

Curriculum for the Menopause Special Skills Module (Menopause SSM)

Prepared in partnership with the British Menopause Society

This module is curriculum based with both theory and practical components aimed at doctors, nurses/midwives who have already acquired an acceptable qualification and are working in contraception and reproductive health care in the community. Each trainee will have a Principal Trainer who will supervise the overall training programme and be responsible for regular assessments. The Principal Trainer may delegate specific aspects of training to suitably qualified clinicians who are approved to provide necessary teaching/ experience.

These qualifications are not re-certifiable. Evidence of updating should be covered in appraisal/re-validation.

The Training Objectives for this module are:

- ▶ The training will provide an overview of the medical, psychological and social aspects of the menopause and its sequelae.
- ▶ The training will concentrate on the assessment and management of clinical problems pertaining to menopause.
- ▶ The trainee gaining the basic certificate will develop the competencies needed to provide basic menopause care. The trainee will have an understanding of their role in the specialty, and where necessary, the appropriate point at which to refer to other specialists.
- ▶ The trainee will understand the wider aspects of care for women and participate in the development of services in the local area

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Background and assessment

	Knowledge Criteria	Clinical Competency	Professional Skills and Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Understanding of the physiology of menopause, its symptoms and its impact on the future health of the patient</p> <p>Understanding of basics of genetically determined risk</p> <p>Integrated assessment of symptoms and their impact on quality of life.</p>	<p>Demonstrate an ability to take an appropriate history and identify problems.</p> <p>Demonstrate an ability to perform social and lifestyle assessment</p> <p>Demonstrate an ability to take an appropriate personal medical and family history</p> <p>Demonstrate an ability to perform any appropriate clinical examination</p>	<p>Sensitive person centred approach</p> <p>Recognise quality of life impact</p> <p>Allow patient to express fears and preferences</p> <p>Facilitate informed decision making</p> <p>Communication of absolute rather than relative risk when possible</p>	<p>Management of the menopause</p> <p>Approved Theory course</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>GMC Good medical practice</p> <p>Relevant medical journals including Menopause International, Maturitas and Climacteric</p>	<p>Logbook</p> <p>Reflective diary</p> <p>Team observation x3</p> <p>MiniCEX and CBD: minimum of 3 of each to include this component</p>

	Knowledge Criteria	Clinical Competency	Professional Skills and Attitudes	Training Support	Evidence/ Assessment
		Demonstrate the ability to keep clear, concise and contemporaneous records Identification of premature ovarian failure and referral for detailed assessment and advice	Uphold the principles of good medical practice	Faculty guidelines on record and note keeping Equality and diversity training	
Advanced	As above plus Assessment of genetic risk Detailed assessment of symptoms and their impact	As above plus Assessment and investigation of premature ovarian failure Demonstrate an ability to take a detailed			Logbook Reflective diary Team observation MiniCEX and CBD: minimum of

	Knowledge Criteria	Clinical Competency	Professional Skills and Attitudes	Training Support	Evidence/ Assessment
		<p>medical history including personal medical and family history</p> <p>Demonstrate an ability to perform both general and specific clinical examination</p>			7 of each to include this area of competence

Management Choices

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Understanding of the evidence base and rationale for</p> <ul style="list-style-type: none"> • Public health advice • Lifestyle modification <p>Knowledge of mode of action, efficacy, toxicity and potential benefit of complementary options</p> <p>Knowledge of mode of action, efficacy, toxicity and potential benefit of non-hormonal therapeutic options</p> <p>Knowledge of mode of action, efficacy, toxicity and potential benefit of hormonal therapy</p>	<p>Demonstrate confidence in provision of counselling and advice to straightforward and moderately complex patients with respect to the most appropriate modality for their needs</p> <p>Demonstrate an ability to give appropriate lifestyle advice</p> <p>Demonstrate an ability to discuss alternative and complementary therapies</p> <p>Demonstrate an ability to discuss non hormonal management strategies</p> <p>Demonstrate an ability to discuss hormone therapies, prescribe appropriately and adopt and adapt for efficacy and to minimise side effects</p>	<p>Demonstrate the ability to support the patient in making an informed decision</p> <p>Demonstrate the ability to listen to and understand issues at review</p> <p>Demonstrate a willingness to review initial advice</p> <p>Demonstrate an ability to explain new evidence and media response to patients</p>	<p>Management of the menopause</p> <p>British National Formulary Local formulary</p> <p>Approved theory course</p> <p>Observation of trainer and other established professionals</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>GMC Good medical practice</p> <p>Relevant medical journals including Menopause International, Maturitas and Climacteric</p>	<p>Logbook</p> <p>Reflective diary</p> <p>MiniCEX and CBD: Minimum of 3 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
	<p>Understanding of the role of progestogens for endometrial protection</p> <p>Understanding of concordance and compliance</p>				
Advanced	<p>As above plus</p> <p>Knowledge of value of public health and health promotion interventions</p> <p>Knowledge of principles of formulary development</p>	<p>Demonstrate the ability to perform an individual risk benefit analysis across the spectrum of complexity of patients and design an appropriate management/ treatment regime accordingly</p> <p>Demonstrate ability to manage premature ovarian failure</p> <p>Demonstrate an ability to solve problems and adjust management regimes</p>		<p>Discussion of Formulary development with local Pharmacy Advisor</p> <p>Liaison with public health department</p>	<p>Logbook</p> <p>Reflective diary</p> <p>Team observation</p> <p>MiniCEX and CBD: Minimum of 7 of each to include this area of competence</p>

Risk Analysis – gynaecological

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Ability to take a relevant obstetric and gynaecological history, and modify management. Advise appropriately in the light of this</p> <p>Knowledge of signs and symptoms of gynaecological cancers</p> <p>Knowledge of benign uterine lesions</p> <p>Knowledge of postmenopausal urogenital atrophic changes and manifestation</p> <p>Knowledge of national guidance (NICE and RCOG) for management of heavy bleeding,</p>	<p>Demonstrate an ability to identify abnormal bleeding patterns and refer or investigate as appropriate</p> <p>Demonstrate an understanding of results of an ultrasound.</p> <p>Demonstrate an ability to evaluate results of an endometrial biopsy</p> <p>Demonstrate an understanding of options to manage undesired but benign bleeding patterns and refer on when appropriate</p> <p>Demonstrate ability to develop an appropriate HRT</p>	<p>Awareness of the need for chaperone and informed consent</p> <p>Understanding of investigation for structural and histological anomalies</p>	<p>Management of the menopause</p> <p>Theory course</p> <p>Observation of trainer and other established professionals</p> <p>Attendance at Vulval diseases clinic</p> <p>Tutorials with trainer</p> <p>Critical incident review</p> <p>www.thebms.org.uk</p> <p>www.menopausematters.co.uk</p> <p>National guidelines from the MRHA, RCOG, and NICE, including CG44, Heavy Menstrual Bleeding and CG40 Urinary Incontinence</p>	<p>Logbook</p> <p>Reflective diary</p> <p>DOPsS where appropriate</p> <p>Mini CEX and CBD Minimum 2 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
	<p>urinary incontinence and other relevant problems as published</p> <p>Knowledge of medical and surgical options for prolapse management and local referral pathways</p> <p>Knowledge of common vulval dystrophies and local referral pathways</p>	<p>regime on the basis of uterine status and gynaecological history</p> <p>Demonstrate the ability to counsel for LNG IUS insertion.</p> <p>Demonstrate an ability to manage atrophic vaginitis</p> <p>Demonstrate an ability to make an initial assessment of urinary incontinence in women and refer when appropriate</p> <p>Ability to recognise simple vulval dystrophy and refer appropriately</p>		<p>GMC Good medical practice</p> <p>NICE Urinary incontinence</p> <p>Relevant medical journals including Maturitas, Menopause International, and Climacteric</p>	
Advanced	As above	As above and demonstrates the			<p>Logbook</p> <p>Reflective diary</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
		<p>ability to perform bimanual and speculum examination or refer appropriately</p> <p>Demonstrates ability to advise women in higher risk categories (e.g.) cancer survivors</p> <p>Demonstrate an ability to evaluate results from endometrial biopsy</p>			<p>Team observation</p> <p>MiniCEX and CBD: minimum of 5 of each to include this area of competence</p>

Risk Analysis – Breast

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
Basic	<p>Knowledge of the NHS breast screening program</p> <p>Understanding of referral criteria for women with breast symptoms</p> <p>Understanding of the principles of genetic risk</p> <p>Knowledge of local referral pathways for women who have breast symptoms or a significant family history</p> <p>Understanding of the findings of major research regarding breast cancer risks and the use of hormone therapies</p>	<p>Demonstrate ability to determine likely range of diagnosis for symptoms and age of patient</p> <p>Demonstrate an ability to take appropriate breast history including family history</p> <p>Demonstrate a knowledge of local current breast referral pathways and triple assessment</p> <p>Demonstrate ability appropriately to explain breast cancer risk with and without the use of the major therapies including HRT and other modifiable and non-modifiable risk factors including genetic.</p>	<p>Awareness of the need for chaperone and informed consent</p> <p>Sensitivity towards women's perception of breast cancer</p>	<p>Management of the menopause</p> <p>Approved theory course</p> <p>Observation of trainer and other established professionals</p> <p>NICE suspected cancer: recognition and referral (NG12) June 2015</p> <p>Attendance at Family History clinic/mammography session</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk National Guidelines from RCOG and NICE including CG41 Family History of Breast Cancer</p> <p>GMC Good medical practice</p>	<p>Logbook</p> <p>Reflective diary</p> <p>MiniCEX and CBD: Minimum of 2 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
		<p>Discuss other treatment options for menopause management where hormone prescribing is inappropriate</p> <p>Demonstrate knowledge of basic principles of management of breast cancer and benign breast disease</p>		<p>NICE guideline 2015</p> <p>Tutorial, attendance at breast clinic</p> <p>Best practice diagnostic guide for patients presenting with breast symptoms Nov 2010 www.associationofbreastsurgery.org.uk</p> <p>Relevant medical journals including Maturitas, Menopause International, and Climacteric</p>	
Advanced	As above	As above but with demonstrated ability to explain absolute risk (with framing) for modifiable risk factors in women at higher baseline risk for breast cancer or breast cancer recurrences	As above	As above NICE familial breast cancer classification, care and managing breast cancer related risks in people with a family history of breast cancer. June 2013	<p>Logbook</p> <p>Reflective diary</p> <p>Team observation</p> <p>MiniCEX and CBD: minimum of 5 of each to include this area of competence</p>

Risk Analysis – Osteoporosis

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Understanding of the relation between BMD and fracture risk</p> <p>Understanding of FRAX and other risk assessment tools</p> <p>Understanding of the value of lifestyle intervention</p> <p>Knowledge of mode of action, efficacy risks and potential benefits of available interventions</p> <p>Knowledge of local referral pathways should osteoporosis be suspected or diagnosed</p>	<p>Demonstrate an ability to perform a fracture risk assessment</p> <p>Demonstrate the ability to interpret a DEXA report for patients</p> <p>Demonstrate an ability to advise patients about the potential risks and benefits for all available interventions and prescribe, if required, appropriately to the level of the moderately complex patient</p> <p>Demonstrate the ability to refer for specialist advice when necessary</p>	<p>Communication skills</p>	<p>Management of the menopause</p> <p>Approved theory course</p> <p>Observation of trainer and other established professionals</p> <p>Attendance at DEXA screening</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.nos.org.uk</p> <p>www.menopausematters.co.uk</p> <p>GMC Good medical practice</p> <p>National guidelines from RCOG and NICE including primary and secondary prevention of osteoporosis</p>	<p>Logbook</p> <p>Reflective diary</p> <p>Mini-CEX and CBD minimum of 1 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
				www.nice.org.uk/cg146 www.nice.org.uk/cg160 Relevant medical journals including Maturitas, Menopause International, and Climacteric	
Advanced	As above	As above but with demonstrated ability to assess and advise the more complex patient.			Logbook Reflective diary Team observation MiniCEX and CBD: Minimum of 3 of each to include this area of competence

Risk Analysis – Cardiovascular Disease

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
Basic	<p>Understanding of basic CVS physiology and pathophysiology</p> <p>Understanding of the effect of major risk factors on background CVS risk</p> <p>Knowledge of the evidence base in respect of the effect of HRT on VTE, cardiac disease and stroke</p> <p>Understanding of the proven or theoretical advantages or risks in respect of formulation, regime, route of delivery and dose of hormone therapies</p>	<p>Demonstrate an ability to assess and explain patient's own risk of DVT</p> <p>Demonstrate ability to assess attributable risk of therapy for VTE</p> <p>Demonstrate an ability to assess and explain individual patient's risk of Cardiac disease</p> <p>Demonstrate ability to assess attributable risk of therapy for Cardiac disease</p> <p>Demonstrate an ability to assess and explain individual patient's risk of stroke</p>	<p>Ability to explain significance of cardiovascular disease</p> <p>Ability to encourage patient to take responsibility for her modifiable risk factors and contribute to the management of her condition.</p>	<p>Management of the menopause</p> <p>Approved theory course</p> <p>Observation of trainer and other established professionals</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>Relevant medical journals including Menopause International, Maturitas and Climacteric</p> <p>National guidelines including the RCOG on HRT and VTE</p>	<p>Logbook</p> <p>Reflective diary</p> <p>MiniCEX and CBD: Minimum of 2 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
		<p>Demonstrate ability to assess attributable risk of therapy for stroke</p> <p>Discuss non-pharmacological treatment options for menopause management where HRT prescribing inappropriate</p> <p>Demonstrate an awareness of when to refer the higher risk patient</p>			
Advanced	As above, but with knowledge to manage women with or at high risk of cardiovascular disease	As above, but to include management of the higher risk patient	As above	As above	<p>Logbook</p> <p>Reflective diary</p> <p>Team observation</p> <p>MiniCEX and CBD: Minimum of 5 of each to include this area of competence</p>

Risk Analysis – metabolic factors

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
Basic	<p>Understanding of potential mechanisms of drug interaction</p> <p>Knowledge of drugs whose side effect may mimic or complicate menopausal symptoms</p> <p>Knowledge of drugs which may impact on the bioavailability of hormone therapies</p> <p>Knowledge of drugs that may be affected by interventions for menopause</p> <p>Outline knowledge of impact of menopause on pre-existing diseases especially</p>	<p>Demonstrate an ability to take a full therapeutic history and interpret its significance</p> <p>To the level of the moderately complex patient demonstrate an ability to modify hormone therapy regimes in the light of potential or actual interactions.</p> <p>Discuss non- oral hormonal therapeutic options</p> <p>Discuss non-pharmacological treatment options for menopause management</p> <p>Demonstrate an awareness of when referral is appropriate</p>	<p>Pharmacological knowledge</p> <p>Communication skills</p>	<p>Management of the menopause</p> <p>British National Formulary</p> <p>Approved theory course –</p> <p>Observation of trainer and other established professionals</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>GMC Good medical practice</p> <p>BNF</p> <p>Relevant medical journals including Menopause International, Maturitas and Climacteric</p>	<p>Logbook</p> <p>Reflective diary</p> <p>Mini-CEX and CBD: minimum of 1 of each to include this area of competence</p>

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/Assessment
	<ul style="list-style-type: none"> • asthma • diabetes • thyroid disease • inflammatory bowel conditions • connective tissue diseases 				
Advanced	<p>As above, but with detailed knowledge of impact of menopause on pre-existing diseases especially</p> <ul style="list-style-type: none"> • asthma • diabetes • thyroid disease • inflammatory bowel conditions • connective tissue diseases 	<p>As above, but to include ability to manage the complex patient with concomitant disease.</p>			<p>Logbook</p> <p>Reflective diary</p> <p>Team observation</p> <p>Minimum of 3 of each to include this area of competence</p>

Risk Analysis – Mental Health and Quality of Life

	Knowledge Criteria	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Understanding of the potential effect of hormones on mood</p> <p>Understanding of the similarities and differences between premenstrual and peri menopausal mood changes</p> <p>Understanding of cognitive impact of menopause</p> <p>Understanding the concept of quality of life impact</p> <p>Knowledge of local referral pathways should mental health problems be diagnosed</p>	<p>Demonstrate an ability to take an appropriate psychological history</p> <p>Demonstrate an ability to develop and adapt drug regimes to minimise intolerance</p> <p>Demonstrate an ability to counsel women about dementia</p> <p>Demonstrate awareness of quality of life assessment tools</p> <p>Demonstrate the ability to refer for specialist advice when necessary</p>	<p>Recognition of mood change as a problem to those who it affects</p>	<p>BMS Handbook Management of the menopause</p> <p>Approved theory course</p> <p>Observation of trainer and other established professionals</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>GMC Good medical practice</p> <p>Relevant medical journals including Menopause International, Maturitas and Climacteric</p>	<p>Logbook</p> <p>Reflective diary</p> <p>Mini CEX and CBD: minimum of 2 of each to include this area of competence</p>
Advanced	As above	As above but to include the		Tutorial with local Consultant in Medicine for the Elderly	Logbook

		management of women with intolerance to first line regimens Demonstrate use of quality of life assessment techniques			Reflective diary Mini-CEC and CBD Minimum of 5 of each to include this area of competence
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Sexual Health

	Knowledge	Clinical Competency	Professional Skills & Attitudes	Training Support	Evidence/ Assessment
Basic	<p>Understanding of fertility changes with age and means of identification of infertile state</p> <p>Knowledge of full range of contraceptive options, including risk and benefit profile</p> <p>Knowledge of STIs</p> <p>Understanding of classification and assessment of sexual dysfunction</p> <p>Understanding of the role of androgen therapy in women</p> <p>Knowledge of psychosexual problems</p>	<p>Demonstrate an ability to take an appropriate sexual history</p> <p>Demonstrate an ability to counsel and prescribe appropriate contraception</p> <p>Demonstrate an ability to counsel women about prevention of STIs, including HIV</p> <p>Demonstrate an ability to test for genital tract infection and knowledge of local referral pathways</p> <p>Demonstrate ability to discuss assess and advise regarding sexual dysfunction and manage or refer appropriately</p> <p>Demonstrate an ability to identify psychosexual issues and manage or refer appropriately</p>	<p>Awareness of the pervasiveness of sexual problems.</p> <p>Open minded non-judgemental attitude</p> <p>Awareness of embarrassment and clues in presentation</p> <p>Awareness of potential for professional embarrassment</p> <p>Use of simple yet inoffensive language</p> <p>Check understanding of advice given</p>	<p>Management of the menopause</p> <p>Approved theory course – Observation of trainer and other established professionals</p> <p>Attendance at Sexual Health Clinic</p> <p>e-SRH/DFSRH</p> <p>Tutorials with trainer</p> <p>www.thebms.org.uk</p> <p>www.imsociety.org</p> <p>www.menopausematters.co.uk</p> <p>www.fsrh.org.uk</p> <p>www.bashh.org</p> <p>www.ipm.org.uk</p> <p>www.basrt.org.uk</p> <p>GMC Good medical practice</p>	<p>Logbook</p> <p>Reflective diary</p> <p>MiniCEX and CBD: Minimum of 2 of each to include this area of competence</p>

	assessment and management strategies			National guidelines from the MRHA, FSRH, BASHH and NICE related to contraception and STIs Relevant medical journals including Menopause International, Maturitas and Climacteric	
Advanced	As above	As above Provision of intrauterine contraception/endometrial protection or appropriate referral Assessment and appropriate provision of androgens	As above	As above	Logbook Reflective diary Mini-CEX and CBD – minimum of 5 of each to include this area of competence