



Summary of NICE Guidelines

Title	Menopause
NICE Reference	Quality standard [QS143]
Date of Review:	May 2017
Date of Publication	February 2017
Summary of Guidance (Max 250 words)	<p>QS143 covers diagnosing and managing menopause in women, including women who have premature ovarian insufficiency and should be used in conjunction with Menopause (2015) NICE guideline NG23.</p> <p>Quality statements</p> <ol style="list-style-type: none">1. Laboratory investigations of menopause in healthy women over 45 presenting with menopausal symptoms have no useful clinical value. Diagnosis of menopause in this group should be made based on clinical history/symptoms alone without the need for confirmatory laboratory tests.2. Follicle-stimulating hormone (FSH) should be measured in women under 40 years presenting with menopausal symptoms to effectively diagnose and manage Premature ovarian insufficiency. Two elevated FSH levels measured 4 to 6 weeks apart are needed to make this diagnosis.3. Hormone replacement therapy (HRT) or a combined hormonal contraceptive should be given to all women with premature ovarian insufficiency unless contraindicated to prevent early mortality or complications4. Women having treatment for menopausal symptoms have a review 3 months after starting each treatment and then at least annually5. Women who are likely to go through menopause as a result of medical or surgical treatment should be given information about menopause and fertility before they have their treatment. <p>Definitions</p> <p>Premature ovarian insufficiency: Menopause occurring before the age of 40 years, which is also known as premature ovarian failure or premature menopause. It can occur naturally or as a result of medical or surgical treatment.</p> <p>Menopausal symptoms Symptoms including infrequent periods, hot flushes, night sweats, mood changes, memory and concentration loss, vaginal dryness, lack of interest in sex, headaches, joint and muscle stiffness.</p>
Impact on Lab (See below)	<input checked="" type="checkbox"/> Moderate
Lab professionals to be made aware	<input type="checkbox"/> Laboratory Manager

	<input type="checkbox"/> Chemical Pathologist <input type="checkbox"/> Clinical Scientist <input type="checkbox"/> Biomedical Scientist
Please detail the impact of this guideline (Max 150 words)	<p>This quality standard is expected to contribute to the effective diagnosis and management of menopause. It also ensures effective strategies to minimize long-term health effects that may occur at the time of, or after, the menopause (for example, cardiovascular disease and bone health).</p> <p>For the laboratory staff it describes best practice in the use of laboratory test for the investigation of menopause. This will be relevant for demand management of unnecessary laboratory test such as anti-Müllerian hormone, inhibin A, inhibin B, oestradiol, antral follicle count and ovarian volume as these test are of no used in the investigation of menopause in women over 45.</p> <p>It also informs the correct use of FSH in the investigation of Premature ovarian insufficiency.</p>

Impact on Lab

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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