

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 28 February and Friday 1 March 2019

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 (6th 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**, 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.

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.

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 28 February 2019

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, *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, Senior Menopause Clinical Nurse Specialist, Birmingham Women's and Children's NHS Foundation Trust*

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 1 March 2019

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, *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 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 28 February & Friday 1 March 2019

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

Name

Telephone number

Email address

Occupation —

Consultant | GP | Nurse | Trainee | Pharmaceutical Industry | Other healthcare professional

(Please circle)

Place of work

Address (for postage of course pre-reading materials)

Special Dietary requirements

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 | Amex
(Please circle)

Number

Expiry date Security code*

*This is the 3 digit code in the signature area on the back of your card (or 4 digit for Amex on the front of 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

Postcode

Date

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.