Menopause care for women who migrated from low and middle-income countries: what works?

We are interested to learn about your experiences of caring for women in midlife who have migrated from low and middle-income countries (referred to as immigrant women for brevity). This is a brief survey which includes questions about how immigrant women understand and manage menopause, your current practice and needs in regards to providing menopause-related care to immigrant women.

This survey is part of my PhD describing health literacy and health care needs in midlife among immigrant women. I have worked as a Women’s Health Nurse for over 20 years. In my work I experienced gaps relating to access of menopause-related health resources and care which motivated me to explore these gaps and how they could be addressed.

This anonymous online survey takes less than 10 minutes to complete. At the end of the study a summary of the findings will be available to those who complete the survey. In recognition of your time you can enter a draw for one of three $100 Coles-Myer gift cards once you have completed the survey.

Insert link to Explanatory Statement here

Section 1: Cross-cultural research suggests that the experience of menopause and midlife is shaped by culture. In this section we are asking you about your understanding how immigrant women manage menopause and about the barriers and enablers in providing menopause-related care.

1. In your experience to what extent do peri-menopausal and postmenopausal immigrant women ...

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Very Little</th>
<th>Quite a Bit</th>
<th>A Great Deal</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>... understand why menopause occurs</td>
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<tr>
<td>... recognise menopause-related symptoms</td>
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<td>... worry about menopause</td>
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<td>... ask their health care provider questions about menopause</td>
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<tr>
<td>... are bothered by menopause-related symptoms incl. vasomotor symptoms</td>
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<tr>
<td>... use traditional remedies from their country of origin to manage their menopause</td>
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</tbody>
</table>
... are interested in ‘Western’ medical menopause management options

... talk to their friends about menopause

2. Do you believe that menopausal immigrant women ...

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Very Little</th>
<th>Quite a Bit</th>
<th>A Great Deal</th>
<th>Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>... are interested in menopause-related information</td>
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<td>... are able to access menopause-related information</td>
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<tr>
<td>... understand menopause-related information</td>
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<tr>
<td>... are able to identify whether menopause-related information is trustworthy in terms of content</td>
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<tr>
<td>... are able to identify whether menopause-related information is trustworthy in terms of its source</td>
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<tr>
<td>... are happy to follow ‘Western’ guidelines on menopause management</td>
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<tr>
<td>... prefer to use traditional remedies from their country of origin</td>
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</tbody>
</table>

3. In your practice, how often do immigrant women see you for menopause-related care?
   a. Never
   b. Sometimes
   c. Often

4. Under what circumstances do you provide menopause-related health information?
   a. I discuss menopause-related health only when the women ask for information and advice
   b. I bring up the subject if the woman mentions any menopause-related problems
   c. I routinely provide menopause-related health information to women in midlife
5. In your view, what are the barriers for discussing peri-menopausal and postmenopausal health with immigrant women?

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine appointment length is insufficient</td>
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<tr>
<td>I am not confident working with interpreters</td>
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<tr>
<td>Lack of confidence working with women from diverse cultural backgrounds</td>
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<tr>
<td>Lack of culturally and linguistically appropriate menopause-related health resources</td>
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<tr>
<td>It is too time consuming</td>
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</table>

5a. Have you identified any additional barriers for discussing menopause-related health with immigrant women? If so, please specify

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

6. To provide comprehensive menopause health consultations there needs to be ...

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<tr>
<th></th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>.... a Medicare item number reflecting the time involved</td>
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<tr>
<td>... a practice nurse with qualifications in women’s health</td>
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<tr>
<td>... women’s health services to refer immigrant women to</td>
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<td>...a one-stop website which provides health information fact sheets including links to health information websites</td>
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</tbody>
</table>
6a. Have you any other suggestions for how comprehensive menopause-related health consultations to immigrant women can be facilitated? If so, please describe

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Section 2: Questions about you:

7. What is your gender?
   Female
   Male
   Other ____________

8. What is your age?
   Less than 35 years
   35-44 years
   45-54 years
   55-64 years
   65 years and older

9. Do you speak a language other than English?
   a. Yes, please specify ______________________
   b. No

10. What is your profession?
    General Practitioner
    Nurse Practitioner
    Community Health Nurse
    Practice Nurse
    Refugee Health Nurse
    Sexual and Reproductive Health Nurse
    Other

11. In which country did you obtain your original qualification?
    a. Australia
    b. Other, please specify

12. What year were you first registered in Australia?

13. How many years have you been practicing in Australia?
    a. Less than 5 years
b. 5-10 years
c. 11-20 years
d. More than 20 years

14. In which state or territory do you work?
   a. ACT
   b. New South Wales
   c. Northern Territory
   d. Queensland
   e. South Australia
   f. Tasmania
   g. Victoria
   h. Western Australia

15. Geographical location of your work setting
   a. Metropolitan
   b. Rural
   c. Remote
   d. Interface council (Local government area that has both rural and urban suburbs)

16. Type of organisation of your main employment
   a. General Practice
   b. Community Health
   c. Hospital
   d. Regional Health Service
   e. Remote Health Service

17. On average how many hours do you work per week?
   a. Casual (less than 4 hours)
   b. Part-time (less than 32 hours)
   c. Full-time (32 hours and more)