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Implementing Group Workshops to Support Women Living with Treatment-Induced Menopause during Cancer Care

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Background:

Treatment-induced menopause is a common side effect of cancer therapy, often occurring abruptly and at a younger age than natural menopause. Symptoms such as fatigue, vasomotor changes, sexual dysfunction, and bone health concerns significantly impact quality of life, yet tailored support in oncology pathways is often lacking.

Innovation/Implementation:

The Fountain Centre Charity developed and piloted “Living Well with Treatment-Induced Menopause” workshops in 2025. These group sessions, delivered by oncology physiotherapists alongside multidisciplinary colleagues, combine education and practical strategies addressing exercise, nutrition, pelvic health, intimacy, and emotional wellbeing. Workshops are interactive, promoting peer support and empowering participants with self-management tools.

Outcomes:

Early delivery engaged over 40 women within the first 6 months. Feedback demonstrated strong demand, with participants valuing the safe, supportive space to discuss sensitive issues often overlooked in routine cancer care. Self-reported benefits included greater confidence in managing symptoms, reduced isolation, and improved knowledge of exercise strategies for bone and cardiovascular health.

Conclusion:

This innovative workshop model highlights the importance of targeted survivorship support for women experiencing treatment-induced menopause. Embedding physiotherapy-led education within the oncology pathway offers a scalable, cost-effective approach with potential for significant impact on quality of life.

Keywords

treatment-induced menopause, survivorship, oncology physiotherapy, supportive care

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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