

SNAPPS WRITTEN ASSIGNMENT TEMPLATE

What is the self-directed learning issue that was identified in your oral presentation?

Non-hormonal approaches to managing low libido and mood disturbances in menopausal women

Research the self-directed learning issue and provide a summary of your findings which is fully supported by appropriate, scholarly, EBM references.

Menopause is a life shift that often carries with it a host of symptoms that affect a woman's physical, mental, and sexual well-being. Decreased libido is one of the most common complaints among menopausal and postmenopausal women, and it frequently coexists with mood disorders, including anxiety and sadness (Alblooshi et al., 2023). The neurological circuits controlling sexual desire and pleasure are impacted by the substantial hormonal shift, particularly the decrease in estrogen and androgens.

At the same time, sexual well-being and mental health are closely linked to psychological elements like stress, interpersonal dynamics, and shifting body image. Using approved assessments, such as the PHQ-9 for depression and specific sexual health questionnaires, providers should check for mood symptoms and sexual dysfunction. Gonadotropins, estradiol, and occasionally testosterone can be measured in a lab to determine menopausal state and rule out other causes.

Over the past five years, much progress has been made in non-hormonal methods of treating menopausal women's mood swings and reduced libido. Because of their capacity to alleviate vasomotor symptoms and related mood disorders in menopausal women, selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs), such as paroxetine and venlafaxine, are recommended by recent guidelines. Herbal