

QUALITY STANDARDS

Placemat for Menopause

This document is a resource for clinicians that summarizes content from the [Menopause](#) quality standard.

Clinician Education

Quality Statement (QS) 1: Clinician Knowledge and Skills

Women and gender-diverse people experiencing perimenopause and menopause receive care from a clinician who has the knowledge and skills needed to provide evidence-based menopause care. Clinicians stay current with the knowledge and skills needed to provide evidence-based menopause care.

Seek out and engage in educational opportunities to ensure that you can identify menopause-associated symptoms, offer evidence-based treatment options, and help people optimize their health and well-being. Participate in training to enable the delivery of culturally appropriate care that recognizes people's intersectional identities.

Identification, Assessment, and Patient Information

QS 2: Identification and Assessment of Perimenopause and Menopause

Starting at age 40, women and gender-diverse people are asked about menopause-associated symptoms to enable the early identification and assessment of perimenopause and menopause.

Ask people who are aged 40 years or older about menopause-associated symptoms to identify those who are experiencing perimenopause or menopause at the earliest opportunity. Use tools to support conversations about symptoms, such as the [Menopause Quick 6 \(MQ6\)](#).

It is appropriate to initiate a conversation about menopause-associated symptoms even if the person is visiting for an unrelated concern. Support people in learning about all of the possible symptoms of perimenopause or menopause. Treat all people experiencing perimenopause or menopause with respect, dignity, and compassion, and work to establish trust. Listen to them and avoid dismissing or minimizing their symptoms. Be aware that people may use culturally specific language or terminology to describe their symptoms or anatomy; be sure to use the person's preferred terms.

QS 3: Evidence-Based Information for People Experiencing Perimenopause or Menopause

Starting at age 40 or earlier, women and gender-diverse people receive evidence-based information about perimenopause and menopause from their clinician.

Share evidence-based information with people aged 40 years or older using a proactive, culturally appropriate approach. Engage in discussions to help people understand perimenopause and menopause (including implications for overall health) and address misinformation.

Provide people with the information they need to engage in informed, shared decision-making about treatment options. Support them in making lifestyle modifications to optimize their health. Work with them to set goals and connect them to programs and groups that support health behaviour change. Help people stay up to date with recommended screening for breast cancer and cervical cancer, and monitor for cardiovascular risk factors (i.e., hypertension, high cholesterol, diabetes). Inform people that pregnancy is possible during perimenopause and ask them about their contraceptive needs.



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Management of Symptoms

QS 4: Management of Vasomotor Symptoms

Women and gender-diverse people experiencing vasomotor symptoms during perimenopause and menopause are offered menopausal hormone therapy as first-line treatment, following an assessment of risks, benefits, contraindications, and individual needs and preferences. People who have contraindications to menopausal hormone therapy or who do not desire it are offered other evidence-based treatment options, including non-hormonal medications and nonpharmacological treatments.

Talk with people about their symptoms and share evidence-based information about menopausal hormone therapy, including its safety and effectiveness. Explain the safety concerns related to compounded bioidentical hormone therapy.

Reassure people that treatment decisions should be informed by the symptoms they are experiencing and how bothersome those symptoms are. If the person tries a medication and does not feel well on it or does not notice improvement, offer another option.

Discuss the affordability of each treatment option and support people in navigating ways to reduce costs or find coverage (e.g., publicly funded programs, generic medications, low-cost alternatives, or community resources).

QS 5: Management of Non-Vasomotor Symptoms

Women and gender-diverse people experiencing non-vasomotor symptoms during perimenopause and menopause (including those related to genitourinary syndrome of menopause, sexual health, mental health, sleep, and cognition) are offered evidence-based treatment options.

Ask people about their non-vasomotor symptoms and offer evidence-based treatment options that align with their needs and preferences. Offer a safe environment for discussion and help normalize conversations about their experiences: symptoms related to genitourinary syndrome of menopause or sexual health can be especially uncomfortable for people to talk about.

Discuss the affordability of each treatment option and support people in navigating ways to reduce costs or find coverage (e.g., publicly funded programs, generic medications, low-cost alternatives, or community resources).

Referral

QS 6: Appropriate Referral to a Clinician With Expertise in Menopause

Women and gender-diverse people experiencing perimenopause or menopause receive assessment and treatment from their primary care clinician and, if clinically indicated, are referred to a clinician with expertise in menopause.

Assess people experiencing perimenopause or menopause and offer treatment before considering referral to a clinician with expertise in menopause. Refer when it is clinically indicated, when you do not yet possess the knowledge and skills to provide appropriate care, or when your patient requests a referral. Provide a detailed referral, including the person's symptoms, treatment, and the clinical indication for referral. Consider the person's needs and preferences (e.g., a female clinician or a clinician who speaks a certain language).

You may also choose to seek advice from a clinician who has expertise in menopause.

Resources

- [Menopause](#) quality standard and patient guide
- [Academic Detailing Service](#) and [Menopause Management Tool](#) from the Centre for Effective Practice
- [Menopause Hub](#) by the Canadian Menopause Society and the Society of Obstetricians and Gynaecologists of Canada

Additional tools and resources are on [Quorum](#).

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@OntarioHealth.ca

Document disponible en français en contactant info@OntarioHealth.ca

ISBN 978-1-4868-9197-9 (PDF)

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