Perimenopause/Menopause Clinic

Initial Appointment - 30mins with nurse, followed by 30mins with GP

Please complete the 2 questionnaires (DASS21 + AMS) that will be emailed to you.

This appointment will involve:

- Discussing perimenopause/menopause and related symptoms
- Discussing relevant history
- Performing relevant examination
- Organising relevant investigations

Review Appointment - 45mins with GP

This appointment will involve:

- Discussing investigation results
- Discussing management options for symptoms
- Organising relevant care plans as indicated and eligible

Chronic Condition Management Plan – 30mins with nurse, followed by 30mins with GP

This appointment will involve:

- Discussing general preventative measures
- Discussing other chronic co-morbidities
- Organising referrals to relevant allied health professionals

3month Review Appointment - 30mins with GP

This appointment will either be:

- 3months after the Chronic Condition Management Plan (if the plan has been performed previously) OR
- 3months after the initial Review Appointment (if a Chronic Condition Management Plan has not been performed previously)

Please complete the questionnaires (DASS21 + AMS) that will be emailed to you.

This appointment will involve:

- Assessing progress with perimenopause/menopause and related symptoms
- Organising investigations as needed
- Adjusting management as needed

If a Chronic Condition Management Plan has been performed previously, this appointment will also involve:

- Assessing progress with other chronic co-morbidities

Mental Health Care Plan – 30mins with GP

This appointment will involve:

- Discussing mental health symptoms
- Discussing management options for symptoms
- Organising referrals to psychologist

Mental Health Care Plan Review - 15mins with GP

This appointment will be after you have completed 6 sessions with the psychologist.

This appointment will involve:

- Assessing progress with mental health symptoms
- Adjusting management as needed
- Organising ongoing psychologist referrals

Review Appointment – 15-30mins with GP

Further review appointments can be arranged as required.