

# Menopause Special Skills Module

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](http://www.thebms.org.uk)  
01628 890 199

**Leeds - Thursday 16 and Friday 17 May 2019**  
**Crowne Plaza Hotel, Wellington Street, Leeds, LS1 4DL**

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## 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 (6<sup>th</sup> 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?

The course was originally devised by **Dr Heather Currie**, Associate Specialist Gynaecologist and Obstetrician, 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**, Senior Menopause Clinical Nurse Specialist, BMS Member and Administrator, West Midlands Menopause Society.

## How do I register for the course?

The cost of the course is £425.00 (includes a copy of *Management of the Menopause 6th edition*).

You can obtain a copy of the booking form or register on-line at [www.thebms.org.uk/meetings](http://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.

**The course programme** can be found in full overleaf.

# Menopause Special Skills Module

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

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## Programme

### Thursday 16 May 2019

#### 0900 Registration & refreshments

**0925 Welcome and setting the scene**, *Dr Julie Ayres, Specialty Doctor in Gynaecology (Menopause/PMS clinics), St James' Hospital, Leeds*

#### 0930 Module 1: Background and Consequences

, *Dr Julie Ayres*

Physiology including premature ovarian failure; Demographic, social and cultural influences; and Impact of menopause: symptoms, sequelae

#### 1030 Module 2: Treatments and practical prescribing

, *Speaker to be confirmed*

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, Associate Specialist Gynaecologist and Obstetrician, Dumfries & Galloway Royal Infirmary, Dumfries*

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**

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### Friday 17 May 2019

#### 0845 Registration & refreshments

**0900 Module 5: Hormones and the Breast**, *Dr Julie Ayres*

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

**1100 Module 6: Bones**, *Dr Heather Currie*

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

**1330 Module 7: Sexual Health**, *Speaker to be confirmed*

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**

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## Further information

Visit the BMS website [www.thebms.org.uk](http://www.thebms.org.uk) or contact Kate Ellis on 01628 890 199 [kate.ellis@bms-whc.org.uk](mailto:kate.ellis@bms-whc.org.uk)

*Please note, speakers may be subject to change.*

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

## Menopause Special Skills Module

Faculty of Sexual & Reproductive Healthcare & British Menopause Society  
Two-Day Theory Course for the Certificate in Menopause Care

### Registration Form - Thursday 16 & Friday 17 May 2019

Crowne Plaza Hotel, Wellington Street, Leeds, LS1 4DL

Name

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Telephone number

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Email address

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Occupation —

Doctor (GP)	<input type="checkbox"/>	Doctor (Hospital)	<input type="checkbox"/>	Consultant	<input type="checkbox"/>
Nurse	<input type="checkbox"/>	Trainee healthcare professional	<input type="checkbox"/>	Pharmacist	<input type="checkbox"/>
Industry	<input type="checkbox"/>	Allied healthcare professional	<input type="checkbox"/>		

Place of work

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Address (for postage of BMS handbook)

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Special Dietary requirements

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Would you like to receive email updates about BMS educational courses and other activities?  
(not applicable to BMS members)

Yes  No

Are you happy for your details to be passed to the exhibitors and others supporting this meeting?  
(full details available on the BMS website)

By email  By post  By telephone

Please complete both sides of the form and return to:

British Menopause Society, Spracklen House, East Wing, Dukes Place, Marlow, Bucks SL7 2QH

## Method of payment

I wish to pay £ \_\_\_\_\_

**Payment by cheque:** I enclose payment by cheque made payable to **British Menopause Society Limited**.

**Payment by credit or debit card:** I would like to pay by: Visa | Mastercard

*(Please circle)*

Number

Expiry date     Security code\*

\*This is the 3 digit code in the signature area on the back of your card.

If you are able to add a charitable donation towards the work of the British Menopause Society and Women's Health Concern, the patient arm of the BMS, it would be most gratefully received.

## Gift Aid Declaration

I wish to make a donation of £ \_\_\_\_\_

Applying gift aid means that for every £1 you donate we get an extra 25p from Her Majesty's Revenue and Customs.

- I would like the BMS to Gift Aid my donation for this donation only
- I would like the BMS to Gift Aid my donation for this and all future donations

Signature

Print name

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Postcode

Date

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I confirm that I have paid or will pay an equal amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the Charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year.

I understand that other taxes such as VAT and Council Tax do not qualify. I acknowledge that the BMS will reclaim 25p of tax on every £1 that I give.

Please notify us if you change your name or address, cease to be a tax payer or want to cancel this declaration.