



## **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 Ovarian Insufficiency
- 1200 Short break
- 1210 Post menopausal 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 and cautions to HRT
1115	Short break
1120	Group Work 3: HRT types, routes and side effects HRT- pick a product.
1pm	Lunch break
145pm	Alternatives and adjuncts to HRT
230pm	Short break
240pm	Group work 4: Which HRT for which woman?
4pm	Any Questions?
415pm	The Way Forward – future training/ reflection
430pm	Close