

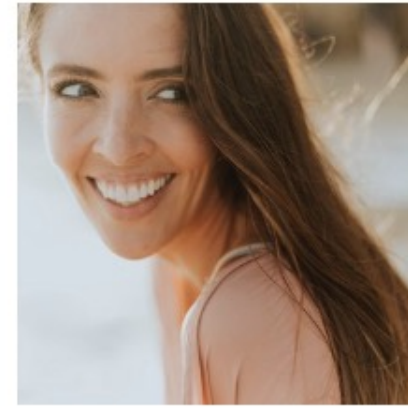
women^{MD}

Program Evaluation Project

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Dr. Gooderham, womenMD



SEXUAL MEDICINE



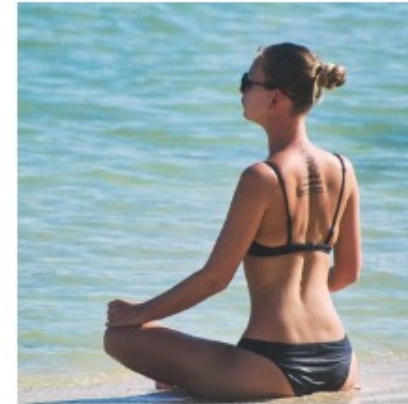
IUD CLINIC



PELVIC FLOOR PHYSIOTHERAPY



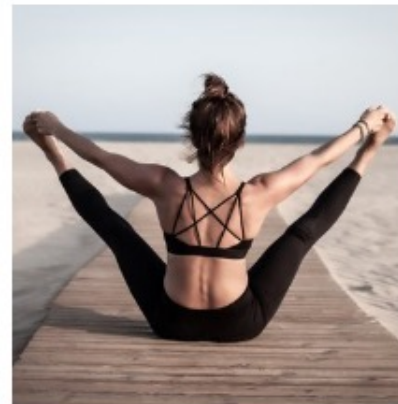
MENOPAUSE



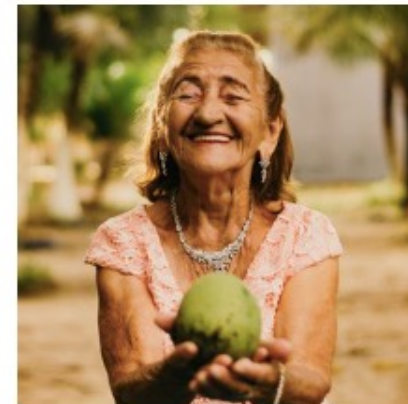
MENTAL WELLNESS



LIFESTYLE MEDICINE



MOVEMENT THERAPY

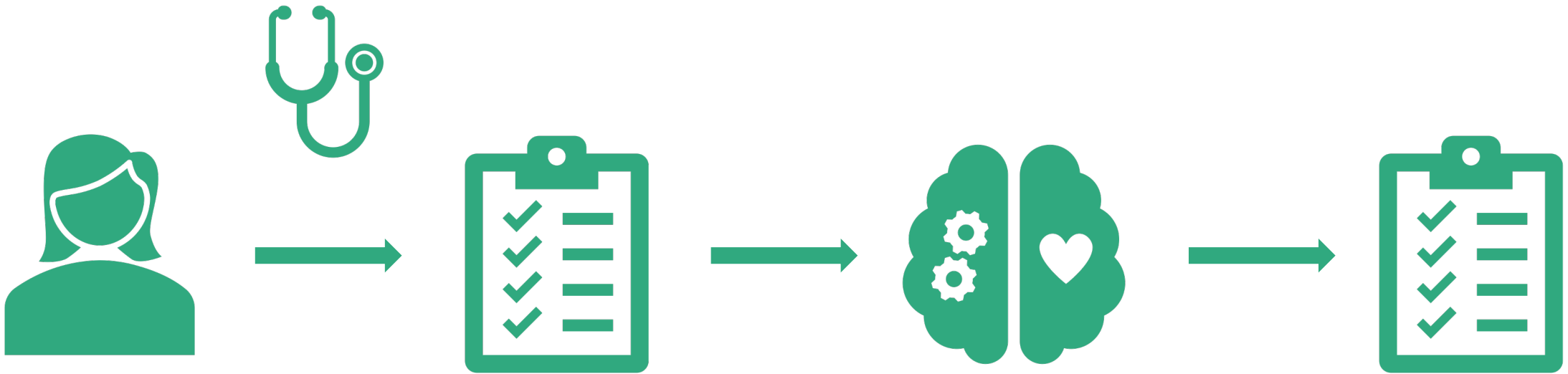


LIFE SPAN WELLNESS

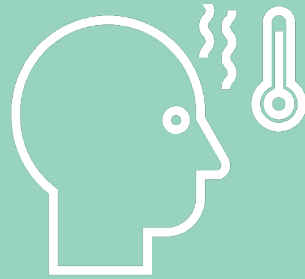


WELLNESS INITIATIVES

Goal: Quantify outcomes of evidence-based programs in womenMD clinic setting.



Menopause Program



Women's increased awareness in menopause improves their attitude, health behaviours, and habits which improves their quality of life.

(Gebretatynos H. et al, 2020. BMC Women's Health)

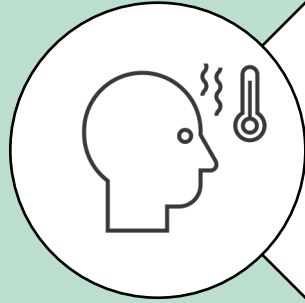
Menopause Questionnaire

- PHQ-2
- GAD-2
- **Menopause Rating Scale**
- Confidence in Menopause Knowledge
- Views on Menopause
- Views Regarding Hormone Therapy

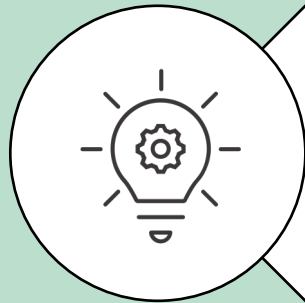
Menopause Rating Scale

- Vasomotor Symptoms
- Heart Discomfort
- Sleep Problems
- Depressive Mood
- Irritability
- Anxiety
- Physical and Mental Exhaustion
- Sexual Problems
- Bladder Problems
- Vaginal Dryness
- Joint / MSK discomfort
- Valid and Reliable

Menopause – Preliminary Results



30% Decrease in Menopause Symptoms

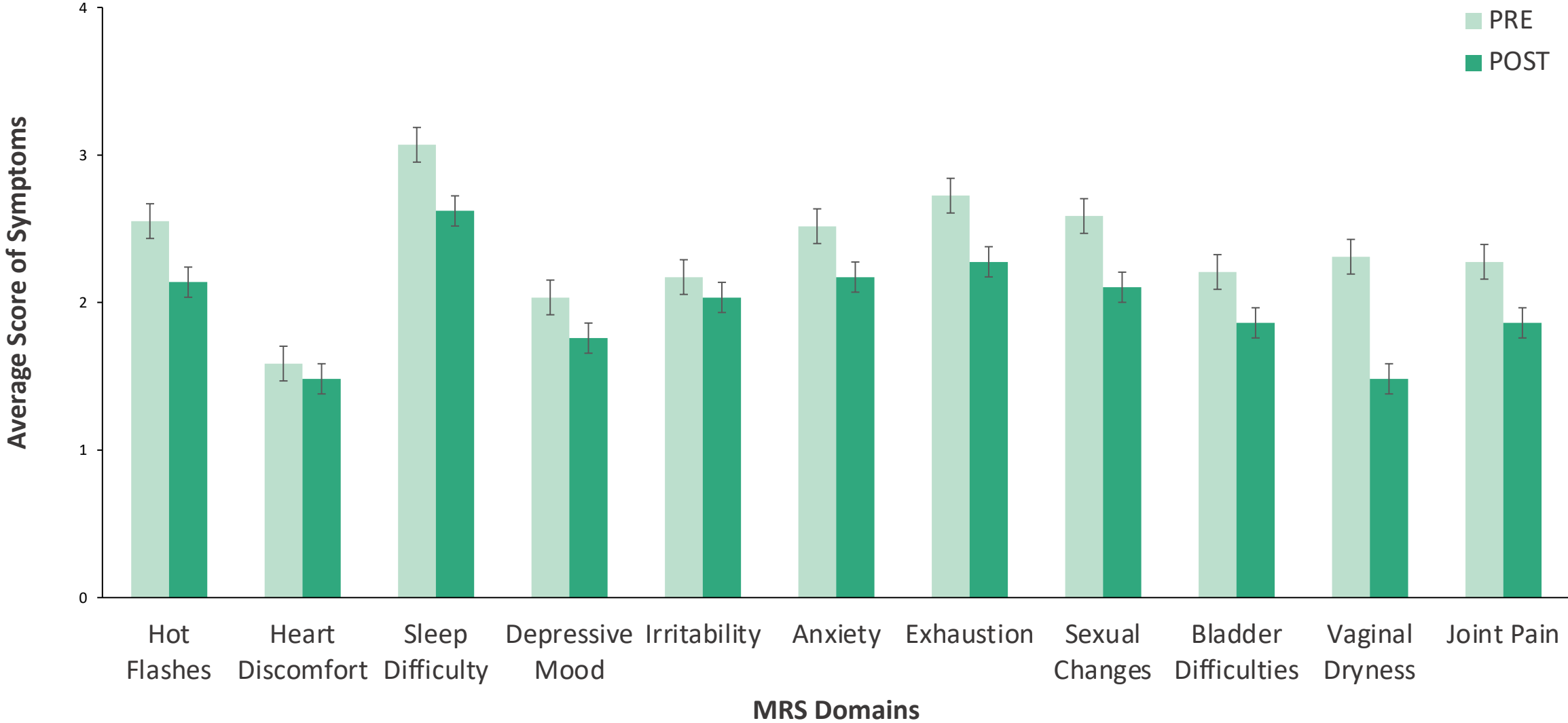


46% Increase in Confidence in Menopause Knowledge



24% Increase in Positive Views Towards Hormone Therapy

Menopause – Preliminary Results



Cognitive Behavioural Therapy for Insomnia (CBT-I) Program



CBT-I is now considered first line treatment for primary insomnia. It is CBT with a focus on fixing sleep patterns, including strategies like sleep restriction, stimulus control, sleep hygiene, and relaxation.

(Taylor , D. J., & & Pruiksma, K. E., 2014. International Review of Psychiatry)

CBT-I Questionnaire

- PHQ-8
- GAD-7
- Sheehan Disability Score
- **Insomnia Sleep Index**
- Medication use

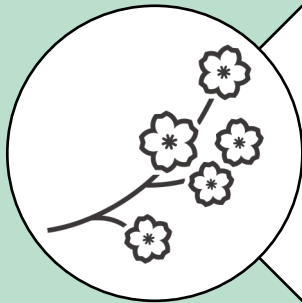
Insomnia Sleep Index

- Difficulty falling asleep
- Difficulty staying asleep
- Problems waking up too early
- Satisfaction with current sleep pattern
- Others noticing impact of sleep problems on quality of life
- Worry about current sleep problem
- Interference on daily functioning

CBT-I – Preliminary Results



30% Decrease in
Depression Symptoms

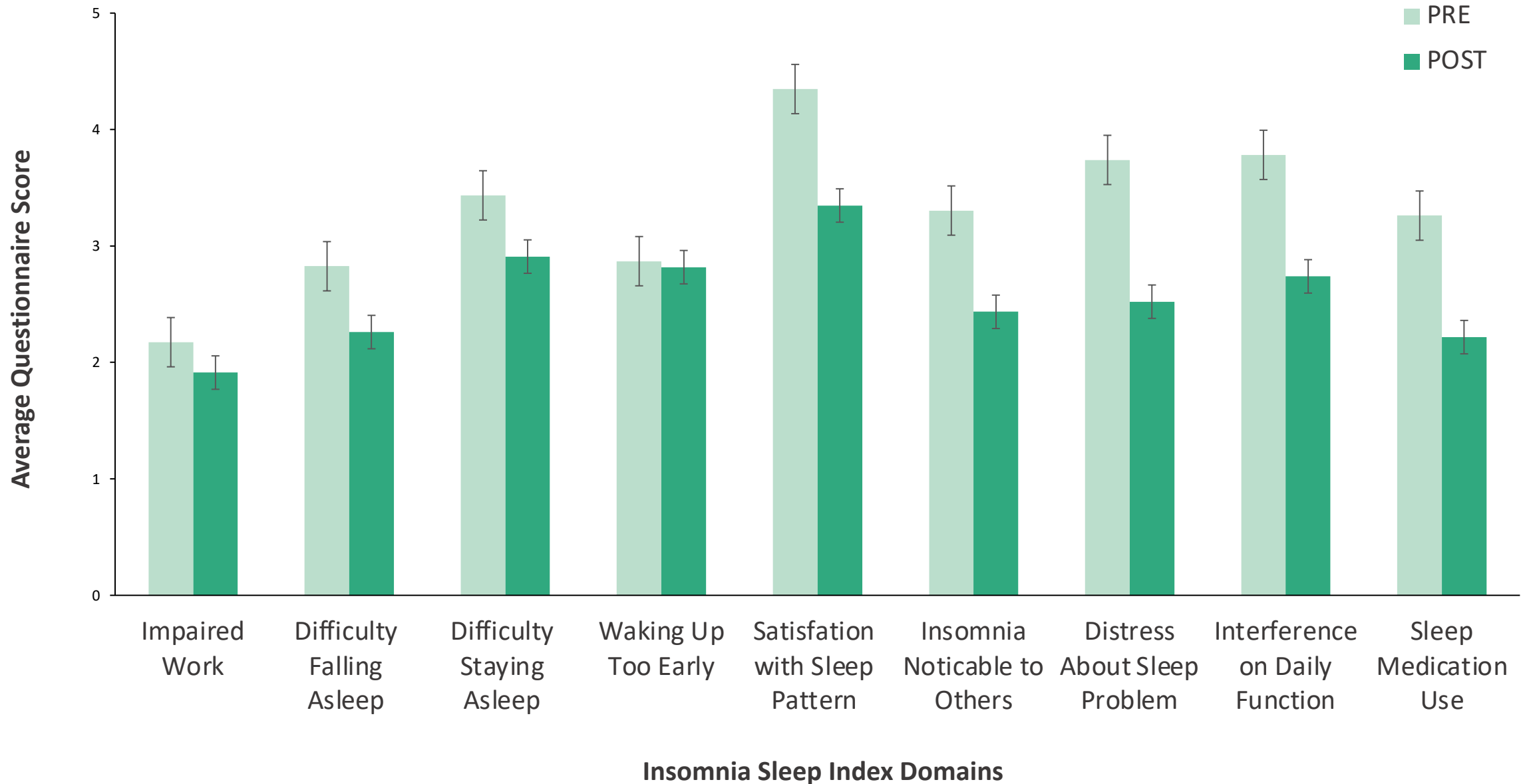


31% Decrease in Anxiety
Symptoms

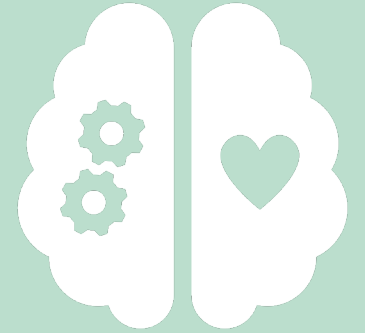


33% Decrease in Sleep
Medication Use

CBT-I – Preliminary Results



Early Conclusions



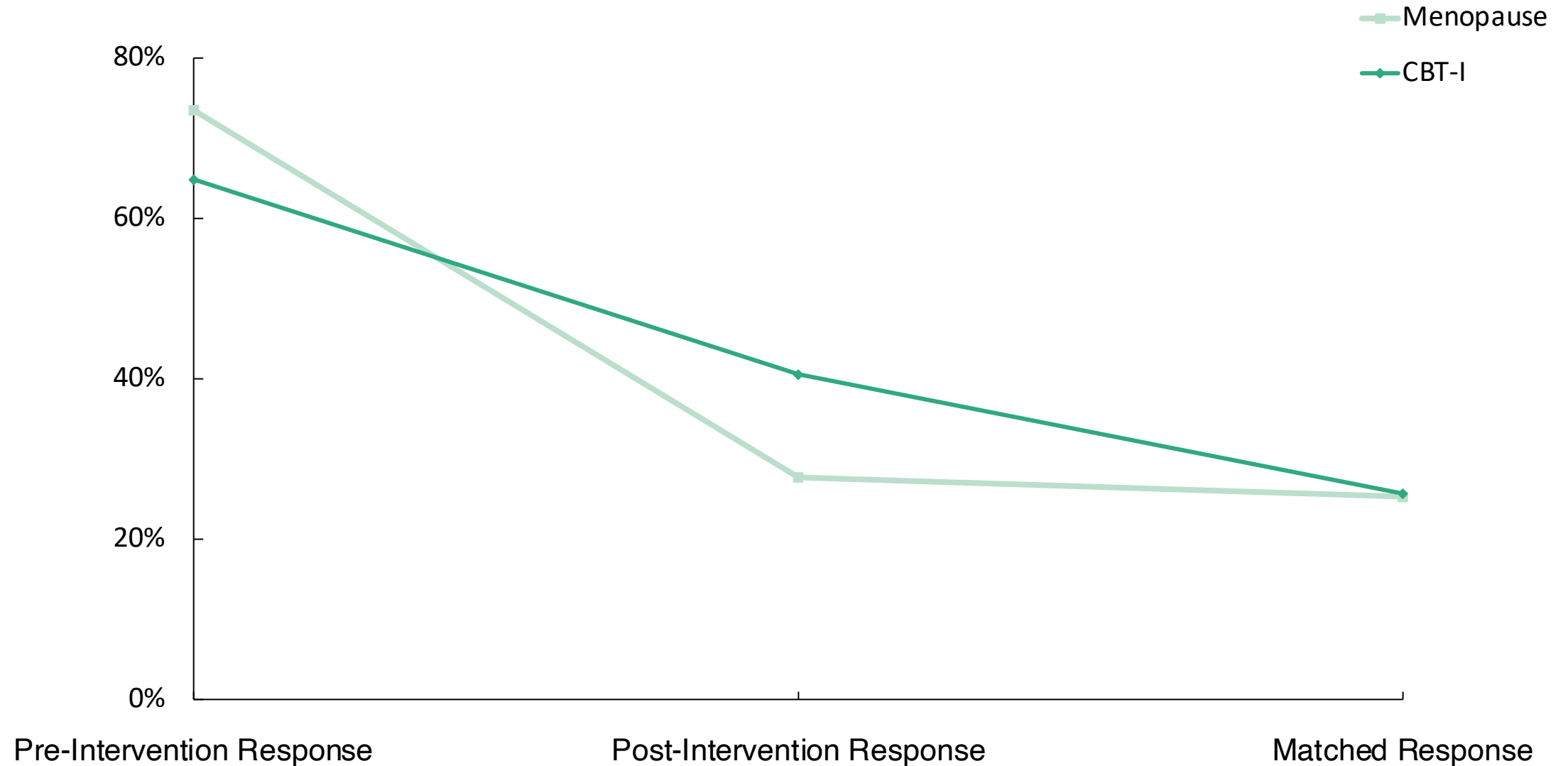
8 Week Menopause Program

- Reduction in menopause symptoms
- Increased confidence in menopause knowledge
- Increase in positive view towards menopause and hormone therapy

8 Week CBT-I Program

- Reduction in anxiety and depression
- Improves overall sleep
- Reduction in sleep medication use

Questionnaire Response Rate



Resources

1. Gebretatyos, H., Ghirmai, L., Amanuel, S., Gebreyohannes, G., Tsighe, Z., & Tesfamariam, E. H. (2020). Effect of health education on knowledge and attitude of menopause among middle-age teachers. *BMC Women's Health*, 20(1), 232.
2. Taylor, D. J., & Pruiksma, K. E. (2014). Cognitive and behavioural therapy for insomnia (CBT-I) in psychiatric populations: A systematic review. *International Review of Psychiatry (Abingdon, England)*, 26(2), 205–213.