MENOPAUSE - THE FOUNDATIONS

Day 1

0910  Registration - log in and set up

920   Welcome – setting the scene

                   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**
Menopause - The Foundations

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  ES. KA KC
HRT- pick a product.

1 pm  Lunch break

145pm  Non Hormonal Therapy Options  Kathie Cooke

230pm  Short break

240pm  Group work 4: Which HRT for which woman?  ES KA KC

4 pm  Any Questions?

415pm  The Way Forward  Kathy Abernethy

430pm  Close