

**Full Study Title** The use of a screening tool in primary care to identify menopausal and perimenopausal women who could benefit from Hormone replacement therapy

**IRAS ID** 265355

**Sponsor Organisation Name** Rotherham Doncaster and South Humber NHS FT

### **Lay summary of study results**

**Introduction** Climacteric symptoms experienced by women during the menopausal transition can be managed using hormonal replacement therapy (HRT). However, the use of HRT has become maligned due to concerns over higher cancer risks which are largely unfounded.

Consequently, many women are likely to experience an unnecessary climacteric burden that could be resolved with HRT. The current study examined the impact of HRT on women identified with a moderately severe climacteric burden. **Method** Women aged 47 to 53 years were asked to complete the menopause rating scale (MRS) which assessed climacteric severity burden. Women with at least moderate severity were invite to consult with a clinical pharmacist based at their GP practice to discuss the use of HRT. The primary outcome of interest was the change from baseline in MRS score at 3 months. The main secondary outcome was the change from baseline in the subdomains (psychological somatic and urogenital) of the MRS. **Results** A total of 64 women with a mean age of 50.63 years were recruited into the study. All completed a baseline MRS score and 57.8% completed a three- month follow-up MRS score. The mean baseline and follow-up MRS scores were 21.64 and 18.54 respectively ( $p = 0.008$ ). There were also significant improvements in psychological ( $p = 0.046$ ), somatic ( $p = 0.014$ ) and urogenital ( $p = 0.003$ ) symptoms. **Conclusion** Women undergoing the menopausal transition and experiencing moderately burdensome climacteric symptoms, appear to gain a significant improvement in their symptomology across all domains with hormone replacement therapy.