

IPT Engagement Series:

Menopause Part 2



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

SESSION SUMMARY REPORT

DATE	FORMAT	RESPONDENTS AUDIENCE
June 10, 2026	Zoom	63 Evaluations FPs & Nurse Practitioners

100%

Would attend another
IPT Engagement Session

100%

Would recommend
this session to a colleague

95%

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 registered dietitian's' patient care approach. The registered dietitians discussed the effect of declining estrogen and how nutrition and lifestyle changes can positively impact the patient. The clinical pharmacists discussed specific symptoms of perimenopause including changes in their menstrual cycle and abnormal uterine bleeding, and the impacts of hormone replacement therapy on a variety of menopausal symptoms.

WHAT WAS COVERED

Key Content Areas

Nutrition Assessment & Education

Registered Dietitians can support patients by reviewing their eating habits and suggesting adjustments to things like protein, fiber, vitamins, and omega-3 fats. A variety of diets such as the Mediterranean diet and the DASH diet.

Client Centered Approach

Working in partnership with patients to establish clear nutritional & behavioral goals.

Some Symptoms are more Age Related rather than Menopausal

Symptoms such as musculoskeletal, fatigue/low energy, sleep problems unrelated to VMS, and weight gain are common problems that are not uniquely related to menopause.

Abnormal Uterine Bleeding

It's suggested that any abnormal uterine bleeding during the perimenopause should be investigated. AUB has a variety of causes and can be treated with both hormonal and non-hormonal options.

MHT Use for Treating Symptoms

Focus on using first line treatment as MHT benefits for symptoms such as sleep and sexual desire are more likely due to an indirect benefit through improving GSM and vasomotor symptom management.

MHT Trial Period

If patients have no contraindications, you can trial MHT for 3-6 months. Discontinue use if no benefits are seen.

Key Highlights

Case-Based Learning Was a Major Strength

Detailed case studies were used to help illustrate the potential application of registered dietitians and clinical pharmacists in supporting patients through perimenopause and menopause.

Clear Understanding of Pharmacist & Dietician Role

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

Diet & Lifestyle Management

Attendees appreciated learning what nutrition and lifestyle changes can be helpful for menopause management.

Team Based Care Approach

Session addressed how menopause is a multi-system issue and using TBC can help address a variety of impacts.

PARTICIPANT EVALUATION

Session Ratings

Based on 63 survey responses (scale of 1–5).



WHAT PARTICIPANTS SAID

Selected Feedback

"I liked the overarching approach to managing menopause as it is truly a multi-system issue rather than just vasomotor symptoms. I especially appreciated the input from the dietitians."

"Excellent presentation with clear, practical guidance for primary care. The MQ6 screening tool, approach to symptomatic patients, and concise review of MHT were particularly helpful."

"I really enjoy the Q&A section. Many others have the same questions I do."

"Great to hear perspectives from allied health who have attended conferences, or learned about supplements in particular, as family physicians are generally not trained in this at all. Also great to have clear evidence-based answers."

"Important information that is so vital to help manage patients."

NEXT SESSION: September 16th, 2026

Topic + Registration To be Announced

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