The Menopause Conversation: Supporting Palliative Care Nurses at Work

November 25, 2026

1200-1250 EST

Intended audience:
Palliative nurses



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Palliative care nurses spend their working lives caring for others, yet their own experience of perimenopause and menopause can go unrecognized and unsupported. This presentation explores how this transition can affect sleep, energy, concentration, emotional well-being and confidence within the demands of palliative care work. Participants will build a shared understanding of perimenopause and menopause, explore practical strategies for managing challenges, and learn ways to communicate their needs and seek support. We will also identify everyday actions colleagues and leaders can take to reduce stigma and create menopause-empowered workplaces that support well-being and retention.

Register for the session below!

CPCNA ACSIP
Canadian Palliative Care Nursing Association
Association Canadienne des Soins Infirmiers Palliatifs