

Principles & practice of menopause care

Stand-alone theory course and theoretical component of the Certificate in the Principles & Practice of Menopause Care

What is the Principles & Practice of Menopause Care programme (PPMC)?

Principles and Practice of Menopause Care is a combined theory and practical training programme leading to a formal qualification in menopause care. Attendance at a recognised theory course will result in a certificate of attendance which may then be followed by the completion of competence-based practical training and assessment. The training is appropriate for doctors and nurses working in menopause care, including those working in community, primary and secondary care settings. Trainees must be fully registered with the GMC/NMC.

The Certificate in the Principles & Practice of Menopause Care is suitable for doctors and nurses who undertake menopause consultations in general practice, NHS and private clinics, who wish to demonstrate their knowledge and skills in basic menopause care, and who will have access to support for management of complex cases.

The Advanced Certificate in the Principles & Practice of Menopause Care is for doctors and nurses wishing to provide independent specialist menopause care, including the management of complex cases, and who wish to lead a service. This includes healthcare professionals working in hospital and community menopause services, GPs with an extended role in menopause (GPwER), and those leading menopause services in private healthcare organisations.

Why consider the PPMC theory course?

This stand-alone theory course will enhance the practice and clinical confidence of registered healthcare professionals working in menopause care. It also provides the theory component of the BMS PPMC training programme or the FSRH Menopause Special Skills training module.

It will explain the evidence base and encourage a reflective and pragmatic approach, with delegates learning to apply their new knowledge in a way that is relevant to their working environment. A certificate of attendance will be issued at the end of the course.

Management of the Menopause (6th edition), the handbook of the British Menopause Society, represents the course syllabus. A copy will be issued to all delegates prior to attendance and should be read in order to derive best value from the course.

Please note, this training course is for registered healthcare professionals only (GMC/NMC).

How do I register for the PPMC theory course?

Unfortunately this course is now fully subscribed.

Further courses will be scheduled in 2021. To register your interest, please email admin@bms-whc.org.uk.

The PPMC theory course programme can be found in full overleaf.

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Virtual course programme

Friday 15 January – Friday 5 February 2021

Pre-recorded lecture videos and slides available via the BMS website:

Module 1: Background to the menopause: its consequences and management

Demographic, social and cultural influences; physiology, including premature ovarian insufficiency; impact of menopause on future health; presentation and management options

Module 2: Prescribing Hormone Replacement Therapy

HRT: when to prescribe, what to prescribe; indications for HRT prescribing; regimens and routes of therapy; NICE guidance

Module 3: Vascular risks and other medical problems

Cardiovascular disease in women; HRT and vascular issues; HRT and other medical conditions

Module 4: Gynaecological issues in the post reproductive years

Bleeding problems; gynaecological malignancy; incontinence; prolapse

Module 5: Hormones and the breast

Benign breast disease and HRT; HRT and breast cancer; menopause and women at high risk; menopause after breast cancer

Module 6: Osteoporosis – prevention and treatment

Osteoporosis: the scale of the problem; risk assessment tools and algorithms; NICE guidance; prevention for all; treatment options

Module 7: Sexual health and contraception

Perimenopausal contraception: when to stop contraception, when to start HRT; sexually transmitted infection in older women; sexual function, libido and desire

Friday 29 January 2021

One-day series of Q&A/case discussion webinars

0915 – 0945	Welcome & introduction Module 1: Background to the menopause (Q&A session)
1000 – 1100	Module 2: HRT practical prescribing - getting to know each other, assessing patients: taking a history, the use of assessment tools; prescribing: making choices, individualising treatment, rational changes (Q&A/HRT product discussion)
1115 – 1200	Module 3: Women with complex medical risks: assessment, counselling & management (Q&A/case discussion)
1245 – 1315	Module 4: Gynaecological issues (Q&A session)
1330 – 1415	Module 5: Breast cancer risk assessment and counselling (Q&A/case discussion)
1430 – 1515	Module 6: Assessment and practical management of fracture risk (Q&A/case discussion)
1530 -1630	Module 7: Sexual health issues: presentation and practical help (Q&A/case discussion) Practical training: working towards competency-based assessment

Further information

Visit the BMS website www.thebms.org.uk or contact Kate Ellis by email kate.ellis@bms-whc.org.uk.

This course is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the course programme.