

Menopause: diagnosis and management (update) Guideline Committee Meeting 2

Date: Tuesday 14th June 2022

Location Virtual meeting via Zoom

Minutes: Final

Committee members present:		
Gillian Baird		Present for notes 1-9
Martha Hickey		Present for notes 1-9
Haitham Hamoda		Present for notes 1-9
Anita Sharma		Present for notes 1-9
Gillian Reeves		Present for notes 3-9
Hayley Berry		Present for notes 1-9
Kathy Abernethy		Present for notes 4-9
Louise Massey		Present for notes 1-5
Sarah Hillman		Present for notes 1-9
Anne Armstrong		Present for notes 1-9
Eef Hogervorst		Present for notes 1-9
Nina Kuypers		Present for notes 1-9
Karina Bowkett		Present for notes 1-9
Kerry Barnett		Present for notes 1-9

In attendance:		
Melissa Bolessa	Project Manager	Present for notes 1-9
Maija Kallioinen	Guideline Lead	Present for notes 1-9
Nathan Bromham	Senior Systematic Reviewer	Present for notes 6-9
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-9
Shalmali Deshpande	Systematic Reviewer	Present for notes 1-9
Edgar Masanga	Associate Assessment Lead	Present for notes 1-9
Ceri Williams	Information Specialist	Present for notes 1-9
Stephen Murphy	Clinical Advisor	Present for notes 1-9
Meleshah Brown	Business Administrator	Present for notes 1-3

Apologies:	
Lorraine Griffiths – GC Member	

Nick Staples – NICE Guideline Commissioning Manager

James Hawkins – NICE Senior Economist

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

The Chair welcomed the Committee members and attendees to the 2nd guideline committee meeting on Menopause: diagnosis and management (update).

The Chair noted apologies for the day.

The Chair discussed the meeting etiquette for the virtual meeting.

The Chair asked the committee to review the minutes and the actions and decisions log from the previous GC meeting 1.

The Chair requested for any new declarations of interest to be shared with the group. New declarations were made and are noted below.

Confirmation of matter under discussion, and declarations of interest

GC members were asked whether they had any new declarations of interest.

Name	Role	Declaration of interest	Type of interest	Decision taken
Anita Sharma	GC member	<p>Presentation on Diagnosis and management of menopause in Edenfield Road Surgery Rochdale— GPs, PN, ANP, Pharmacist.</p> <p>Case discussion, how to manage shortage of recent HRT products. Guidance to check BMS (British Menopause Society) regarding shortage of creams and what action to take.</p> <p>Sponsored by Viatris</p>	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Although broadly related to the topic, not specific to the scope of the guideline update.</p>
Anita Sharma	GC member	<p>Presentation MIMS Learning LIVE London</p> <p>Diagnosis and management of menopause.</p> <p>I will guide them to check BMS regularly to keep up to date about shortage of products and what action to take.</p> <p>No mentioning of which products to use.</p> <p>Sponsored by Theramex</p>	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p> <p>Rationale: Although broadly related to the topic, not specific to the scope of the guideline update.</p>
Anita Sharma	GC member	<p>Online presentation for primary care (GPs, PN, ANP) on Diagnosis and Management of menopause.</p> <p>Continuous combined and sequential combined and estrogen alone HRT,</p>	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in May 2022.</p>

		<p>which contraceptive to use (COC, POP, DEPO, coil), how often to do the monitoring, contraindications of HRT, which blood tests to do, why and when? Is USS necessary to make a diagnosis of menopause? How to manage POI? No mention of any products.</p> <p>Sponsored by Viatrix</p>		<p>Rationale: Although broadly related to the topic, not specific to the scope of the guideline update.</p>
Hayley Berry	GC member	<p>I co-wrote this article for HRT shortages</p> <p>https://viewer.joomag.com/nursing-in-practice-summer-2022/0708699001655460564?short&</p> <p>article on page 32</p>	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Topic not related to the scope of the guideline update.</p>
Sarah Hillman	GC member	<p>Ask to be GP on Trial steering committee for BLUSH trial (led Nottingham clinical trials unit) The trial is looking at use of oxybutynin vs venlafaxine for controlling vasomotor symptoms.</p>	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Professor Martha Hickey	Topic Advisor	<p>Analysis paper published in the BMJ:</p> <p>Hickey M, Hunter M S, Santoro N, Ussher J. Normalising menopause BMJ 2022; 377 :e069369 doi: https://doi.org/10.1136/bmj-2021-069369</p>	Non-financial professional and personal interests	<p>Declare and participate but avoid commenting on issues specific to the scope of the guideline update in public going forward whilst the guideline project is ongoing. Otherwise, there may be a need to partially exclude her from decision making.</p> <p>Agreed by developer Guideline Lead, Chair and QA team in July 2022.</p> <p>Rationale: Whilst the the BMJ article is largely outside the scope of the guideline, it refers to the effectiveness of CBT on managing symptoms associated with the menopause which is a topic covered in the guideline update. Her involvement as one of the two topic advisors is important in the guideline process so on balance there is no need for action, however, she has been asked to no longer comment on topics specific to the scope in public.</p>

Haitham Hamoda	Topic Advisor	Author of commissioned Editorial by the BMJ: Looking at HRT in perspective: Helping women make informed choices. June 2022.	Non-financial professional and personal interests	<p>Declare and participate but avoid commenting on issues related to the scope of the guideline update in public going forward whilst the guideline project is ongoing. Otherwise, there may be a need to partially exclude him from decision making.</p> <p>Agreed by developer Guideline Lead, Chair and QA team in July 2022.</p> <p>Rationale: The BMJ article refers to topics covered in the scope, such as evidence on the effect of HRT on all-cause mortality and breast cancer risk. His involvement as one of the two topic advisors is important in the guideline process so on balance there is no need for action, however, he has been asked to no longer comment on topics specific to the scope in public.</p>
Haitham Hamoda	Topic Advisor	Have given several media comments including the BBC and the Guardian on menopause related media queries.	Non-financial professional and personal interests	<p>Declare and participate but avoid commenting on issues specific to the scope of the guideline update in public going forward. Otherwise, there may be a need to partially exclude him from decision making.</p> <p>Agreed by developer Guideline Lead, Chair and QA team in July 2022.</p> <p>Rationale: Comments made are mainly not specific to topics covered in the guideline scope but he has been asked not to make public comments around issues that are specific to the scope going forward.</p>
Nina Kuypers	GC member	Writing an article for a digital menopause service highlighting how black women may have a different experience of menopause, these do not include any reference to NICE guidance update.	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>

Nina Kuypers	GC member	Delivered a session highlighting a Black Womans' Menopausal experience for Zurich UK race and ethnicity network. This does not include any reference to NICE guidance updates.	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Delivered a session highlighting a Black Womans' Menopausal experience for TESCOs' race and ethnicity network.	Financial interests	<p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Presented a talk about Race and Menopause for Aneurin Bevan UHB.	Financial interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Attended a Menopause Group session organised by the APPG Menopause	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Presented a short talk to Women and Work APPG - Menopause in the Workplace.	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Panel discussion raising the awareness of menopause for ITV Wales menopause champion launch event	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Menopause Mindfulness: Embracing the Change of My Midlife for SWHR. Invited to discuss my experiences and diagnosis during the menopause transition and postmenopause.	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June 2022.</p> <p>Rationale: Not specific to the topics covered in the guideline scope.</p>
Nina Kuypers	GC member	Presented a short talk for Menopause Inclusion Collective - Collective Conversations Series 'A Discussion on Black Menopause'	Non-financial professional and personal interests	<p>Declare and participate.</p> <p>Agreed by developer Guideline Lead in June</p>

				2022. Rationale: Not specific to the topics covered in the guideline scope.
Nina Kuypers	GC member	Presented a short talk to the Menopause APPG - An insight into a Black Womens Menopausal experience.	Non-financial professional and personal interests	Declare and participate. Agreed by developer Guideline Lead in June 2022. Rationale: Not specific to the topics covered in the guideline scope.
Nina Kuypers	GC member	Board of Trustee - Hwupenyu Health and Wellbeing Project is a charity based in Glasgow. They provide support for Black ethnic communities in Scotland living with chronic health conditions.	Indirect interests	Declare and participate. Agreed by developer Guideline Lead in June 2022. Rationale: Not specific to the topics covered in the guideline scope.
2. NICE Claims and Travel presentation				
Melesah Brown, Business Administrator provided a presentation on the NICE expenses policy.				
3. Topic Group presentation				
Maija Kallioinen, Guideline Lead provided an introduction to the principles of topic group working followed by the committee agreeing the topic groups.				
4. Protocol for review question 2.2:				
Agnesa Mehmeti, Systematic Reviewer presented the draft protocol for review question 2.2 What are the effects of hormone replacement therapy for menopausal symptoms on developing breast cancer?				
Agnesa Mehmeti took questions from the group and the committee discussed and agreed changes to the protocol.				
5. Protocol for review question 2.3:				
Shalmali Deshpande, Systematic Reviewer presented the draft protocol for review question 2.3 What are the effects of hormone replacement therapy for menopausal symptoms on developing endometrial cancer?				
Shalmali Deshpande took questions from the group and the committee discussed and agreed changes to the protocol.				
6. Protocol for review question 1.1:				
Nathan Bromham, Senior Systematic Reviewer presented the draft protocol for review question 1.1 What the effectiveness of cognitive behavioural therapy for managing symptoms associated with the menopause?				
Nathan Bromham took questions from the group and the committee discussed and agreed changes to the protocol.				

7. Protocol for review question 2.5:

Nathan Bromham, Senior Systematic Reviewer, continued with a presentation on review question 2.5 What are the effects of hormone replacement therapy for menopausal symptoms on developing dementia?
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Nathan Bromham took questions from the group and the committee discussed and agreed changes to the protocol.
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8. Summary of actions & any other business

Remaining committee meeting dates to be confirmed as soon as possible.
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Location of next meeting: 11th July 2022 via Zoom