

Menopause Special Skills Module

Joint Faculty of Sexual & Reproductive Healthcare & British Menopause Society two-day theory course for the Certificate in Menopause Care

Registered Charity
No. 1015144
www.thebms.org.uk
01628 890 199

Kenilworth - Thursday 1 and Friday 2 March 2018

Woodside Conference Venue, Glasshouse Lane, Kenilworth, Warwickshire, CV8 2AL

What is the Menopause Special Skills Module?

This is a combined theory and practical training module aimed at doctors and nurses who work regularly in the field of women's health. Attendance at the theoretical course will result in a certificate of attendance which, if followed by the completion of competence-based practical training and assessment, will earn a **Certificate in Menopause Care**. An **Advanced Certificate** may be awarded to those who have satisfied the criteria for the **Certificate** and who have undertaken further competence-based practical training. A doctor with a **Certificate in Menopause Care** has the necessary skills to work within a dedicated menopause clinic and those holding an **Advanced Certificate** would be suitable to lead specialist menopause services.

Why consider this course?

This course provides the theory component of the menopause special skills training module. It will enhance the practice and clinical confidence of any doctor or experienced nurse working in primary care or women's health. It will explain the evidence base and encourage a reflective and pragmatic approach using an interactive lecture and workshop format. Delegates will learn to apply their new knowledge in a way that is relevant to their working environment. Subsequent practical training for those wishing to proceed to certification can be organised by contacting the Faculty of Sexual & Reproductive Healthcare. Extended training to the level of an Advanced Certificate would be required to become a GPwSI taking referrals from colleagues.

Management of the Menopause (Sixth edition), the handbook of the British Menopause Society, provides essential information and represents the course syllabus. It will be issued prior to attendance and should be read in order to derive best value from the course.

Who are the medical course organisers?

Dr Heather Currie, Associate Specialist Gynaecologist and Obstetrician, BMS Chairman, Co-Editor of Post Reproductive Health and MD of Menopause Matters; **Dr Julie Ayres**, Specialty Doctor in Gynaecology, BMS Member and Communications Officer, Yorkshire Menopause Society; and **Mrs Elaine Stephens**, Menopause Specialist Nurse, BMS Member and Administrator, West Midlands Menopause Society.

How do I register for the course?

The cost of the course is £425.00.

You can obtain a copy of the booking form or register on-line at www.thebms.org.uk/meetings. Payment via credit*/debit card can also be made over the telephone on 01628 890 199. Refunds for cancellations will only be given up to 30 days before the course start date and will incur a £30 administration charge.

* Credit & non-UK debit cards will incur a transaction fee of £2.50

The course programme can be found in full overleaf.

Menopause Special Skills Module

Two-day recognised theory course for the Certificate in Menopause Care

Programme

Thursday 1 March 2018

0900 Registration & refreshments

0925 Welcome and setting the scene, *Dr Heather Currie, Associate Specialist Gynaecologist and Obstetrician, Dumfries & Galloway University Hospital*

0930 Module 1: Background and Consequences, *Mrs Kathy Abernethy, Clinical Nurse Specialist, Menopause Clinical & Research Unit, North West London Hospitals NHS Trust, Northwick Park Hospital*
Physiology including premature ovarian failure; Demographic, social and cultural influences; and Impact of menopause: symptoms, sequelae

1030 Module 2: Treatments and practical prescribing, *Mrs Elaine Stephens, Menopause Specialist Nurse, Birmingham Women's Hospital*

Prescribing hormones; Prescribing conventional alternatives; and Advising complementary alternatives

1130 Refreshments & exhibition

1145 Group work 1 with coffee: Getting to know each other, assessing patients: taking a history, the use of assessment tools. Prescribing: making choices, individualising treatment, rational changes

1315 Lunch & exhibition

1415 Module 3: Vascular risks and concomitant disease, *Dr Heather Currie*

Vascular issues including DVT, cardiac disease and other medical conditions

1515 Group work 2: Women with complex medical risks: assessment, counselling & management

1600 Refreshments & exhibition

1615 Module 4: Gynaecological issues in the post reproductive years, *Dr Heather Currie*

1715 Questions from Day 1 Panel discussion

1730 End of day

Friday 2 March 2018

0845 Registration & refreshments

0900 Module 5: Hormones and the Breast, *Dr Heather Currie*

The impact of hormones on benign breast disease and the risk of breast cancer; Patient counselling and putting risks into perspective; and Impact of hormonal treatments on risk profile

1000 Group work 3: Breast cancer risk assessment and counselling; impact on management choices

1045 Refreshments & exhibition

1100 Module 6: Bones, *Mrs Kathy Abernethy*

Osteoporosis: the problem and the scale of the problem; and Assessment tools and algorithms, NICE guidance, treatment options

1200 Group work 4: Assessment and practical management of fracture risk

1245 Lunch & exhibition

1330 Module 7: Sexual Health, *Mrs Elaine Stephens*

Contraception in the Perimenopause; When to stop Contraception? When to start HRT? ; Sexually transmitted infection in older women; and Sexual function, libido and desire

1430 Group work 5: Sexual health issues: presentations and problems

1515 Practical Training: Working towards competency assessed accreditation

1530 Questions from Day 2 Panel discussion

1545 Tea & depart

Further information Visit our website www.thebms.org.uk, contact Kate on 01628 890 199 kate.ellis@bms-whc.org.uk or write to us at: British Menopause Society, Spracklen House, East Wing, Dukes Place, Marlow, Buckinghamshire, SL7 2QH

Please note, speakers may be subject to change. This meeting is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the meeting agenda.

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Registration Form - Thursday 1 and Friday 2 March 2018

Woodside Conference Venue, Glasshouse Lane, Kenilworth, Warwickshire, CV8 2AL

Please complete and return the form to: British Menopause Society, Spracklen House, East Wing,
Dukes Place, Marlow, Buckinghamshire, SL7 2QH

Name (as it should appear on your badge/certificate)

Address Work/Home (please specify)

Postcode

Telephone number

Email

Special dietary requirements

METHOD OF PAYMENT

I wish to pay by cheque £ _____ (Please make cheques payable to British Menopause Society Limited)

I wish to pay by Credit*/Debit Card : Visa/MasterCard/Switch/Amex (delete as applicable)

* Credit or non-UK debit cards will incur a transaction fee of £2.50

Card Number / /

Expiry Date / Security Code (last three digits/
4 digits Amex)

GIFT AID DECLARATION

I wish to make a donation of £ _____ to support the work of the BMS

giftaid it

Using Gift Aid means that for every pound you give, we get an extra 25 pence from the Inland Revenue, helping your donation go further. This means that £10 can be turned into £12.50 just so long as donations are made through Gift Aid.

I want all donations I've made since 6 April 2000 and all donations in the future to be Gift Aided until I notify you otherwise. (To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year)

The information you provide will be held under the Data Protection Act and may be passed to carefully screened sponsors. If you do not wish to be contacted by them, please tick the box.