BMS Principles & Practice of Menopause Care course

Who should consider the BMS Principles and Practice of Menopause Care (PPMC) course?

The BMS PPMC course is designed for registered healthcare professionals seeking an in-depth and comprehensive grounding in post reproductive health. It is suitable for doctors, nurses and pharmacists working in the UK or Ireland who wish to understand the essential foundations of menopause care.

The PPMC course is evidence based and incorporates recommendations for best practice from the NICE Guideline *Menopause: Diagnosis and Management*, published in November 2015. A reflective and pragmatic approach will be encouraged, and delegates will learn to apply their new knowledge in a way that is relevant to their own working environment. The course carries 12 CPD credits.

Please note, this course is for registered doctors, nurses and pharmacists based in the UK or Ireland only (GMC/NMC/GPhC registered or equivalent).

What is the format of the PPMC course?

Delegates will have access to **professionally recorded lecture videos** for the seven course modules, with PDF lecture slides, via the BMS website. They can watch the lectures at a time convenient for them, before they attend an interactive **Zoom Q&A/case discussion day** to clarify information in the lecture videos and reinforce their understanding.
The Zoom day offers a Q&A session for each of the seven modules. Delegates will be able to pre-submit questions via the BMS website and there will also be plenty of opportunity to ask questions on the day itself. The use of Zoom breakout rooms will allow for small group HRT prescribing and case study discussion to further learning.

Delegates must watch the lectures and attend the Zoom day to meet the requirements for course completion.

The BMS PPMC course programme can be found in full overleaf.

How do I register for the BMS PPMC course?

The cost of the course is **£525.00**. You can register online at www.thebms.org.uk/education.

The BMS handbook, *Management of the Menopause (6th edition)*, represents the course syllabus and a copy is included for delegates in the course fee.

This course also provides the theoretical component of the BMS PPMC training programme and the FSRH Menopause Special Skills Module.

Course programme

Wednesday 24 May– Sunday 11 June 2023
Professionally recorded lecture videos and PDF slides available via the BMS website:

Module 1: Background to the menopause: its consequences and management
Demographic, social and cultural influences; physiology, including premature ovarian insufficiency; impact of menopause on future health; presentation and management options

Module 2: Prescribing Hormone Replacement Therapy
HRT: when to prescribe, what to prescribe; indications for HRT prescribing; regimens and routes of therapy; NICE guidance

Module 3: Vascular risks and other medical problems
Cardiovascular disease in women; HRT and vascular issues; HRT and other medical conditions

Module 4: Gynaecological issues in the post reproductive years
Bleeding problems; gynaecological malignancy; incontinence; prolapse

Module 5: Hormones and the breast
Benign breast disease and HRT; HRT and breast cancer; menopause and women at high risk; menopause after breast cancer

Module 6: Osteoporosis – prevention and treatment
Osteoporosis: the scale of the problem; risk assessment tools and algorithms; NICE guidance; prevention for all; treatment options

Module 7: Sexual health and contraception
Perimenopausal contraception: when to stop contraception, when to start HRT; sexually transmitted infection in older women; sexual function, libido and desire

Wednesday 7 June 2023
PPMC interactive Zoom Q&A/case discussion day

0915 – 1105	Welcome & introduction Module 1: Background to the menopause (Q&A session) Module 2: HRT practical prescribing (Q&A/HRT prescribing sessions)
1105 – 1120	**Break**
1120 – 1250	Module 3: Women with complex medical risks (Q&A/case discussion) Module 4: Gynaecological issues (Q&A session)
1250 – 1320	**Lunch**
1320 – 1510	Module 5: Breast cancer risk assessment and counselling (Q&A/case discussion) Module 6: Assessment and practical management of fracture risk (Q&A/case discussion)
1510 – 1525	**Break**
1525 – 1630	Module 7: Sexual health issues: presentation and practical help (Q&A/case discussion) BMS PPMC training programme: working towards competency-based assessment

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Further information

Visit the BMS website www.thebms.org.uk/education or email admin@bms-whc.org.uk.

This course is financially supported in part by the pharmaceutical industry through sponsorship but it has no influence over the course programme.

The British Menopause Society reserves the right to change any aspect of the programme should changes become absolutely necessary.