

# Improving menstrual and menopause health in women with learning disabilities: A Quality Improvement Project

Dr Alara Acunas Okay, CT3  
 Dr Bernice Knight, Consultant Psychiatrist  
 Suleiga Hussein, Clinical Psychologist  
 Emma Downey, Speech and Language Therapist



## 1 Background

- Women with learning disabilities experience health inequalities, including reduced access to menstrual, menopause and reproductive healthcare.
- Communication difficulties, diagnostic overshadowing and lack of accessible resources can contribute to unmet physical and mental health needs.
- Following earlier staff survey work, this project focused on improving practical engagement with menstrual and menopause health support in a community learning disability service.

## 2 Aims

- Increase the provision and use of accessible period and menopause packs.
- Raise staff awareness and confidence.
- Embed a sustainable, person-centered approach to menstrual and menopause health support within ILDP.

## 3 Setting and Methods

- Quality improvement project in ILDP
- Weekly measurement began on 01/10/2025.
- Outcome measure: number of period /menopause packs used or distributed per week
- Data collected through a weekly staff poll asking whether staff sent or used a pack with a patient or carer.
- Packs were iteratively co-produced and refined through multidisciplinary QI meetings and feedback
- Missing weeks were left blank rather than converted to zero.

## 4 PDSA Cycle



## 5 Intervention Highlights

**How to use the menopause pack**

**Today is:** Click or tap to enter a date.

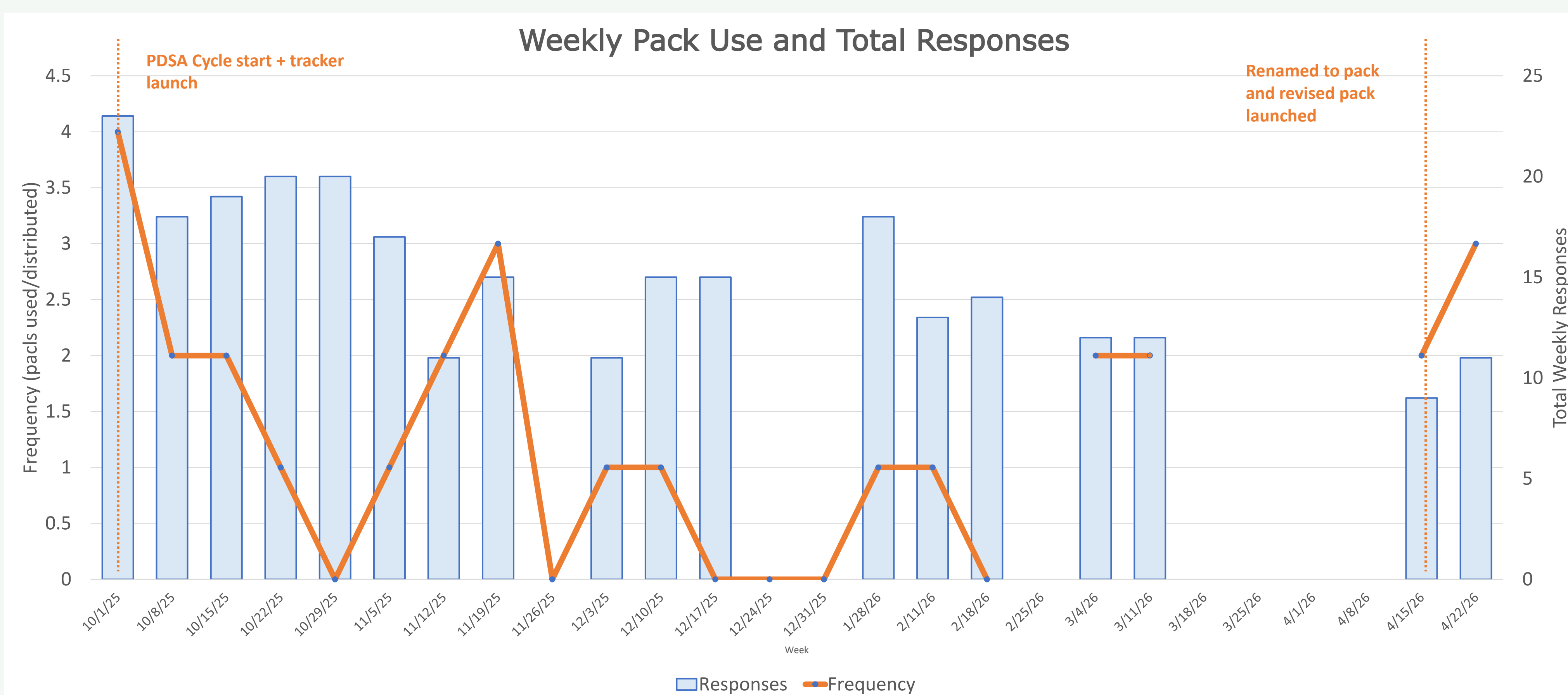
**Menopause symptoms you might have**  
 Tick or circle things that happens to you

**Printable version for easy access**

**Electronic version for digital use**

**Co-produced with service users and staff**

## 6 Results



## 7 Conclusion

- Weekly reported use ranged from 0 to 4 packs per week.
- The overall median use was 1 pack per week.
- Positive use was reported in 15 of 21 weeks out of available data.
- Co-produced, easy read packs can support conversations and symptom monitoring around menstruation and menopause in women with LD.
- *Additional PDSA cycles will be planned and presentations will be done at whole service meetings to increase staff confidence and uptake in distributing the packs.*

**DECLARATION OF INTERESTS**  
 The authors declare no competing interests.

**FUNDING**  
 No specific funding was received for this project.

**ETHICS / AUDIT APPROVAL**  
 This project was undertaken as a quality improvement initiative.

**ACKNOWLEDGEMENTS**  
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**Discussion:**  
 Some weeks had missing data because staff involved in the QI project were on annual leave, study leave, or otherwise unavailable. These weeks were left blank on the graph rather than entered as zero. In future, more planning will be undertaken to improve continuity of data collection and reduce missed weeks.

### REFERENCES:

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