

Rita Forde

BIOG

Rita Forde is a Research Fellow at the Faculty of Nursing, Midwifery and Palliative Care at King's College London, and has an honorary clinical role with the diabetes team at Guy's and St. Thomas' Hospital, London. She was awarded a Doctoral Fellowship from the Foundation of European Nurses in Diabetes (FEND) and completed a PhD at King's College London. Prior to this, Rita was an Advanced Nurse Practitioner with the diabetes team at the Mater Misericordiae University Hospital, Dublin, Ireland. Rita's current research focuses on women's health and diabetes.

ABSTRACT

Expectations of change –Type 1 diabetes and menopause

Menopause management is a neglected area of diabetes care. While menopause is a significant part of a woman's reproductive life, guidance and support are lacking in relation to the care of women living with diabetes during this stage of life. Menopause signals a major change in hormonal regulation with multiple physiological effects which can be challenging and have potentially negative impacts on both physical health and quality-of-life. Not all women experience perimenopause and menopause in the same way, nevertheless there are some common effects in relation to diabetes and metabolic function. For women with Type 1 diabetes menopause presents additional challenges with disruption to their insulin sensitivity and glucose regulation, combined with the unpredictability of the symptoms of perimenopause and menopause. With limited evidence about the experiences of women living with Type 1 diabetes as they transition through menopause, a Patient Public Involvement (PPI) exercise was undertaken including, an online survey via social media. The findings of this survey illustrate the burden women living with Type 1 diabetes endure due to the lack of general and diabetes specific awareness and understanding of menopause.