

**Menopause: diagnosis and management (update) Guideline Committee Meeting 1**

**Date:** 16<sup>th</sup> May 2022

**Location** Virtual meeting via Zoom

**Minutes:** Final

<b>Committee members present:</b>	
Gillian Baird	Present for notes 1-11
Martha Hickey	Present for notes 2-11
Haitham Hamoda	Present for notes 1-11
Anita Sharma	Present for notes 1-11
Gillian Reeves	Present for notes 1-11
Hayley Berry	Present for notes 1-11
Kathy Abernethy	Present for notes 1-11
Louise Massey	Present for notes 1-11
Sarah Hillman	Present for notes 1-11
Anne Armstrong	Present for notes 1-4 & 8-11
David Armstrong	Present for notes 1-11
Eef Hogervorst	Present for notes 1-11
Nina Kuypers	Present for notes 1-11
Karina Bowkett	Present for notes 1-11
Lorraine Griffiths	Present for notes 1-11

<b>In attendance:</b>		
Melissa Bolessa	Project Manager	Present for notes 1-11
Maija Kallioinen	Guideline Lead	Present for notes 1-11
Nathan Bromham	Senior Systematic Reviewer	Present for notes 1-11
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-11
Shalmali Deshpande	Systematic Reviewer	Present for notes 8-11
James Hawkins	Senior Economist	Present for notes 1-11
Ceri Williams	Information Specialist	Present for notes 1-11
Stephen Murphy	Clinical Advisor	Present for notes 1-11
Nick Staples	Guideline Commissioning Manager	Present for notes 1-7
Sarah Scott	Public Involvement Adviser	Present for notes 1-11

<b>Apologies:</b>

Nil

**1. Welcome, housekeeping, aims of the day and apologies**

The Chair welcomed the Committee members and attendees to the 1<sup>st</sup> guideline committee meeting on Menopause: diagnosis and management (update).

The Chair discussed the meeting etiquette for the virtual meeting.

The Chair outlined the objectives and aim of the meeting, which included establishing effective working of the committee, briefing the committee on the scope of the guideline update, agreeing the review questions and agreeing first two review protocols.

**2. Introductions and apologies**

GC members introduced themselves, giving some background on their experience and what they can bring to the guideline process.

There were no apologies received for this meeting.

**3. Introduction to NICE guidelines**

Nick Staples, Guideline Commissioning Manager, provided an introduction to NICE guidelines.

**4. Introduction from the guideline development team**

Maija Kallioinen, Guideline Lead, provided an introduction about the guideline development team, the project plan, the guideline outputs and the different roles and responsibilities.

**5. Public involvement in NICE guidelines**

Sarah Scott, Public Involvement Adviser provided information on public involvement in NICE guidelines.

**6. Declarations of interest**

Maija Kallioinen, Guideline Lead, gave a brief presentation about the NICE policy on declaring and managing interests. GC members were asked to declare any new interests. No new declarations of interests were made.

Name	Role	Declaration of interest	Type of interest	Decision taken
Anita Sharma	GC member	<p>Presentation MIMS Learning LIVE London</p> <p>Diagnosis and management of menopause. I will guide them to check BMS regularly to keep up to date about shortage of products and what action to take.</p> <p>No mentioning of which products to use.</p> <p>Sponsored by Theramex</p>	Financial interest	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Although broadly related to the topic, not specific to the</p>

				scope of the guideline update.
Anita Sharma	GC member	<p>Online presentation for primary care (GPs, PN, ANP) on Diagnosis and Management of menopause.</p> <p>Continuous combined and sequential combined and estrogen alone HRT, which contraceptive to use (COC, POP, DEPO, coil), how often to do the monitoring, contraindications of HRT, which blood tests to do, why and when? Is USS necessary to make a diagnosis of menopause? How to manage POI? No mention of any products.</p> <p>Sponsored by Viatrix</p>	Financial interest	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Although broadly related to the topic, not specific to the scope of the guideline update.</p>
Professor Eef Hogervorst	Co-opted member	<p>I was asked to give my opinion on the Channel 4 Documentary Sex Mind and the Menopause in the Conversation:</p> <p><a href="https://theconversation.com/menopause-hrts-brain-protecting-effect-may-be-overstated-182449">https://theconversation.com/menopause-hrts-brain-protecting-effect-may-be-overstated-182449</a></p>	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Potential overlap with topics covered in the guideline scope, however, not considered to pose a conflict of interest. Views expressed in the article are based on the member's previous systematic reviews.</p>
Ms Kathy Abernethy	Committee member	Member of the NHSE Menopause Programme Clinical Reference Group	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: The member has declared that her involvement in the NHSE Menopause Programme Clinical Reference Group will be independent of her work in the NICE guideline committee and even if the two groups' conclusions would differ, she will sign up to the conclusions made up by the NICE guideline committee.</p>

Ms Kathy Abernethy	Committee member	In my job role, working with employers, I regularly speak to members of the public and the media around the topic of menopause, in particular symptoms, treatment options and how to access support.	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: This is part of her professional role in the digital health menopause service and whilst some topics may overlap with topics that are within the scope of the guideline, but the benefits of involvement outweigh the potential risks.</p>
Sarah Hillman	Committee member	<p>Published an article:</p> <p>Sarah Hillman, Saran Shantikumar, Ali Ridha, Dan Todkill, Jeremy Dale. Socioeconomic status and HRT prescribing: a study of practice-level data in England. British Journal of General Practice 2020; 70 (700): e772-e777. DOI: 10.3399/bjgp20X713045</p> <p>And based on the article was involved in Dr Louise Newson's podcast: <a href="https://thedlouisenewsonpodcast.podbean.com/e/074-hrt-prescriptions-in-england-dr-sarah-hillman-dr-louise-newson-1605615340/">https://thedlouisenewsonpodcast.podbean.com/e/074-hrt-prescriptions-in-england-dr-sarah-hillman-dr-louise-newson-1605615340/</a></p> <p>And took part in BJGP webinar about health inequalities where the paper was discussed: <a href="https://bjgp.org/page/video">https://bjgp.org/page/video</a></p> <p>Direct link to the webinar: <a href="https://www.youtube.com/watch?v=gVJw1Pe-ZL8&amp;t=1794s">https://www.youtube.com/watch?v=gVJw1Pe-ZL8&amp;t=1794s</a></p>	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>

**7. Scope of the guideline update**

Gillian Baird, Committee Chair, gave a presentation about the scope of the guideline.

**8. Review questions and protocols**

Nathan Bromham, Senior Systematic Reviewer, gave a brief presentation about review protocols and presented the draft review questions for the guideline update which the committee agreed on. More detailed discussion relating to each review question will be held when review protocols will be agreed.

**9. Protocol for review question 1.2:**

Nathan Bromham, Senior Systematic Reviewer, presented the draft protocol for review question 1.2 What the effectiveness of treatments such as local oestrogen, ospemifene, prasterone and transvaginal laser therapy for managing genitourinary symptoms associated with the menopause?

Nathan Bromham took questions from the group and the committee discussed and agreed on the protocol characteristics.

**10. Protocol for review question 2.7:**

Agnesa Mehmeti, Systematic Reviewer, presented the draft protocol for review question 2.7 What are the effects of hormone replacement therapy taken by women, non-binary and trans-masculine people with early menopause (aged 40 to 44) on all-cause mortality and developing:

- venous thromboembolism
- cardiovascular disease
- type 2 diabetes
- breast cancer
- endometrial cancer
- ovarian cancer
- osteoporosis
- dementia
- loss of muscle mass and strength?

Agnesa Mehmeti took questions from the group and the committee discussed and agreed on the protocol characteristics.

**11. Summary of actions & any other business**

Maija Kallioinen, Guideline Lead, reminded the committee about the remaining vacancies in the committee.

**Location of next meeting:** 14<sup>th</sup> June 2022 via Zoom