

## Action Plan – Module 4 – The Doctor's Role

1. Were you surprised to learn how little training Doctor's receive on the subject of menopause?
  - How will you support women in your care when they report back on a negative experience with their doctor?
  - This is an opportunity for a 'template' referral letter to be created – It should express the concerns of managers and that you have discussed this with the member of staff in question and recommend a referral to a menopause clinical specialist. Discuss.
2. You have heard that every woman must be given the choice to find out if there is a menopause option that works for her.
  - How will you help if she asks for your advice?
  - This is an opportunity for your own Health Champions to benefit from further training, giving them the confidence to advise and support on so many areas of menopause.
3. You now have new knowledge that depression could be hormonal rather than a mental ill health issue.
  - How will you approach this?
  - Consider further in-depth training for HR or Occupational Health which would *result in improved staff engagement*.
  - Discuss