Menopause Theory Course
19th & 20th November 2016
NCVO Society Building
8 All Saints Street, London N1 9RL

For over a decade both women and healthcare professionals have experienced confusion and misperception surrounding menopause, its impact and what can be offered. The evidence has been reviewed by NICE and guidance was published in November 2015 (NG23). Women are once again being encouraged to ask for help.

- Can you answer the questions of your patients?
- Do you know what options are available and how well they work?
- Can you manage risk and benefit discussions?
- Can you work out what may be suitable for your patient and help her to make an informed choice?

If you would like to be more confident, then these two days may be just what you need.

Why should I consider this course?
This course is suitable for a doctor or nurse who is already providing women’s health care whether in primary care, sexual health, community or acute gynaecology settings.

The course material is entirely NICE NG23 compliant. The format promotes discussion of how the recommendations can be applied to every day clinical practice. It is both pragmatic and practical in outlook. Speakers summarise each topic to the whole group which then divides into workshop groups of no more than nine delegates plus a menopause expert to discuss a variety of related clinical scenarios. This will provide the opportunity to handle products, ask questions and really make sure that you understand.

What will it equip me to do?
- This course will provide you with knowledge and confidence to advise and treat women before, during and after menopause within your working environment.
- It will count towards the reaccreditation requirement of the Diploma of the Faculty of Sexual and Reproductive healthcare (FSRH) and provide evidence for GMC revalidation.
- The course was developed as the theory component of the BMS/FSRH Special Skills Module in Menopause. In conjunction with an approved Primary Trainer, additional practical training and satisfactory assessment of competence can lead to the award of a Certificate in Menopause. This would support you to provide leadership within a practice or work within an existing menopause service.
- If you are inspired to do more, this course plus extended training can lead to an Advanced Certificate in Menopause. This is equivalent in status to the Menopause ATSM of the RCOG. It accredits sufficient competence to provide expert advice as recommended by NICE or lead a specialist menopause service.

Venue
The NCVO Society Building is conveniently located just eight minutes’ walk from the excellent transport links of King’s Cross and St Pancras stations.
Lunch and refreshments will be provided.

Booking
Please complete the form at the end of this programme and send with full remittance of £395.00 to CRESCETIS. Cancellation must be received in writing on or by 21st October 2016. 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.
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Programme - 13 hours CME

The medical course organiser is Dr Sarah Gray, who is a GP, the Clinical Lead for the Menopause Service in Cornwall and an FSRH Menopause Trainer. She has been involved in this training program since its inception in 2003. Group leaders are experienced lecturers, practical trainers and clinicians delivering post reproductive healthcare. They will be available for discussion and to answer questions throughout the two days.

A pre-course reading list will be provided and certificates of attendance will be available at the end of the course. Further information regarding training can be accessed on http://www.fsrh.org/pdfs/MenopauseLogbook.pdf

Further information can be obtained from
Mike Gray, CRESCETIS, Egloserme Farm, St Erme, Truro, Cornwall. TR4 9BW
01872 242192  01872 242197  info@crescetis.com

Saturday, 19th November 2016

09:00 Registration
09:20 Introduction: 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
10:20 Refreshments and informal discussion
10:40 Workshop 1 & 2: Presentation and first line management
  Understanding the problem
  Products – a wide range will be available to handle with discussion about how they should be used, how to individualise treatment and how to make rational changes
12:50 Lunch

13:45 Module 3: Background health risks
  Cardiovascular risks affecting women including coronary heart disease, stroke and DVT and the impact of HRT on these risks.
  Impact of concomitant disease at menopause
14:45 Workshop 3: Women with complex medical risks: assessment, counselling and management
15:30 Refreshments and informal discussion
Module 4: Gynaecological issues in the post reproductive years
15:50
- Urogenital atrophy
- Atrophic vaginitis
- Overview of female urinary incontinence, overactive bladder, prolapse
- Bleeding problems – with and without HRT
- Gynaecological cancers and hormones

Workshop 4: Managing patients with gynaecological problems
16:50

Learning points: Day 1
17:35
- What have we learnt about patient assessment and management?
- Ask the team

End of day
17:50

Sunday, 20th November 2016

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

10:00

Refreshments and informal discussion
10:45

Module 6: Bone Health
11:05
- Osteoporosis: the problem and the scale of the problem
- Assessment tools and algorithms, NICE guidance, treatment options

Workshop 6: Assessment and practical management of fracture risk.
12:05

Lunch
12:50

Module 7: Sexual Health
13:50
- Contraception for the over 40’s
- Sexually transmitted infection in older women
- Sexual function, libido and desire

Workshop 7: Sexual health issues: presentations and problems
14:45

Learning points: Day 2
15:30
- Where are we now – pulling it all together

Practical Training
15:50
- Working towards competency assessed accreditation

Tea and depart
16:00

This course will be supported by unreserved educational grants from the pharmaceutical industry. They will have no input into the course content. They may have representation during course registration and break.
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Booking Form – NCVO Society Building, London

I wish to book a place on the Menopause Theory Course - 19th & 20th November 2016

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

Role……………………………………………………………………………………………

Work Address……………………………………………………………………………………

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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 £395.00 made payable to “CRESCETIS”

Signed……………………………………………….  Date……………………………….

Please send completed form and cheque to

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