



# SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Elective Module -Menopausal Health

Course Code: 1060323336

Semester: 6<sup>th</sup>

## Prerequisite:

A basic understanding of human anatomy and physiology, as well as knowledge of the endocrine system and hormonal changes that occur during menopause. Additionally, familiarity with common symptoms and health concerns associated with menopause, as well as potential treatment options, would also be important.

## Course Objective:

1. To develop in-depth knowledge and understanding in menopausal health.
2. To help the students to develop competency in providing quality care to the menopausal women and her families
3. To help students to better understand the changes and challenges that women experience during the menopausal transition, and to identify effective strategies for managing symptoms

## Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

## Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	<b>Introduction</b> Definition - menopausal health Concept and types of menopause	1	5
2	<b>Role of hormones in menopause</b> Effect of hormones such as estrogen, androgen Progesterone and gonadotrophin	2	10
3.	<b>Organ changes during menopause</b> Changes in the organs Ovaries fallopian tubes, uterus, vagina, breast, bladder and urethra Loss of muscle tone	2	10

4	<b>Assessment of menopausal women</b> History and physical examination Diagnostic tests Documentation	6	30
5.	<b>Management of menopause</b> Identification of menopause Management of the symptoms Education and counseling of women and families Hormone replacement therapy	9	45

### Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Explain the concept and types of menopause	1
CO-2	Describe hormones and organ changes during menopause	2,3
CO-3	Discuss to assess women to identify menopausal signs and symptoms and its management of menopause	4,5

### Teaching & Learning Methodology: -

1. Lecture cum discussion
2. Case presentation
3. Lecture

### Books Recommended:

1. Hiralal Konar; DC Dutta's Textbook of Gynecology; Jaypee Publishers
2. Sandeep Kaur; Textbook of Midwifery and Obstetrical Nursing; CBS Publishers
3. Banasree Bhadra; Gynaecology for Nurses; Jaypee Brothers Medical Publishers

### List of Open-Source Software/learning website

1. <https://books.google.com/books?id=40yVAwAAQBAJ&printsec=copyright>
2. [https://books.google.com/books/about/Textbook\\_of\\_Midwifery\\_and\\_Obstetrical\\_Nu.html?id=Ks85zgEACAAJ](https://books.google.com/books/about/Textbook_of_Midwifery_and_Obstetrical_Nu.html?id=Ks85zgEACAAJ)

### CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	3	3	3	1	1	2	3	3	3	2	3	3
CO-2	3	3	3	1	1	2	2	3	3	3	3	2
CO-3	3	3	3	1	1	3	3	2	2	3	3	2