



Menopause The Foundations

Day 1

0920	Registration - log in and set up
930	Welcome – setting the scene Background, assessment - what's normal?
1045	Coffee break
1115	Premature Ovarian Insufficiency
1200	Group Work 1: Patient assessment at menopause
1pm	Lunch
145	Contraception at the peri menopause
220pm	Bite size sessions (<i>short talks to offer a summary of topic with further reading provided</i>). Urogenital health Testosterone
3pm	Alternatives and adjuncts to HRT
345pm	Final discussion and questions
415pm	Close



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Day 2

920 am	Log in and set up
930	HRT – Benefits, risks and controversies
1020	Coffee break
1050	Group work 2 - Contraindications and cautions to HRT
1120	Short break
1130	Group Work 3: HRT types, routes and side effects HRT- pick a product.
1245	Lunch break
130pm	Bite size sessions Post menopausal bone health Unscheduled bleeding guidance
210pm	Group work 4: Which treatment for which woman?
315pm	Any Questions?
330pm	The Way Forward – future training/ reflection
415pm	Close