

Abstract

Title: Health Care Provider Guidelines to Bio-Identical Hormone Replacement Therapy for Perimenopausal and Menopausal Women

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Purposes: This project was developed because there is a shortage of health care providers that are knowledgeable in prescribing and management of bio-identical hormone replacement therapy (BHRT) for women. Currently in the Des Moines metropolitan area there are less than five health care providers who regularly prescribe BHRT. Perimenopausal and menopausal women are frequently waiting two to six months for an appointment to this provider's office to discuss their hormonal symptoms and develop a plan for management of their symptoms. A needs assessment was completed to determine if there was an actual need for completion of this project. The intent of this project is to provide guidelines for use of bio-identical hormones. There currently are no published guidelines available for providers to access regarding prescribing BHRT.

Data sources: Following completion of a thorough literature review, a needs assessment was completed. A six-question survey was sent to twenty-five nurse practitioners, physician assistants and physicians in the Des Moines metropolitan area via United States Postal Service. Information for the BHRT guidelines were developed through literature sources, assistance from compounding pharmacists and resources available at Professional Compounding Centers of America.

Conclusions: Completion of the needs assessment has demonstrated that there is a need for health care provider guidelines for management of bio-identical hormone replacement therapy for perimenopausal and menopausal women. 58% of respondents to the needs assessment also included their demographic information in order to receive more information related to these guidelines.

Implications for practice: The implications for practice regarding this project are by completion of the guidelines there will be more information available for health care providers to utilize that will increase their knowledge of bio-identical hormone replacement therapy. As a result, utilization of these guidelines will increase the number of health care providers who are knowledgeable in prescribing bio-identical hormone replacement therapy. Women with hormonal issues will have greater access to health care providers knowledgeable in managing BHRT.