574

Articles, menopause : 13

----- 2.3 %



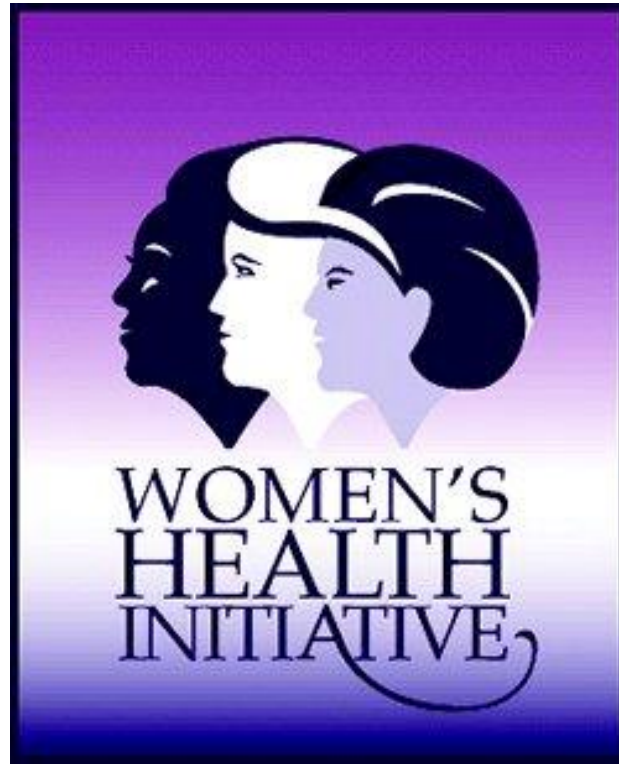
Menopause journals

- Maturitas
- Menopause
- Climacteric

are gynecologists well informed?



Women's health initiative



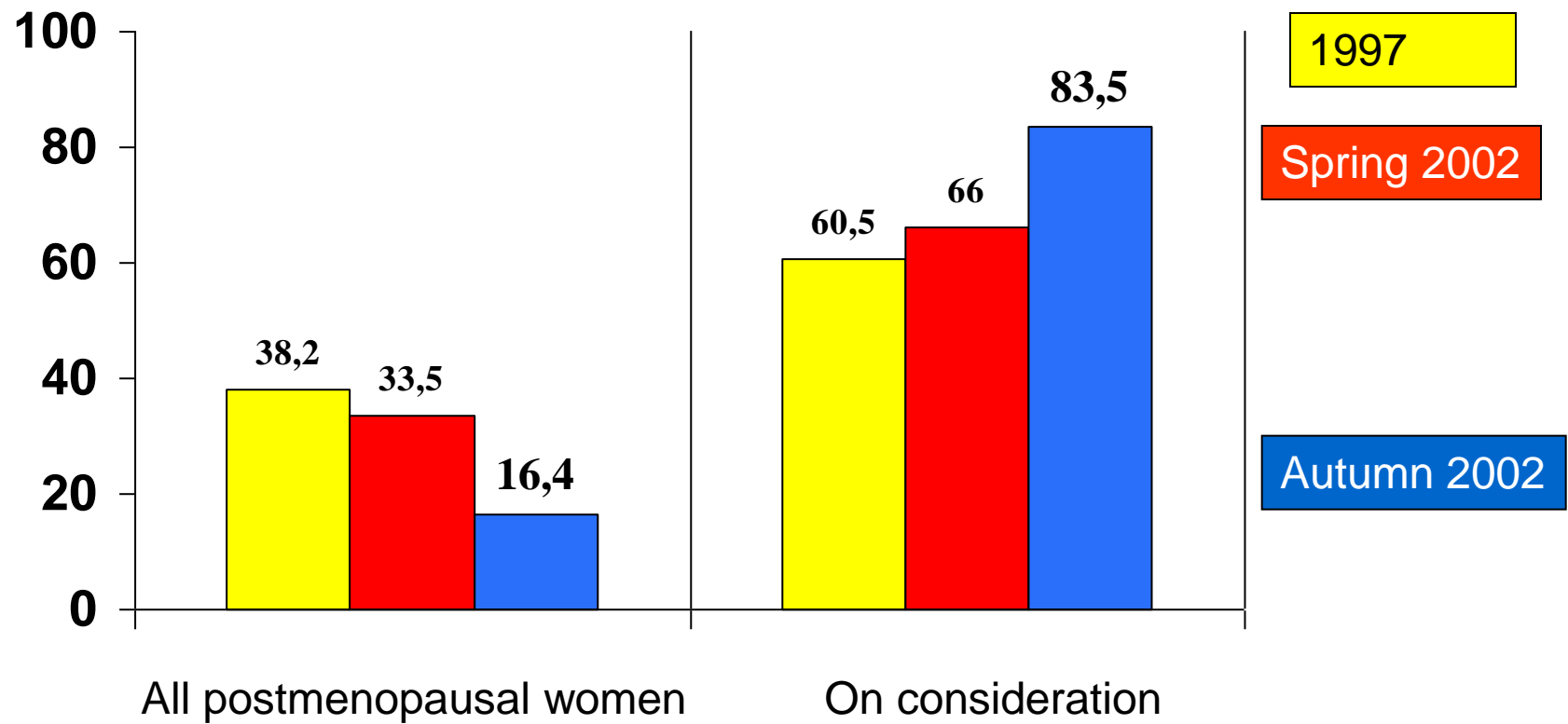
July, 2002

Have you heard about the WHI-study ?

Survey to Norwegian gynecologists Sept. 2002

- 34% had read the original article
- 69% had knowledge from reports in other med. journals
- 67% had knowledge from the media
- 61% were informed by colleagues or the pharmaceutical companies
- 6.6 % were unaware of the study

Who should receive HRT?



$P < 0.001$

Conclusion I

- Medical study
 - Modern methods are promising for a good learning process, also about the menopause
- Basic education of doctors
 - No formal training for menopause practice
- Specializing in gen. practice
 - No formal training for menopause practice
- Specializing in obst/gyn
 - Only 3-4 hours theoretical courses on the menopause
- CME
 - no obligatory courses on the menopause

Conclusion II

- In spite of this, the gynecologists seem to be well informed about menopause issues.
- A challenge to the gynecological societies to arrange courses to secure continuing medical education.

Thank you for your attention



.....and your concern for older ladies