

Theory Course – 1st and 2nd October 2009

Holiday Inn Plymouth
Armada Way, Plymouth, PL1 2HJ

13 hours CME

What is the Menopause Special Skills Module?

This is a combined Theory and Practical Training module aimed at doctors 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 the doctor with the '**Certificate in Menopause Care**' has the necessary skills to work within a dedicated Menopause clinic and those holding '**Advanced Certificates**' would be suitable to lead Specialist Menopause services.

<http://www.fsrh.org/pdfs/Menopause.pdf>

Why consider this course?

This course provides the knowledge 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 yet pragmatic approach using an interactive lecture and workshop format. The delegate 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 a local Primary Trainer. Extended training to the level of an advanced certificate would be required to become a GPwSI taking referrals from colleagues.

The Handbook of the British Menopause Society provides essential information and represents the syllabus for the basic certificate. It will be issued prior to attendance and should be read in order to derive best value from the course.

Venue

Holiday Inn Hotel, Plymouth. Lunch and refreshments will be provided. The hotel has reserved a number of rooms at reduced rates for early applications. (Single or double B+B, both £95) - Rooms must be booked directly with Emma at the hotel on 01752 639936. Parking at hotel charged at £4 per visit, token from reception.

Public Transport

Main line station 1.2miles, Plymouth City Airport 5.6miles.

Booking

Please complete the form at the end of this programme and send with full remittance (£340.00) to CRESCETIS. Cancellation must be received in writing on or by 3rd September 2009. Prior to this date an administration fee of £30 will be incurred. After this date cancellations cannot be refunded though substitution is possible for a £30 administration fee.

The course has been made possible through unreserved educational grants from the pharmaceutical industry - they have had no influence on the academic programme.

Further information can be obtained from

Mike Gray, CRESCETIS, Egloserme Farm, St Erme, Truro, Cornwall. TR4 9BW

☎01872 242192

☎01872 242197

✉info@crescetis.com

Theory Course – 1st and 2nd October 2009

Programme

The medical course organiser is Dr Sarah Gray, Cornish GP, Clinical Lead for the Menopause Service in Cornwall, BMS Council member and FSRH Deanery Advisor

Delegate numbers will be limited to keep workshop groups small. Groups will be fixed for the duration of the course to allow working relationships and interaction to develop. Groups will change leaders for the second day. Workshop leaders (*) have extensive experience of delivering post reproductive healthcare and will be available for discussion and to answer questions throughout the two days.

Certificates of attendance will be available at the end of the course.

Thursday 1st October

09:00 Registration

09:25 Welcome and setting the scene

09:30 **Module 1: Background and symptoms**

Physiology including premature ovarian failure

Demographic, social and cultural influences

Impact of menopause: symptoms, sequelae, mood and cognitive function

10:30 Group work 1. With coffee. Getting to know each other

Assessing patients: taking a history, the use of assessment tools

11:15 **Module 2: Prescribing:**

Prescribing hormones

Prescribing conventional alternatives

Advising complementary alternatives

12:15 Group work 2. Prescribing: formulary development, making choices, individualising treatment, rational changes

13:00 Lunch

14:00 **Module 3: Bones**

Osteoporosis: the problem and the scale of the problem

Assessment tools and algorithms, NICE guidance, treatment options

15:00 Group work 3. Assessment and practical management of fracture risk.

15:45 Refreshments and break

16:00 **Module 4: Gynaecological issues in the post reproductive years**

This will be presented entirely as case based group discussion with local gynaecology support

16:00 **Bleeding**

Perimenopausal bleeding problems and management options

Unscheduled bleeding

Theory Course – 1st and 2nd October 2009

16:40 **Gynaecological cancer**
Post menopausal bleeding and endometrial cancer
Ovarian, cervical and vulval cancer – impact and detection

17:10 **Urinary incontinence**
Presentation and assessment
Physiotherapy and first line medical treatments

17:30 **Prolapse**
Nature and scale of the problem
Presentation and assessment
Surgical treatments

17:50 **Questions**

18:00 **End of day**

Friday 2nd October

09:00 **Module 5: Breast Cancer and Hormones**
Breast cancer risk assessment
Impact of hormonal treatments on risk profile

10:00 Group work 5 Gynaecological and breast cancer risk assessment and counselling, impact on management choices

10:45 Refreshments and break

11:00 **Module 6: Vascular risks and concomitant disease**
Vascular issues including DVT, cardiac disease and stroke
Other diseases including asthma and thyroid disease.

12:00 Group work 6. Women with complex medical risks: assessment, counselling and management

12:45 Lunch

13:45 **Module 7: Sexual Health**
Contraception for the over 40's
Sexually transmitted infection in older women
Sexual function, libido and desire

14:45 Group work 7. Sexual health issues: presentations and problems

15:30 **Practical Training**
Working towards competency assessed accreditation

16:00 Tea and depart

Theory Course – 1st and 2nd October 2009

Booking Form – Holiday Inn, Plymouth

I wish to book a place on the Menopause Theory Course 1st & 2nd October 2009

Title.....First name.....Surname.....

Role.....

Work Address.....

.....

Work Tel Number.....

Preferred Email.....

Home address.....

.....

Home Tel Number.....

Preferred correspondence address - Home / Work

Special Diet? – none / vegetarian / gluten-free / other (specify).....

Any other requirements.....

I enclose a cheque for £340.00 made payable to “CRESCETIS”

Signed..... Date.....

Please send completed form and cheque to

CRESCETIS, Egloserme Farm, St Erme, Truro, Cornwall. TR4 9BW