

Managing Menopause in Primary Care

A course designed for Practice Nurses, ANPs, and other registered healthcare professionals working in Primary Care

Key Information



Who training is for
**Practice Nurses, ANPs,
and other registered
healthcare professionals**



Length of course
1 day



Per delegate cost
£160
group offers available upon
request



Format of course
**Live via Zoom or
Face-to-Face**



Dates of course
TBC



CPD Hours
7 hours



HEALTH
Academy

Book online or contact us



HealthAcademyOnline.co.uk



info@HealthAcademyOnline.co.uk

Course Summary



Our 'Managing Menopause in Primary Care' course provides registered health care professionals with the essential knowledge and skills needed to effectively support women going through menopause in primary care settings.

Course Content



Overview of the Menopause



Defining the Menopause



Hormonal Treatment for Symptom Management



HRT Choices



How to Deal with Unscheduled Bleeding on HRT



HRT Monitoring and Review – Referral and Ongoing Management



Non Hormonal Treatment for Symptoms of Menopause



Fertility and Sexuality in Perimenopause



Review of the Updated NICE Guidelines 2024



Practical Case Studies



Our 'Managing Menopause in Primary Care' course offers a comprehensive, evidence-based introduction to menopause management for primary care practitioners. This one-day course equips participants with the knowledge and skills needed to confidently assess, diagnose, and manage menopause-related symptoms, considering both hormonal and non-hormonal treatment options.

The course delves into the physiology of menopause and both the physical and psychological symptoms. Participants will explore the latest research, including the implications of landmark studies, alongside current NICE guidelines (2024) and BMS recommendations. A key focus will be on Hormone Replacement Therapy (HRT) – its benefits, risks, contraindications, and monitoring – along with alternative treatment strategies, including non-hormonal medications, lifestyle interventions, and complementary therapies. Additionally, the course addresses specialist topics such as premature ovarian insufficiency (POI), fertility considerations, sexual health, and contraception in perimenopause amongst others. Practical case discussions will provide an opportunity to apply learning to complex clinical scenarios, refining decision-making skills and enhancing confidence in managing menopause consultations.

By the end of the course, participants will have a well-rounded understanding of menopause management, be adept at assessing and mitigating risks, and be equipped with the latest guidelines and treatment strategies to improve patient outcomes and provide high-quality, patient-centred care.

Managing Menopause in Primary Care: Core Modules

- **Overview of the Menopause**
 - Introduction, welcome and course overview
 - HRT the history:-
 - To include a review of the Million women Study and the WHI study and their impact on treatment of perimenopause and menopausal symptoms.
- **Defining the Menopause**
 - Review of the menstrual cycle
 - Pathophysiological changes that occur at Menopause
 - Spontaneous, Surgical and Iatrogenic.
 - Cultural perspectives in menopause
 - Overview of diagnostic methods and tools used in primary care
 - Premature Ovarian Insufficiency (POI).
 - Symptoms Physical and Psychological
 - What can influence symptoms?
 - What else could it be?
- **Hormonal Treatment for Symptom Management**
 - NICE Guidance for treatment
 - Review contra-indications and risk
 - Endometrium
 - Fibroids
 - Hypertension
 - Migraine
 - VTE
 - CVD
 - Stroke
 - Breast Pathology
- **HRT choices**
 - Regime Cyclical / Sequential
 - Route – Oral, Transdermal, IUS, Implant
 - Duration?
 - Which dose

- What is body-identical HRT?
- Progesterone's/ Progestogen
- Testosterone
- **How to Deal with Unscheduled Bleeding on HRT**
 - A review of the [BMS Guidelines April 2024](#)
- **HRT Monitoring and Review – Referral and Ongoing Management**
 - Other Prescribed medications for treatment of symptoms:-
 - Clonidine
 - SSRIs
 - Gabapentine
 - Fezolinetant
 - Combined oral contraceptive
- **Non Hormonal Treatment for Symptoms of Menopause**
 - Lifestyle
 - Diet – (Review the current situation with Weight loss jabs)
 - Exercise
 - CBT
 - Acupuncture
 - Supplements and Herbal Treatments
 - Alternative therapies
 - Consider Interactions of supplements with other medication?
 - What are Compounded Bioidenticals?
- **Fertility and Sexuality in Perimenopause**
 - Libido and Desire?
 - Fertility and contraception
 - Vaginal health – Localised oestrogen, Non hormonal Topical options, DHEA, Ospemifeme, Prasterone
 - Genitourinary symptoms of menopause
 - Testosterone
- **Review of the Updated NICE guidelines 2024**
 - Review of resources and opportunities for continuing professional development
- **Practical Case Studies**
 - Discussion on complex case studies and scenarios
 - Opportunity for Q&A discussion

Learning Outcomes:-

- To gain a good understanding of how perimenopause and menopause symptoms may present and the impact that they may have on an individual's health and wellbeing.
- To be able to assess and investigate symptoms and to be able to advise patients as to all the options available for management of those symptoms.
- To have a good understanding of both hormonal and non-hormonal options for treatment.
- To be able to assess risk factors and possible contraindications for treatment.
- To have a good understanding of the current NICE guidelines for management of menopause symptoms and unscheduled bleeding on HRT.

This is an introductory course, suitable for those who are new to menopause care or who are wishing to develop and improve upon their existing knowledge and skills. Upon successful completion of the course, participants earn a certificate in **Managing Menopause in Primary Care**, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

Course Alignment

This course has been developed in line with the following guidelines:

- NICE Guideline [NG23] Menopause: diagnosis and management <https://www.nice.org.uk/guidance/NG23>
- NICE Quality Standard [QS143] Menopause <https://www.nice.org.uk/guidance/qs143>
- British Menopause Society (BMS) <https://thebms.org.uk/>
- BMS, RCOG, SFE, FSRH, FPM, RPS: Menopause Practice Standards <https://www.fsrh.org/documents/menopause-practice-standards/>