

# NHS Education for Scotland submission of 21 March 2024

## PE2012/F: Remove need for follicle-stimulating hormone (FSH) blood tests before prescribing Hormone Replacement Therapy (HRT)

Having been commissioned to develop an online learning package around Menopause and Menstrual Health NES are progressing development of the materials. The learning package will comprise four modules:

1. menstrual health
2. peri-menopause
3. menopause
4. post-menopause

There has been a slight delay to delivery, but the modules will be released sequentially with module one expected to be published early in the new financial year. The perimenopause content has been designed by NES primary care educators and includes current national guidance on FSH testing and interpretation in women between 40 and 45 years. The resource will be available to general practice/primary care practitioners on the NHS Education for Scotland Turas Learn platform and will be widely publicised to the target audience via our communications strategy. It will be free to access for practitioners working in Scotland and incorporates cases describing the lived experience of women facing barriers to accessing HRT preparations. The resources have been sent for review by national experts in women's health to check for accuracy of content and ensure that clinical guidance reflects best practice. All NHS Education for Scotland resources undergo a regular review period to ensure any changes to guidance and current best practice are reflected.