

Bridging the Gap: Evaluating Knowledge and Practices in Menopause Management Among Gynecologists in Qatar

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Introduction

Menopause is a key stage in women’s health requiring informed clinical support. Hormone replacement therapy (HRT) is effective for symptom management, but its use varies due to evolving evidence and guideline awareness. Gynecologists in Qatar play a vital role in menopause care, yet differences in training and access to updates may lead to inconsistent practices. This study assesses knowledge, attitudes, and decision-making in menopause management to identify gaps and support the development of targeted education and national guidelines.

Objective: To evaluate approaches to menopause management, decision-making processes, and attitudes of healthcare professionals in Qatar regarding hormone replacement therapy (HRT), and to identify knowledge gaps to enhance women's healthcare.

Design

A cross-sectional survey assessing the knowledge and practices of gynecologists in managing menopause.

Method

222 licensed gynecologists practicing in Qatar participated in the study. Participants were stratified by demographics, professional roles, practice settings, and experience levels. A structured questionnaire collected data on knowledge, decision-making processes, and guideline awareness.

Results

The survey revealed significant variability in HRT-related knowledge and decision-making practices. Gynecologists with more experience and those who had recently attended continuing medical education (CME) events demonstrated higher knowledge scores. A notable proportion of participants reported limited awareness of recent guidelines.

Conclusions

The findings emphasize the need for targeted professional educational interventions and the development of standardized national guidelines for menopause care in Qatar. Future efforts should focus on enhancing CME participation and ensuring equitable access to resources across all healthcare settings.

