Bree Collaborative | Perimenopause and Menopause
January 14th, 2025| 3-4:30PM
Hybrid

MEMBERS PRESENT VIRTUALLY

Nicole Saint Clair, MD, FACOG (chair), Regence
Karin Inderbitzin, RN, BSN, WA HCA
Josephine Young, MD, MPH, MBA, FAAP, Premera
Laura Marie MacPherson, MSN, Molina
Drew Oliveira, MD, MHA, Washington Health Alliance
Annelise Gaaserud, MD, Kaiser Permanente
Arooj Simmonds, MD, Providence
Carolyn Halley, MD, Healthpoint

STAFF AND MEMBERS OF THE PUBLIC

Beth Bojkov, MPH, RN, Bree Collaborative
Emily Nudelman, DNP, RN, Bree Collaborative
Karie Nicholas, MA, GDip, Bree Collaborative
Ginny Weir, MPH, CEO, Foundation for Health Care Quality

DISCUSS: BREE BACKGROUND AND WORKGROUP PROCESS

Beth introduced the Bree and the workgroup process. The Bree Collaborative is a program of the Foundation for Health Care Quality. The Bree was established by the state legislature in 2011 in response to health care services with high variation and utilization that do not produce better outcomes. Each year, Bree members (drawn from public and private healthcare stakeholders) choose three to four topics to develop recommendations. Perimenopause and Menopause is one of three topics for 2026.

The workgroup will meet monthly throughout 2026 to define the purpose and scope, identify focus areas, review existing guidelines and published evidence, and draft evidence-informed report and guidelines. The report will include recommendations for specific health care stakeholders and will be sent to the WA Health Care Authority. The workgroup must follow Open Public Meetings Act regulations. This includes workgroup member training and conflict of interest disclosure.
Following the presentation, Beth opened the floor for comments, but there were no questions.

PRESENT& DISCUSS: WORKGROUP MEMBERS AND SCOPE

Beth invited the rest of the workgroup members to provide brief introductions and then opened the brainstorming conversation with a discussion on additional stakeholders to consider inviting to participate or speak:

- Some additional stakeholders to consider for participation or inviting to speak, including:
    - Nutritionists
    - Behavioral health providers
    - Health coaches
    - Naturopathic medicine
    - Employer representatives and vendors
    - Specialist in gender-affirming care?

PRESENT& DISCUSS: TOPIC OVERVIEW

Beth transitioned the meeting to provide an overview of the topic and potential scope.

- **Topic Overview**: Beth presented the topic of perimenopause and menopause as it was presented to the Bree Collaborative.

Beth transitioned the group into discussing the gaps in clinical practice and the healthcare system the group wishes to see from this work:

- Menopause is a normal life transition, and many primary care providers lack experience or expertise in managing it; need to normalize menopause in primary care
- Lingering effects of Women's Health Initiative study leading to varying provider attitudes towards hormone therapy
    - Many still avoid HRT except in severe cases
- Additional training needs for primary care providers needed
- Need a holistic approach to menopause transition
    - Integrating nutrition and metabolic health, behavioral health, complementary and alternative medicines, etc.
    - Need to empower patients with evidence-based information and tools for self-management

PRESENT & DISCUSS: CHARTER & ROSTER

Beth then transitioned to reviewing the charter and roster. The following changes were made to the charter's purpose (changes/additions are in red)

Aim: To standardize high quality care and best practices for perimenopause and menopause care in Washington state in order to prevent disease, promote wellbeing, reduce cost, and increase productivity

Purpose:

- Defining topic area and scope
- Define the symptoms of perimenopause and menopause from the patient perspective and how clinical decision-making can support patients
- Whole-person evidence-informed care and wellbeing for people experiencing perimenopause and menopause integrated into primary care
- Evidence-based screening and shared decision making around treatment for perimenopause and menopause-related symptoms
- Enhancing individual health literacy around perimenopause and menopause
- Screening and prevention for whole person mid-life health through the menopause transition, such as for cardiovascular disease, metabolic health, osteoporsosis, mental health concerns, urogenital and sexual health concerns, and others
- Identifying and/or recommending methods of measuring quality of perimenopause and menopause care
- Identifying and promoting menopause-friendly employer practices
- Considerations for caring for people from the LGBTQ+ and/or utilizing gender affirming care, for folks who arrive at menopause surgically or early for other reasons, and other special populations

PUBLIC COMMENT AND GOOD OF THE ORDER

Beth invited final comments or public comments, then thanked all for attending. At the next workgroup meeting, the team will review comments made from the Bree member meeting on January 28th and

continue the brainstorming discussion around potential focus areas for the report. The workgroup's next meeting will be on Wednesday, February 11th from 2:30-4PM.