

Freedom of Information Request: Our Reference CTMUHB_24_21

You asked:

I am trying to establish what provisions there are within each UHB area for women who are going through or about to go through menopause please. The aim is to get a clear picture of what NHS services are available for women across the country.

It's a complicated picture because some menopause services are provided by GP surgeries whilst some are provided by hospitals or alternatively there are also specialist NHS menopause clinics in some areas. And of course there may be other services, although I'm not sure in what format yet.

1. Are you, as the local UHB, responsible for commissioning all services related to diagnosis and treatment of menopause in your area? If not, then can you please provide details of who does commission menopause services in your area?

Yes, the University Health Board is responsible for commissioning all services related to diagnosis and treatment of menopause in the area.

2. What services for diagnosis and treatment of menopause are available in your area? This could include specialist menopause primary health care providers within GP surgeries or in local hospitals or in specialist clinics.

There is a specialist menopause service (Consultant Led), at Cwm Taf Morgannwg within Merthyr, Cynon, Pontypridd and Rhondda.

Within the Bridgend Locality the Menopause service is incorporated as part of the general gynaecology service.

Clinics take new Menopause referrals from Primary and Secondary care as well as direct referrals from Occupational Health (OH). The OH referral pathway is a recent addition to the service.

The menopause service is currently backed by the diagnostic Ultrasound services available and the hysteroscopy service.

We are able to offer individualised HRT management, to include implants both oestrogen and testosterone and IUS (Mirena).

There is limited specialist services within primary care, GPs are asked to provide ongoing treatment, if patients have been investigated by specialist services.

Specialist follow up appointments within Consultant services, are only for complex cases

We also have an Occupational Health referral pathway into specialist services

3. Is there a waiting list for specialist menopause services in your area and if so, roughly how long for?

Yes there is a waiting list at present at Merthyr and Cynon. We do not hold a specific menopause waiting list at Bridgend, all menopause referrals are prioritised for review within a General Gynaecology clinic.

To March 2020 all new patients were seen within the 26 week Welsh Government target however, Covid has severely impacted on the ability to retain this target and the General Gynaecology new patient wait is now approximately 70 weeks. All patients are appointed as clinically prioritised.

During Covid we have been running telephone clinics for our follow up patients so our follow up consultation time across all sites should show no lag.

4. Have any services related to diagnosis and treatment of menopause been closed in your area? If yes, can you provide details of what that service was and when it closed please?

No.

5. Does the UHB have plans to open any new menopause services? If yes please provide details.

The Directorate plan is to expand specialist service provisions. Reviewing the service provision within Cwm Taf Morgannwg, in order to have a consistent Menopause/HRT service across the board.

We also have plans to develop the role of the Menopause Nurse Specialist

6. What is the first line of treatment recommended by the UHB for women with peri and menopause symptoms? I.e. what is directed on the Formulary?

First line Treatment:

Post menopause:

Combined therapy, Evorel Conti patches x 2 weekly, or, oestrogen patch/gel plus the Mirena IUS

Single therapy:

Evorel, or Estraderm patch x 2 weekly, or, gels such as Oestrogel pump or Sandrina gel

Peri Menopause:

Combined Therapy:

Evorel sequi patches

We are also able to offer both Oestrogen and testosterone implants depending on an individual basis

7. What is the second line of treatment recommended by the UHB for women with peri and menopause symptoms? i.e what is directed on the Formulary?

Second line treatment

Post menopause:

Combined therapy

Oral HRT – Femoston Conti or Oestrogen patch/gel, plus utrogestan

Peri menopause:

Oral HRT – Femoston or Oestrogen patch/gel, plus utrogestan