

19 March 2026

## **Provision of Menopause Care for People Treated for Breast Cancer**

This is a request for information under the Freedom of Information Act 2000.

Provision of menopause care (as per NICE definition: 'menopause care is described as the identification, assessment, support and management of menopause and its associated symptoms') for people treated for breast cancer within NHS services. I would be grateful if you could provide the information below as recorded by your Trust.

### **1. Policy and pathways**

#### **1a. Does your Trust have a written policy, guideline, or clinical pathway addressing menopause symptoms in patients treated for breast cancer?**

- The service adheres to the British Menopause Society / NICE guidelines
- Menopause care after breast cancer requires an individualised approach depending on symptoms / cancer type / grade / treatment / time since diagnosis / age and other medical conditions.

#### **1b. Is menopause care for breast cancer patients addressed within:**

- a) Breast cancer service guidelines**
- b) Oncology service guidelines**
- c) Menopause service guidelines**

Yes, as at 1a above - guidelines followed

- d) Not formally addressed**

19 March 2026

**2. Service provision**

**2a. Does your Trust provide specialist menopause support specifically for patients with a history of breast cancer?**

Yes, by GP or secondary care referral to our Specialist Menopause Clinic.

**2b. If yes, which of the following are available? (Please tick all that apply)**

- **Dedicated menopause clinic** ✓

As above, Specialist Menopause Clinic

- **Joint oncology–gynaecology clinic**
- **Breast cancer nurse–led service**
- **Referral to general menopause clinic-management of women with a history of breast cancer or higher risk of breast cancer is one of the main roles of our specialist complex menopause clinic in Belfast Trust**
- **External referral only**

**3. Staffing and expertise**

**3a. Are any of the following routinely involved in menopause management for breast cancer patients?**

- **Breast care nurses**

Yes

- **Oncologists**

Yes

- **Gynaecologists**

Yes one Consultant Gynaecologist. Patients are referred to Gynaecology, if indicated.

19 March 2026

- **GPs with special interest in menopause**

None

- **Menopause specialist nurses**

Yes, one Menopause Care Nurse

- **Sexual health specialist (including clinician / oncologist trained in sexual health and wellbeing)**

- **Other, please specify**

One Consultant and one Specialist Doctor in Sexual and Reproductive Health.

**3b. Does your Trust provide specific training or education on menopause management in breast cancer patients for clinical staff?**

- Yes - both Consultants are British Menopause Society Registered Trainers - one offers advanced College of Sexual and Reproductive Healthcare qualifications in Menopause Care to a wide multi-disciplinary group (Nurses, GPs, Pharmacists, Sexual and Reproductive Health staff, Oncology colleagues).
- We also provide Royal College of Obstetricians and Gynaecologists special interest module menopause training to Obstetrics and Gynaecology (O&G) trainees.
- As a result of this training being rolled out to the Northern Trust, they have also been able to develop their menopause service within Sexual and Reproductive Health to provide menopause care for women living in their area with menopause issues, post breast cancer.

**4. Patient information and support**

**Does your Trust provide written or digital patient information, other than publicly available information, specifically addressing menopause symptoms after breast cancer treatment?**

Gynaecology and Surgery Services

- No - excellent national resources are available.
- Signpost to reliable evidence-based websites etc.

19 March 2026

Cancer Service

Yes - see Attachments 1 to 4.

**5. Data collection and audit**

**5a. Does your Trust routinely collect or audit data on menopause symptoms or menopause-related quality of life in breast cancer patients? Yes/No?**

No

Information is gathered from patients during their holistic needs assessment. However, data is not collected/audited.

**5b. Has your Trust conducted any audit, service evaluation, or quality improvement project related to menopause care in breast cancer patients in the last 3 years?**

- Yes - ongoing Quality Improvement work to reduce waiting lists has resulted in reduced waiting times for all our patients, including those referred with menopausal issues post cancer.
- We have increased communication and Multi-Disciplinary Team (MDT) working with Breast Oncologists and Nurses and recently several of our Menopause and Breast Oncology Team attended a regional MDT meeting on menopause, post breast cancer, and are planning regional guidelines / information sharing.
- We also offer enhanced triage with prompt advice and guidance to GPs - many of these queries are around the use of vaginal oestrogen, post breast cancer, or non-hormonal options.