



## **MENOPAUSE - THE FOUNDATIONS**

### **Day 1**

0910	Registration - log in and set up
920	Welcome – setting the scene
	Physiology and effects of menopause
1045	Coffee break
1115	Premature Menopause
1200	Short break
1210	Bone health
1300	Lunch
2pm	Group Work 1: Patient assessment at menopause
310pm	Short break
315pm	Sexual health and contraception at the peri menopause
430pm	Questions
440pm	Close

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



## **Menopause - The Foundations**

### **Day 2**

9 am	Log in and set up
915	HRT – Benefits, risks and controversies
1015	Coffee break
1045	Contraindications to HRT – absolute and relative
1115	Short break
1120	Group Work 3: HRT types, routes and side effects HRT- pick a product.
1pm	Lunch break
145pm	Non-hormonal therapy options
230pm	Short break
240pm	Group work 4: Which HRT for which woman?
4pm	Any Questions?
415pm	The Way Forward – future training/ reflection
430pm	Close