

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 training programme (PPMC)?

Principles & Practice of Menopause Care comprises progressive theory and practical training components that lead to a qualification in menopause care. Attendance at a recognised theory course will result in a certificate of completion which may then be followed by competence-based practical training and assessment. The training is designed for doctors, nurses and pharmacists working in menopause care, including those engaged in community, primary and secondary care. Trainees must be registered with the GMC/NMC/GPhC.

The **BMS Certificate in the Principles & Practice of Menopause Care** is suitable for doctors and nurses who undertake menopause consultations in general practice, including NHS and private clinics, who wish to demonstrate their knowledge and skills in menopause care, and who will have access to support for management of complex cases. It is also suitable for pharmacists (both clinical and independent prescribers).

The **BMS Advanced Certificate in the Principles & Practice of Menopause Care** is for doctors, independent nurse prescribers and pharmacist independent prescribers wishing to provide specialist menopause care, including the management of complex cases, and who may have career ambitions 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.

Trainees awarded the BMS Advanced Certificate are eligible to become BMS Menopause Specialists.

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 completion 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/GPhC).

How do I register for the PPMC theory course?

The cost of the course is **£475.00** (includes a copy of *Management of the Menopause 6th edition*).

You can register on-line at www.thebms.org.uk/education. Payment can also be made over the telephone on 01628 890199.

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

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Virtual course programme

Friday 19 February – Friday 5 March 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

Wednesday 3 March 2021

One-day series of interactive Q&A/case discussion sessions via Zoom

0915 – 1105	Welcome & introduction Module 1: Background to the menopause (Q&A session) Module 2: HRT practical prescribing (Q&A/HRT product discussion)
1105 – 1120	Break
1120 – 1250	Module 3: Women with complex medical risks (Q&A/case discussion) Module 4: Gynaecological issues (Q&A session)
1250 – 1320	Lunch
1320 – 1510	Module 5: Breast cancer risk assessment and counselling (Q&A/case discussion) Module 6: Assessment and practical management of fracture risk (Q&A/case discussion)
1510 – 1525	Break
1525 – 1630	Module 7: Sexual health issues: presentation and practical help (Q&A/case discussion) PPMC practical training: working towards competency-based assessment

Further information

Visit the BMS website www.thebms.org.uk or contact admin@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.