

<b>Reference:</b>	FOI.6469.21
<b>Subject:</b>	Menopause services
<b>Date of Request:</b>	14 July 2021

**Requested:**

This query relates to menopause services.

1. Are you, as the local Health Board, 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?
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 specialist clinics.
3. Is there a waiting list for specialist menopause services in your area and if so, how long for?
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?
5. Does the Health Board have plans to open any new menopause services? If yes please provide details.

**Response:**

1. Hywel Dda University Health Board (UHB) confirms it has no commissioned services related to the diagnosis and treatment of the menopause. The UHB develops and provides health services based on the needs of the local community across the three (3) counties of Carmarthenshire, Ceredigion and Pembrokeshire.
2. The UHB confirms that it does not currently have a dedicated specialist menopause service. However, a Menopause Clinic is provided through its Sexual and Reproductive Healthcare Service, which is led by the UHB's Clinical Lead for Sexual and Reproductive Health.

Additionally, the UHB currently has three (3) pathways of menopause management which are:

- i) Patients that are referred into acute services with a primary reason other than menopause symptoms and where symptoms or signs of the menopause are picked up and managed, with advice given
  - ii) Patients that are referred with symptoms or signs of the menopause as the primary reason, either from Primary or Secondary Care into the Sexual and Reproductive Health Service
  - iii) Internal referrals from colleagues and other specialties
3. The UHB confirms that there is currently no waiting list for specialist menopause services within the Sexual and Reproductive Healthcare clinics. In the first instance, all patients are offered a virtual consultation to ascertain the appropriate treatment plan.

4. The UHB confirms that no services relating to the diagnosis and treatment of menopause have been closed across the UHB.
5. The UHB confirms that it does have plans to open new menopause services. The UHB is aware that the service provision for the menopause is not currently developed or funded to a scale to provide for total population needs. However, the UHB is undertaking to scope and understand the resource implications of the development of improved menopause services across Primary and Secondary Care. This includes upskilling and improving knowledge, signposting and referral at Primary Care level and specialist provision at Secondary Care level, with improved opportunities for collaboration. As part of this undertaking, the UHB will be considering the impact that investing in menopause provision has on the long-term health and well-being of women, which includes recognition that the correct intervention at the right time can limit the incidence of long-term physical conditions and can significantly improve mental health and well-being. This is within the context of a social model for health and well-being, in line with the UHB's long-term strategy. The local service is currently formulating a paper which will outline a number of proposals to improve provision, including a formalised Specialist Menopause Clinic.

Additionally, the UHB is also exploring innovative ideas with colleagues across Primary Care and with external partners, such as Cervical Screening Wales. Once further consideration has been given to the proposals, the UHB is keen to develop a focus group involving all key partners, with an ambition to include those with lived experiences of menopause provision in the area, in the co-design of future service provision.