

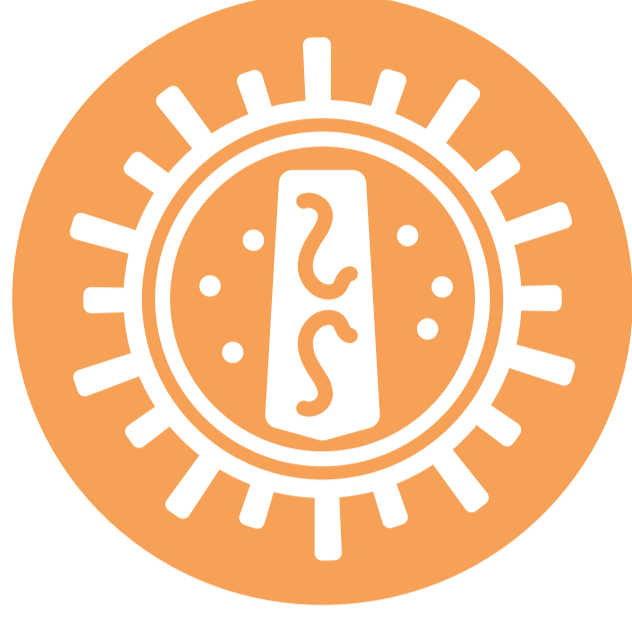
Managing Menopause in Women Living With HIV: Impact of Online Medical Education on Physician Knowledge and Confidence

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BACKGROUND

Women with HIV are now reaching older age and experiencing menopause. Severe menopausal symptoms in these women are linked to greater psychological distress, lower quality of life, reduced adherence to antiretroviral therapy, and decreased clinic attendance. We investigated if online medical education could enhance HIV and infectious disease (ID) physicians' knowledge and confidence in managing menopause in women with HIV.



METHODS

As part of a larger curriculum, we developed an online CME activity titled: "Managing Menopause in Women Living with HIV." The goal of this activity is for learners to be better able to apply best evidence approaches to the management of women living with HIV during menopause. The activity was a 30-minute roundtable discussion between 3 leading experts, accompanied with slides.

The activity is currently available on Medscape from 2/7/2024 until 2/7/2025, and the data were collected from 2/7/2024 through 5/20/2024.



How to Read the Linked Learner Assessment

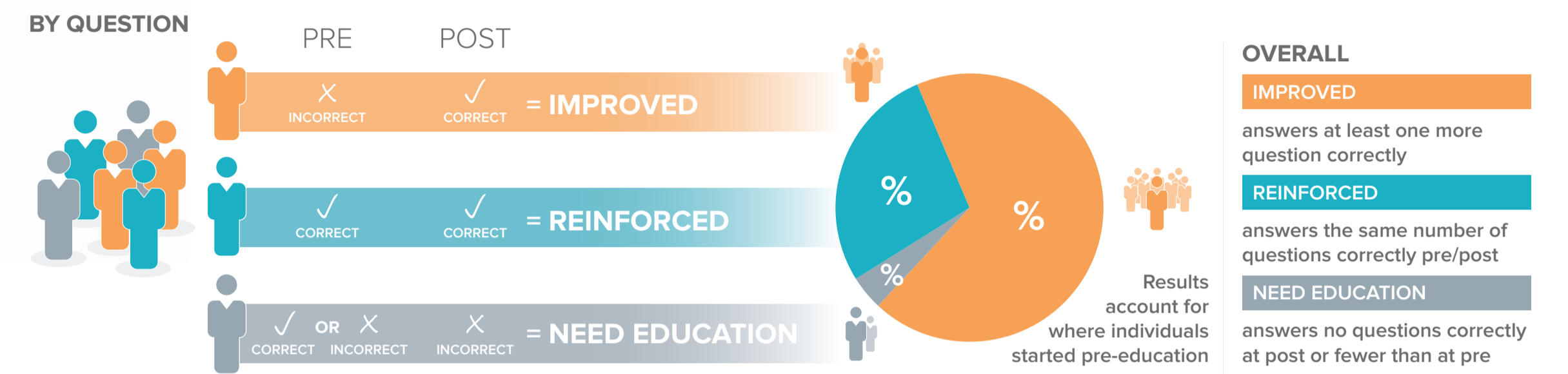
OUTCOMES COMPLETERS

Each individual completed BOTH the pre- and post-education questions – SAME individuals pre- and post-education



LINKED LEARNER

Each individual tracked pre- and post-education – Learners serve as their own controls



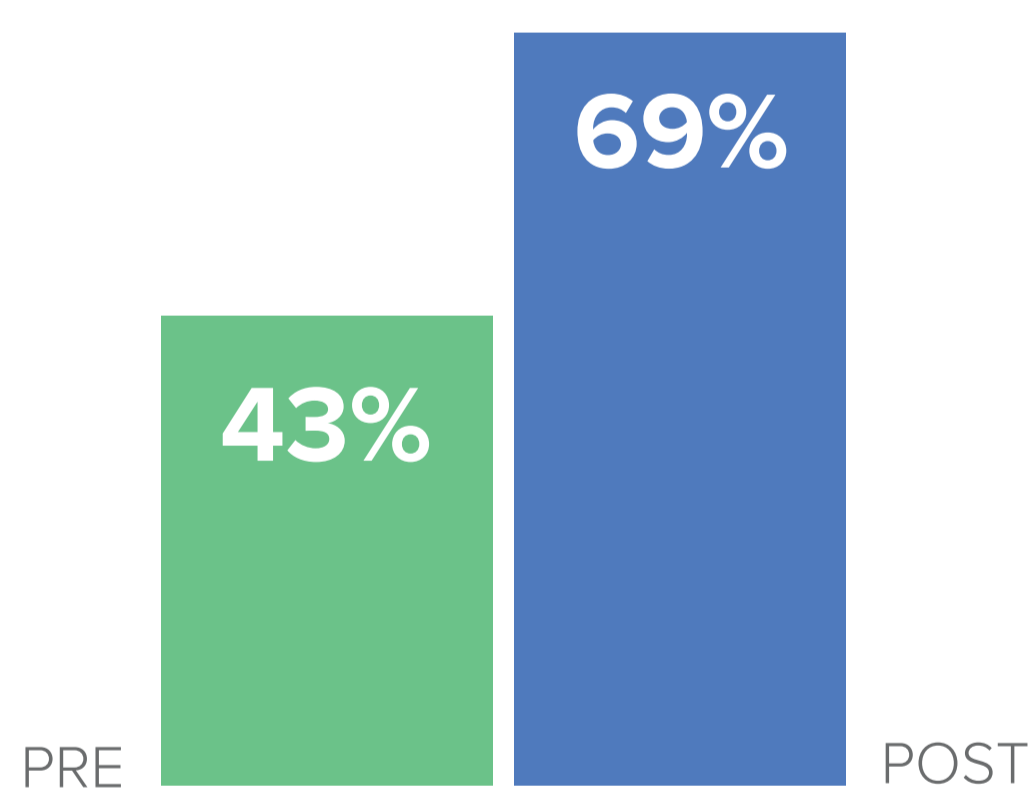
RESULTS

A total of 978 ID/HIV specialists participated in the activity, of whom 31 completed the pre- and post activity questions. Overall 69% of ID/HIV specialists, improved their knowledge managing menopause in women living with HIV indicating a considerable effect of the education. The average percentage of correct responses rose from 6% to 45% for ID/HIV specialists pre-activity to post-activity. 71% of ID/HIV specialists had a measurable improvement in confidence in their ability to support patients coping with menopause optimally.

OVERALL

ID/HIV specialists (n = 978)

AGGREGATED RESULTS



COHEN'S D

1.02

EFFECT SIZE	EDUCATIONAL IMPACT
< .20	MODEST
.20 - .49	SMALL
.5 - .79	MODERATE
≥ 0.80	LARGE

CHI-SQUARE TEST

P < .001

SIGNIFICANCE (P < .05)

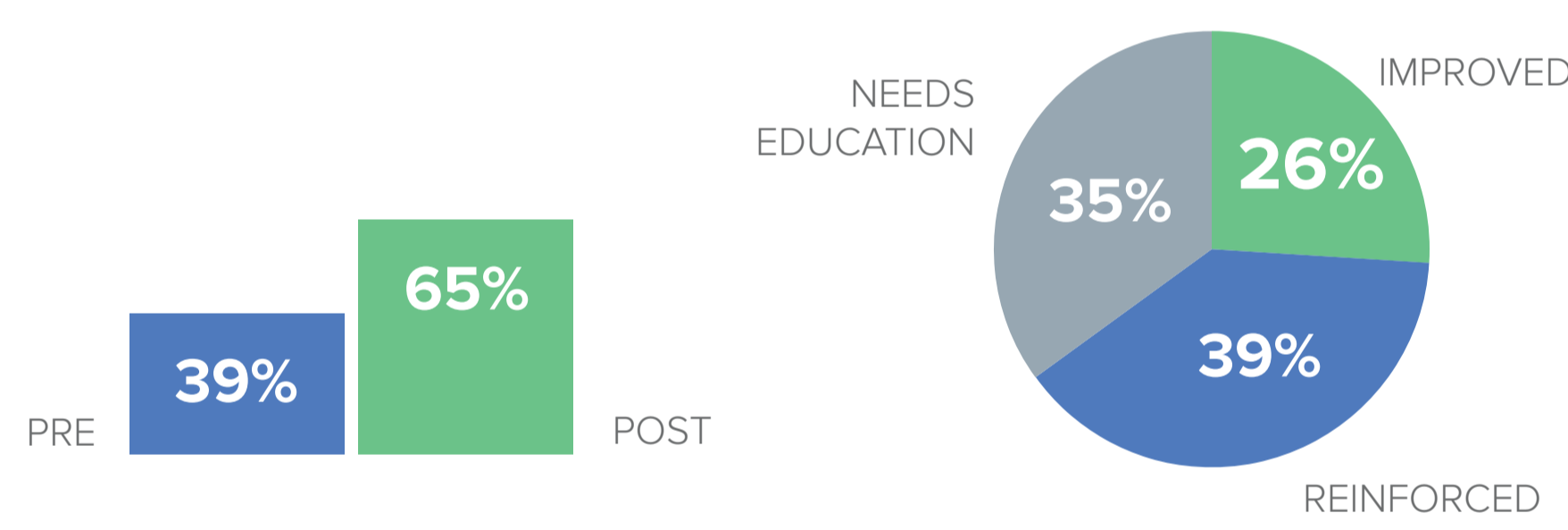
LEARNING OBJECTIVE 1

Increased knowledge regarding the impact of menopause on women living with HIV

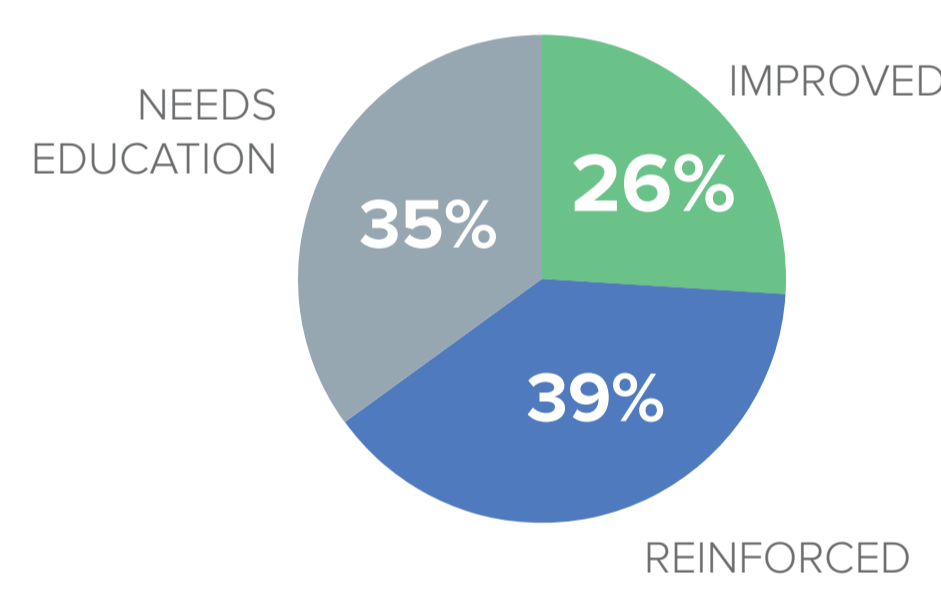
Question 1: According to expert opinion, which of the following are menopausal symptoms in women living with HIV? (Correct Answer: Urinary tract infections, depression, muscle ache)

ID/HIV specialists (n = 31)

AGGREGATED RESULTS



LINKED LEARNING RESULTS



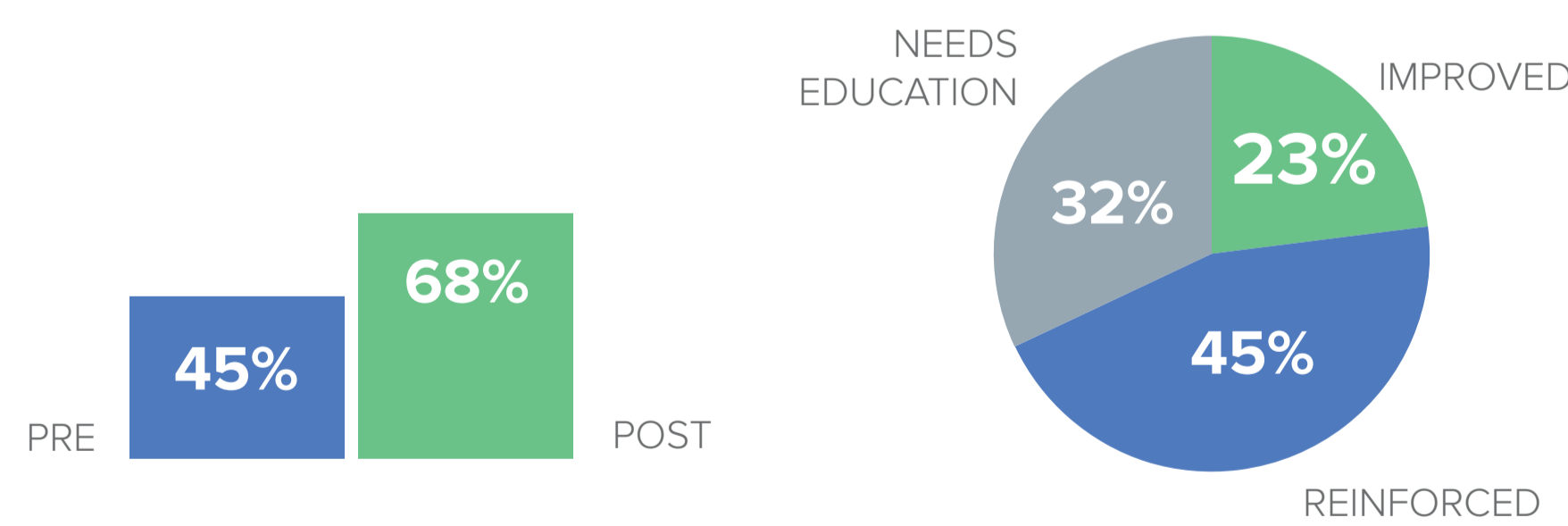
P < .01

The activity resulted in 65% of the learners with improved or reinforced knowledge regarding the impact of menopause on women living with HIV.

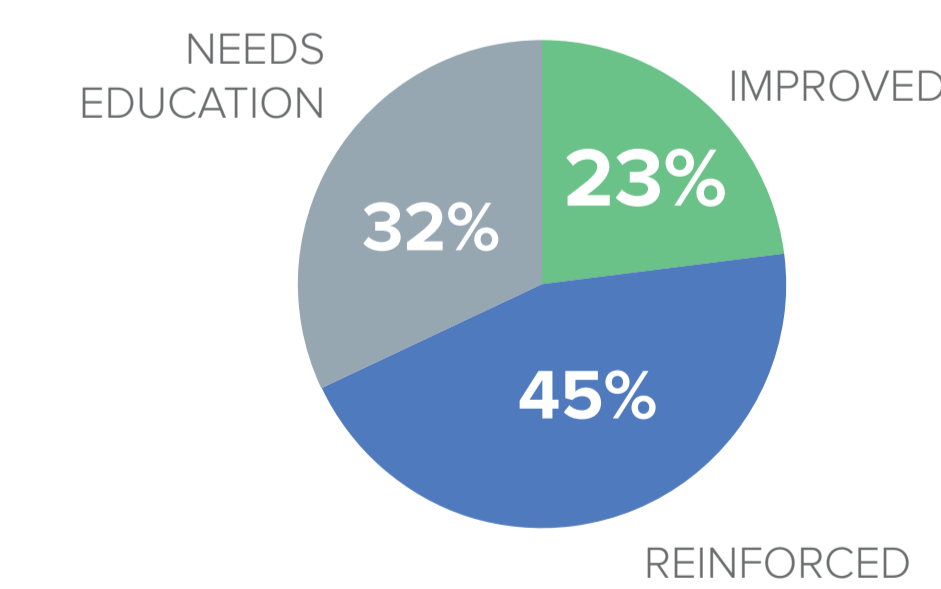
Question 2: Based on data from the PRIME study, in which stage of menopause do about a third of women living with HIV experience severe symptoms? (Correct answer: Perimenopause)

ID/HIV specialists (n = 31)

AGGREGATED RESULTS



LINKED LEARNING RESULTS



P < .01

The activity resulted in 68% of the learners with improved or reinforced knowledge regarding the impact of menopause on women living with HIV.

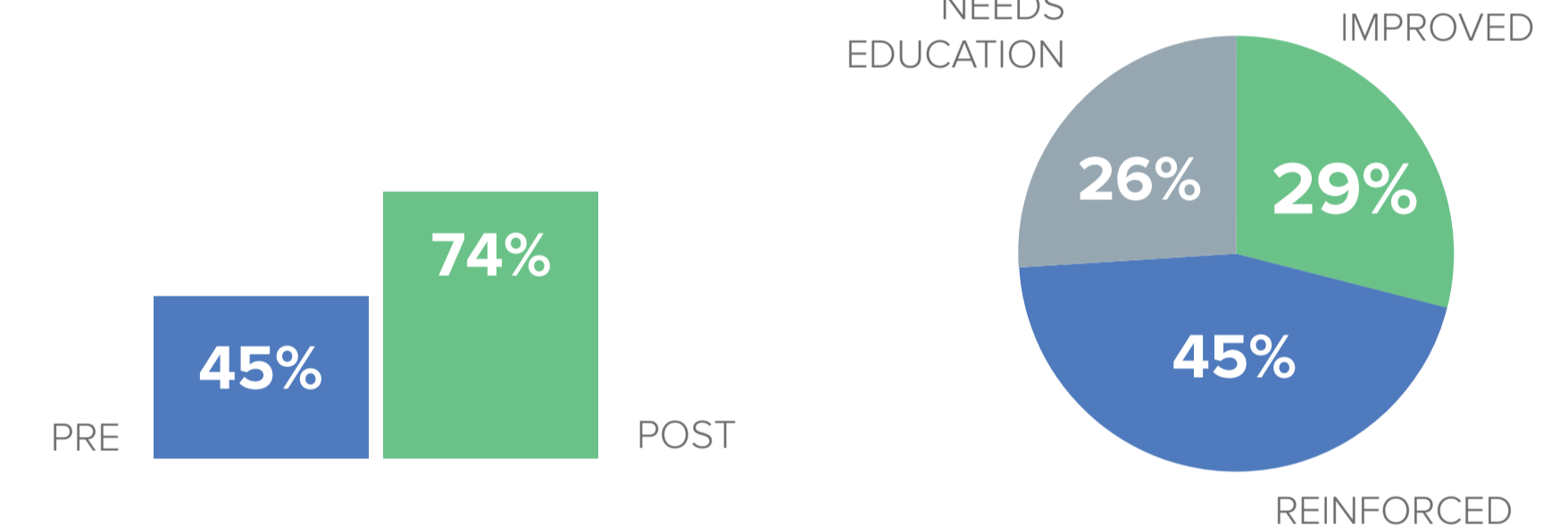
LEARNING OBJECTIVE 2

Increased knowledge regarding the data on menopause in women living with HIV

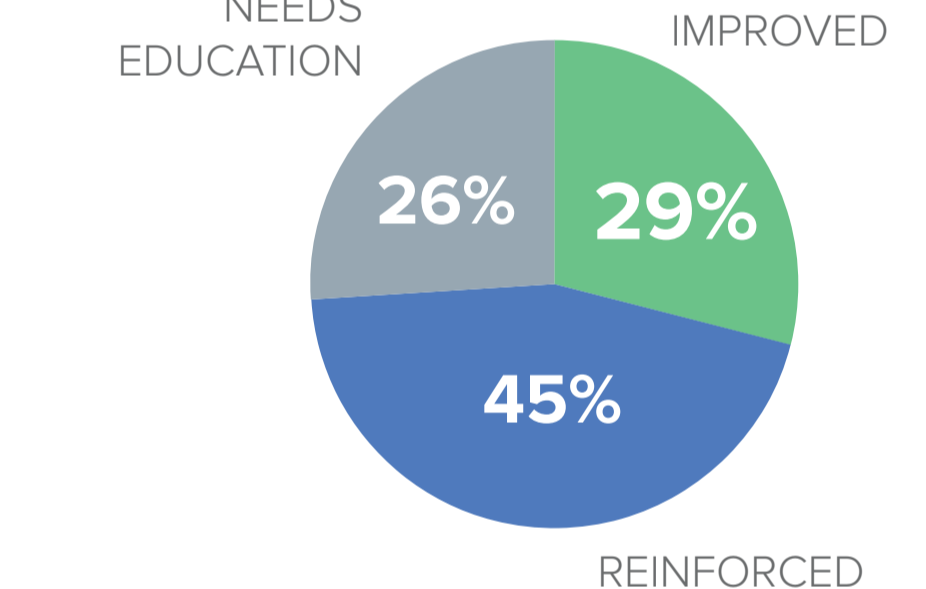
Question 3: Based on data from the PRIME study, approximately what proportion of women living with HIV with somatic symptoms reported currently using hormone replacement therapy (HRT)? (Correct Answer: 8%)

ID/HIV specialists (n = 31)

AGGREGATED RESULTS



LINKED LEARNING RESULTS



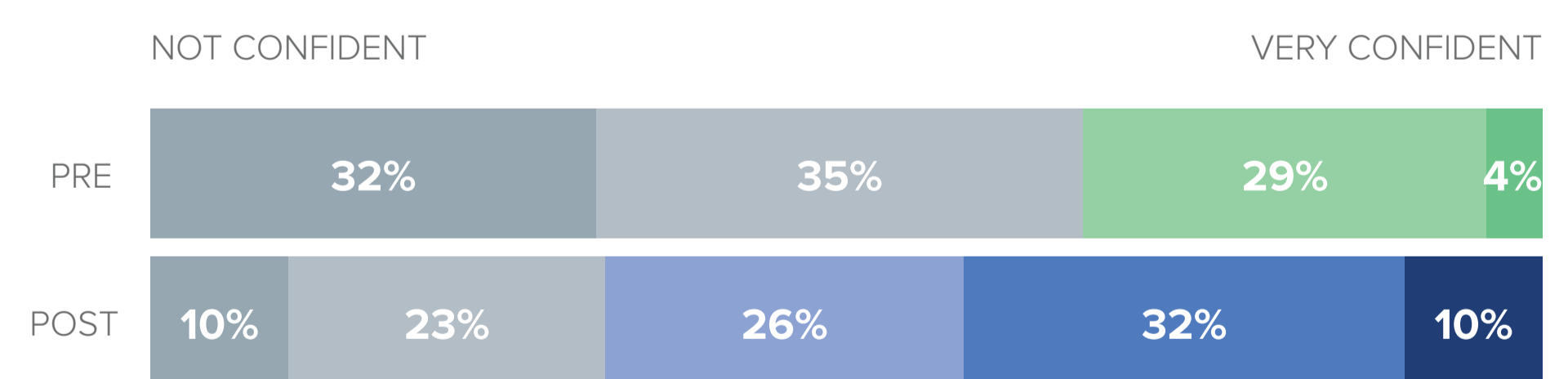
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SELF-EFFICACY RESULTS

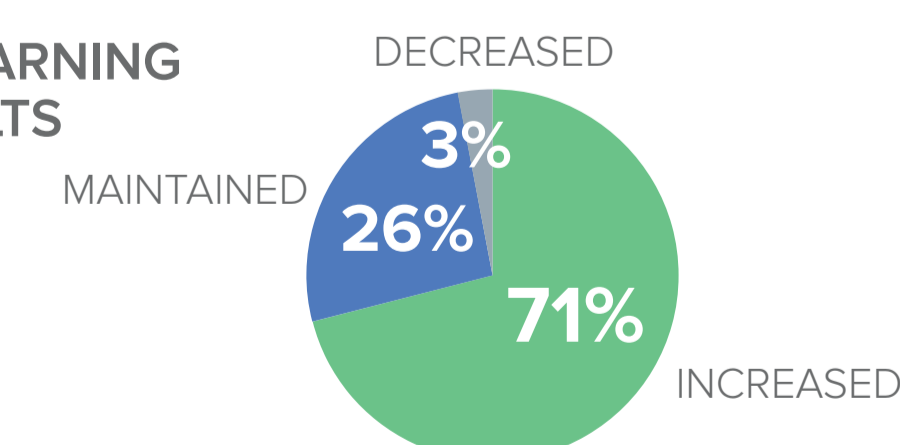
For the 31 HIV specialists who participated in the activity "Managing Menopause in Women Living With HIV: Impact of Online Medical Education on Physician Knowledge and Confidence," there was a 76% confidence shift concerning their ability to support patients coping with menopause optimally.

Question 4: How confident are you right now in your ability to support patients coping with menopause optimally? (Select ranking from 1 [Not confident] to 5 [Very confident])

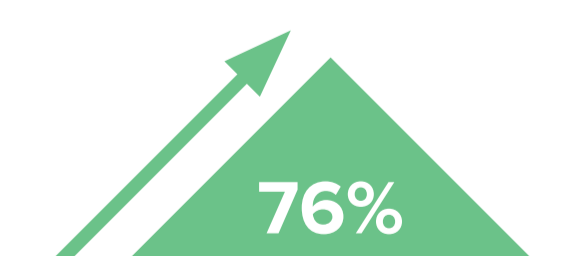
ID/HIV specialists (n = 31)



LINKED LEARNING RESULTS



TOTAL AVERAGE CONFIDENCE SHIFT FOR THOSE WHO INCREASED CONFIDENCE



CONCLUSIONS

This online CME activity significantly improved ID/HIV specialists' knowledge regarding the management of menopause in women living with HIV. There were significant confidence gains in physician ability to optimally support their patients with menopause. However, there is room for further improvement, up to 55% of physicians provided incorrect answers post-education. By further addressing these educational gaps, physicians will be better equipped to care for patients living with HIV.

ACKNOWLEDGEMENTS

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