

Assessing Resident Knowledge Regarding Menopause, Treatment, and Patient Care
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Introduction. Current literature demonstrates significant deficiencies in menopause education among Department of Obstetrics and Gynecology (OB-GYN) residents, with limited formal curricula reported across residency programs. Reported gaps in resident knowledge and comfort with menopause management pose a concern for the growing aging population in the United States. The aim of this project was to assess resident knowledge of menopause, treatment options, and patient care.

Methods. This cross-sectional, survey-based study involved OB-GYN residents affiliated with The University of Kansas School of Medicine-Wichita, Wichita, Kansas. The survey included questions assessing knowledge and comfort related to menopause topics. The primary outcome was resident knowledge regarding menopause. This study was conducted at a community-based OB-GYN residency program and was designed to be reproducible across residency programs.

Results. Of 20 residents, 14 responses were received and analyzed (70% response rate). Most respondents reported fewer than 5 hours of exposure to menopause education (56.3%, n = 9). Of five knowledge questions, two had fewer than 25% correct responses. Most residents reported being only somewhat comfortable and needing additional experience explaining the etiology and physiology of menopause symptoms (56.3%, n = 9). When asked whether the program prepares them to confidently treat menopausal patients after graduation, the largest proportion neither agreed nor disagreed (43.8%, n = 7).

Conclusions. Residents demonstrated limited knowledge of menopause and low comfort with menopause management. Although this study was limited to a single program, the findings are consistent with current literature. Increased exposure to menopausal patients and topics, along with standardized menopause curricula, may improve resident knowledge and comfort in menopause management.