



**What is the evidence on the provision and effectiveness of
menopause support services in UK health care settings?**

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Research Proposal

Menopause, which is the stopping of the monthly periods for a year, impacts around 13 million females in the UK (NICE, 2024). This document presents a scoping review that will assess the support for menopause in the health and social care sectors of the UK. The review question is: What is the evidence on the provision and effectiveness of menopause support services in UK health and social care settings?

Rationale

Menopause is a significant public health challenge in the UK which has a major impact on participation in the workforce, and the delivery of health and social care services (Dennis & Hobson 2023). The NHS (2024) specifically identifies menopause as a factor in staff retention and has a considerable impact on the NHS, which employs approximately 75% female staff (Verdonk et al. 2022). Further work has been undertaken to address these issues such as the government strategy on women's health. The review is relevant to this phase given current discussions relating to legislation around mandatory workplace menopause policies and recognition that menopause presents a significant health inequality impacting women's quality of life and advancement in a working environment (DePree & Lohrberg 2016).

Objectives:

1. To identify forms of menopause support within UK health and social care settings
2. To examine barriers and facilitators to access menopause support
3. To explore the effectiveness of interventions to support women experiencing menopause.

Methods

Data Collection: A systematic review will be carried out within CINAHL, MEDLINE, PubMed, and British Nursing Index databases. Search words will include "menopause," "perimenopause," "health services," "social care," "United Kingdom," and "support." Inclusion criteria refer to peer-reviewed primary and secondary research, indexed in a database, and written about the UK published between 2020-2025. Studies will be screened by title, abstract, and full-text reviews.

Data Analysis: Thematic analysis will be conducted to extract data and identify relevant concepts and themes from the papers that reflect service models, access considerations, and effectiveness.

Ethical Considerations

Being a secondary research type from published literature, this review does not require ethical approval. Notwithstanding, ethical rigor will still be upheld through the accurate representation of the original sources, methodical representation of divergent interpretations, and providence of all limitations and possible conflicts in the literature reviewed in this study.

References

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