

IPT Engagement Series:

Menopause Part 1



Did you miss the event?
Click [here](#) to view the PowerPoint and [here](#) to view the recording.

SESSION SUMMARY REPORT

DATE	FORMAT	RESPONDENTS AUDIENCE
May 13, 2026	Zoom	54 Evaluations FPs & Nurse Practitioners

98%
Would attend another
IPT Engagement Session

98%
Would recommend
this session to a colleague

83%
Rated session
4-5 out of 5 for value

Session Overview

The IPT Engagement Series provides Vancouver PCN allied health practitioners with a platform to showcase their work, supporting knowledge sharing, cross-disciplinary learning, and stronger connections across primary care.

This session focused on **menopause**, including the clinical pharmacists and clinical counselors' patient care approach. The clinical pharmacists discussed the role of hormone therapy and non-hormone alternatives and the importance of considering patient preference when prescribing. The clinical counselor discussed the impacts of psychological and emotional changes due to perimenopause and menopause and the importance of validation and mindfulness during counselling.

WHAT WAS COVERED

Key Content Areas

Patient Assessment & Education

The Menopause Quick 6 (MQ6) questionnaire is a helpful tool to support in the identification of Menopause symptoms. Other relevant tools include the North American Menopause Society questionnaire and the National Cancer Institute questionnaire.

Non-medicated Treatment Options

Non-hormonal treatment, sleep hygiene, exercise, nutrition, stress reduction, & supplements.

National Pharmacare Coverage - Menopausal Hormone Therapy

Oral micronized progesterone, vaginal estrogen, topical estrogen or progesterone, oral estradiol, oral conjugated estrogen, & Oral medroxyprogesterone acetate

Impact of Hormone Changes on Brain Function

Lower estrogen levels can lead to mood swings and memory issues. Feelings of brain fog, anxiety, depression, and a lack of sleep.

Clinical Observations & Research

Many women report not feeling like themselves, unable to "overgive", frustrations in their relationships, and no bandwidth to occupy previous social roles and expectations.

Counselling Approach

Validation is key. Mindfulness and slowing down to let the patients feel their emotions. What is the stigma around menopause and who brings up the conversation?

Key Highlights

Case-Based Learning Was a Major Strength

Two detailed case studies helped illustrate the potential application of clinical pharmacists and clinical counsellors in supporting patients through perimenopause and menopause.

Clear View of Pharmacist & Counsellor Role & Treatment Process

Participants valued understanding what allied health providers do during their assessments and to help reach patients's goals.

Medication Coverage

Attendees appreciated learning what medications are covered by National Pharmacare

Increased Awareness of PCN Services

Session improved understanding of how and when to refer patients and what support clients receive through PCN counselling.

PARTICIPANT EVALUATION

Session Ratings

Based on 54 survey responses (scale of 1–5).

Overall session value **83%**

44% rated "Extremely Valuable" (5/5) · 39% rated 4/5

Ability to apply knowledge going forward **87%**

50% rated 5/5 · 37% rated 4/5

IPT Series objectives met **85%**

48% rated 5/5 · 37% rated 4/5

81%

Family Physicians

19%

Nurse Practitioners

98%

Would attend a future
IPT Engagement session

WHAT PARTICIPANTS SAID

Selected Feedback

"Very informative session that is relevant to all general practitioners."

"I liked that we walked through a case I honestly didn't know IPT could support a menopausal client - it's very helpful to understand what the actual care will look like for the patient who is referred so I can help with expectation setting prior to referral."

"Great to have community resources along with team members to offer tailored review of MHT for patients."

"I appreciated the discussion highlighting that perimenopausal symptoms can sometimes be misdiagnosed as primary mood disorders such as anxiety or depression, emphasizing the importance of careful clinical assessment and hormonal context."

"I learn about the non-pharmacological approach in managing menopausal symptoms: how to counsel patient, resource for mindfulness and other psychological therapies."

NEXT SESSION: June 10th, 2026

A PCN Approach to Menopause pt. 2- click [here](#) to register!

Find more info about these sessions or contact
your [Community Network Manager](#)