

Menopause: diagnosis and management (update) Guideline Committee Meeting 15

Date: Tuesday 19 March 2024

Location Virtual meeting via Zoom

Minutes: **Final**

Committee members present:	
Gillian Baird	Present for notes 1-7
Martha Hickey	Present for notes 1-7
Kathy Abernethy	Present for notes 1-7
Hayley Berry	Present for notes 1-5
Karina Bowkett	Present for notes 2-7
Eef Hogervorst	Present for notes 1-7
Nina Kuypers	Present for notes 1-7
Gillian Reeves	Present for notes 1-7
Jenny Van Heerden	Present for notes 1-7
Lorraine Griffiths	Present for notes 1-7
Sarah Hillman	Present for notes 1-7
Anne Armstrong	Present for notes 1-7
Anita Sharma	Present for notes 1-7

In attendance:		
Katharina Dworzynski	Guideline Lead	Present for notes 1-7
Esther Clifford	Project Manager	Present for notes 1-7
Qudsia Malik	Senior Systematic Reviewer	Present for notes 1-7
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-7
Stephen Murphy	Clinical Adviser	Present for notes 1-7
Marie Anne Ledingham	NICE Clinical Adviser	Present for notes 1-7
Astrid Aregui	Senior Medical Editor	Present for notes 2-7
Nick O'Callaghan-Staples	Guideline Commissioning Manager	Present for notes 1-7

APOLOGIES:		
1.	Roopen Arya	Co-opted GC member
2.	Louise Massey	GC member

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

The Chair welcomed the Committee members and attendees to the 15th guideline committee meeting on menopause: diagnosis and management (update).

The Chair asked the committee to review the minutes and the minutes were confirmed as accurate.

The Chair requested for any new declarations of interest to be shared with the group. Given the interests declared the majority could fully participate and one of the members was answering questions and give explanations when topics relate to research authored by her but otherwise could participate in other topics.

Name	Role	Description of interest	Type of interest	Decision taken
Kathy Abernethy	GC member	Paid consultancy with an online pharmacy group to assist with a HRT prescribing pathway.	Direct - financial	Non-specific Declare and participate. Rationale: An HRT prescribing pathway is not within the scope of the current guideline update.
Kathy Abernethy	GC member	Keynote speaker on the topic of 'Menopause – why it matters for business' to HR leaders at a national conference.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Menopause in the work place or in relation to business is outside the scope of the current guideline update.
Kathy Abernethy	GC member	Unpaid role – support and management of newly appointed nurses at Women's Health Concern Charity establishing menopause advice line, designing recordkeeping and proformas/audit system.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Staff training and support is outside the scope of the current guideline update
Kathy Abernethy	GC member	Guest of Accenture at a London event for International Women's Day around AI and the impact particularly on women. Hospitality provided.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: The impact of AI on women is outside the scope of the current guideline update.

Kathy Abernethy	GC member	British Menopause Society – I have been observer at discussions around the responses to NICE consultation and am aware of the steps they have taken with other societies. I have not been involved in the actual discussions or been part of the decision making but am aware of each step they have taken.	Indirect interest	Specific. Declare and participate. Rationale: This was not an active participation in stakeholder activity.
Martha Hickey	Topic adviser	Profile in The Lancet. Title: Martha Hickey: responding to the complexity of menopause	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This was a profile related to all of the committee member's activities without specific mention of the NICE guideline work.
Martha Hickey	Topic adviser	Arts feature in The Lancet based on photographs from an exhibition I initiated celebrating women over 50. Feature: 500 Strong, celebrating older women's bodies in menopause and beyond	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics of the Lancet series broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Martha Hickey	Topic adviser	Editorial in The Lancet published March 2024 based on the 4 papers above: 'Time for a balanced conversation about menopause'.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics within the Lancet series broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Martha Hickey	Topic adviser	The Lancet: press release ahead of Clinical Series on Menopause	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: In the

				press and release as well as related interviews particular attention was given to not overlap with content within the guideline update.
Martha Hickey	Topic adviser	The Lancet: Communications release ahead of clinical series on menopause	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Martha Hickey	Topic adviser	A qualitative study of work and early menopause: On the job experiences and career trajectories Vincent AJ, Johnston-Ataata K, Flore J, Kokanović R, Hickey M, Boyle JA, Teede HJ. PMID: 38280355.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Menopause within the work place is outside the scope of the current guideline update.
Martha Hickey	Topic adviser	"Queer people are excellent caregivers, but we're stretched so very thin": Psychosocial wellbeing and impacts of caregiving among LGBTQI cancer carers Allison K, Power R, Ussher JM, Perz J; Out with Cancer Study Team. PMID: 38182998; PMCID: PMC10768402.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Caregiving is outside the scope of the guideline update.
Martha Hickey	Topic adviser	Priscilla Kincaid-Smith Oration "Empowering Women to Manage Menopause" – University of Melbourne.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst this is broadly related to the scope it is not specific to the topics that are individually covered.
Martha Hickey	Topic adviser	BreastScreen Australia Conference, March 2024 – invited speaker "Flesh After Fifty"	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: The topic of the

				presentation is outside the scope of the guideline update.
Martha Hickey	Topic adviser	National Women's Health Summit 2024, Canberra – RANZCOG representative	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: The committee member was mindful not to discuss any specific topics currently covered in the guideline update.
Nina Kuypers	GC member	RED Magazine – Personal account of 'My Black Menopause'. It does not provide any reference to NICE guidance updates.	Direct - financial	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	CAHN – Womb Health and Wealth It does not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	University of Glasgow – Menopause and menstrual Health at Work: Changing the Conversation. It does not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	Investing in Health: Creating workplace health policies that wok for women. It did not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	GC member	Roundtable on 'Menopause in the workplace'. It did not provide any reference to NICE guidance updates.	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Gillian Reeves	GC member	I delivered a talk to the OUH Women's Network on findings from	Direct – non-financial	Specific. Declare and

		the Million Women Study in relation to the risks and benefits of HRT.	professional and personal interests	<p>participate but not lead Topic Groups or take part in initial drafting of recommendations in topics where research the member is involved in forms part of the evidence base, answers questions rather than takes part in drafting recommendations.</p> <p>Rationale: Specific to the guideline, but expertise is required by the committee. Due to the overlap with the guideline, a decision was taken that the member should not lead Topic Groups or take part in initiating recommendations in topics where research the member is involved in forms part of the evidence base and should rather answer questions related to the evidence.</p>
--	--	---	-------------------------------------	--

2. Early menopause

Katharina Dworzynski, Guideline Lead led on the review questions for submission to the NICE surveillance team for future update.

The committee considered the themes of the stakeholder feedback. There was a committee discussion and questions raised to address these.

3. Coronary heart disease

Katharina Dworzynski, Guideline Lead led explained the decision making around coronary heart disease including the commissioning of an independent review.

The committee had the opportunity to comment.

4. Discussion of guideline

Professor Jonathan Benger, Chief Medical Officer and Interim Director of Centre for Guidelines led on discussions relating to development of the guideline.

5. Specific unresolved guideline queries

Katharina Dworzynski, Guideline Lead led on specific unresolved guideline queries surrounding:

- Standard therapeutic dose for vaginal oestrogen
- Combined / oestrogen-only HRT and partial hysterectomy
- CBT related to depressive symptoms / sleep

The committee summarised the main queries for this section, discussed and agreed changes and the impact on recommendations.

6. Overview of next steps

Katharina Dworzynski, Guideline Lead led on the next steps for the guideline.

The committee specifically covered and discussed NICE Technical Support Unit involvement, internal adviser review and an additional GC meeting.

7. Next steps / summary of actions/ key dates and activities

Gillian Baird, Committee Chair summarised the actions and next steps.