



A Novel Patient Education Intervention to enhance Women's Knowledge and Shared Decision Making regarding Menopause

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Abstract: Menopause can be a time of changes, women need information regarding menopause and management of associated symptoms such as hot flashes, mood instability and vaginal dryness. Although there are ways to alleviate these symptoms, many women, due to their limited knowledge related to menopause, are not aware of these treatment options nor able to determine which options would be best for them. We developed at the Miami VA healthcare system, a project called the “My HealthVet to Enable And Negotiate for Shared decision making” or MEANS project, an unblinded non-randomized pilot project, to deliver an educational intervention program surrounding the management of menopause.

The project enrolled 269 female veterans of perimenopausal and menopausal age (45 to 60 years) at Miami VA Healthcare System. The six-month intervention provided educational resources

Biography- Stuti Dang is an experienced geriatrician and researcher, and the Associate Director for Implementation and Outcomes Research in the Geriatrics Research Education and Clinical Center (GRECC) at the Miami VA Healthcare System. She has been a PI or co-investigator on multiple projects funded by the VA, NIH, and DOD for implementing care models that leverage technology for patients with complex chronic conditions and their caregivers.



6. Publication of speakers:

1. Dang S, Thavalathil B, Ruiz DI, Gomez-Orozco C, Gomez-Marin O, Levis S. A Patient Portal Intervention for Menopause Knowledge and Shared Decision Making.
2. Dang S, Olsan, T, Karuza, J, Cai, X, Gao, S, Intrator, O, Li, J, Gillespie, SM. (2019), Telehealth in Home-Based Primary Care: Factors and Challenges Associated With Integration Into Veteran Care. J Am Geriatr Soc.
3. Kuo A, Thavalathil B, Elwyn G, Nemeth Z, Dang S. (2018) The Promise of Electronic Health Records to Promote Shared Decision Making: A Narrative
4. Dang S, Ruiz D, Klepac L, Levy C, Becker P, Morse S, Kinosian B, Edes T. (2018).
5. Dang S, Siddharthan K, Ruiz DI, Gómez-Orozco CA, Rodriguez R, Gómez-Marín O. (2018) Evaluating an Electronic Health

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