



MENOPAUSE - THE FOUNDATIONS

Day 1

0910	Registration - log in and set up	
920	Welcome – setting the scene	Kathy Abernethy
	Physiology and effects of menopause	Kathy Abernethy
1045	Coffee break	
1115	Premature Menopause	Elaine Stephens
1200	Bone Health	Kathie Cooke
1300	Lunch	
2pm	Group Work 1: Patient assessment at menopause	ES, KA KC
310pm	short break	
315pm	Sexual health and contraception at the peri menopause	ES
430pm	Questions	
440pm	Close	

**** NICE GUIDELINES WILL BE INCLUDED THROUGHOUT THE PROGRAMME****



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Day 2

9 am	Log in and set up	
915	HRT – Benefits, risks and controversies	Elaine Stephens
1015	Coffee break	
1045	Contraindications to HRT – absolute and relative	KA
1115	Short break	
1120	Group Work 3: HRT types, routes and side effects HRT- pick a product.	ES. KA KC
1pm	Lunch break	
145pm	Non Hormonal Therapy Options	Kathie Cooke
230pm	Short break	
240pm	Group work 4: Which HRT for which woman?	ES KA KC
4pm	Any Questions?	
415pm	The Way Forward	Kathy Abernethy
430pm	Close	