

## Menopause Updates

Session	Topic	Date	Time
1	Premature Ovarian Insufficiency (POI) and Genito-Urinary Syndrome of Menopause	Wednesday 1 <sup>st</sup> October 2025	1pm – 1.45
2	Bleeding on HRT & Other Side Effects	Wednesday 5 <sup>th</sup> November 2025	1pm – 1.45
3	Complementary and Alternative Therapies and Common Referrals	Wednesday 17 <sup>th</sup> December 2025	12.15 – 1pm

**Target Audience:** These remote sessions are suitable for GPs, Nurse Practitioners and Nursing Associates, who provide Menopause care.

**Course Content:** The sessions will cover (***pick and mix and there is no need to attend all of them***):

- **Session 1:**
  - Diagnosis and implications of POI as well as investigations needed and recommended treatment
  - Review of the physiology behind Genito-Urinary syndrome of menopause, the symptoms it can cause and the impact it can have on women. Various treatment options both hormonal and non-hormonal and how to get the best effects from them
- **Session 2:**
  - Discussion regarding the new British Menopause Society guidelines on problematic bleeding on HRT: when to investigate and what to do.
  - Other common side effects of HRT and things that can be done to manage or help with these such as migraines, mood changes etc.
- **Session 3:**
  - Complementary and alternative therapies to conventional HRT that patients can use to alleviate menopausal symptoms. Including cautions and evidence base behind some of the most common
  - Common referral reasons to the menopause clinic including family history of breast cancer, thrombosis risk and migraines. Using real cases to discuss how these can be managed and the rationale behind this as well as the conversations with the patients

**Trainer:** Nabanita Ghosh and Madeleine Crow, Locala Community Partnership CIC

**Cost:** These courses are free of charge for all those who work in Stockport General Practices.

These sessions will be carried out via a video conferencing platform, delegates will need a computer or smart phone to join, where possible they are encouraged to use a web camera to fully participate. All joining details will be available before the session.

### **Booking Information:**

Bookings for this course should be made via Ticket Tailor, using this booking link – <https://buytickets.at/nhsgreatermanchestersstockport/1768735>.

External delegates can book via e-mail to [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net).

Enquires can be made via [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) or 07393 798115.

### **Terms and Conditions**

Please note that it is an employer's responsibility to ensure that individuals employed in any patient facing role (including receptionists) are up to date with the recommended vaccinations for healthcare staff as outlined in the Green Book <https://www.gov.uk/government/publications/immunisation-of-healthcare-and-laboratory-staff-the-green-book-chapter-12>

Please see full Terms and Conditions outlined in the GP Learning & Development Portfolio.

### **Virtual Sessions**

Please note these sessions may be recorded and shared with others working across Stockport in Health & Social Care. If you attend these sessions, we will assume, you consent to the event being recorded and shared. If you have any concerns around this please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net)

### ***Non-Attendance/Cancellation***

The department is sympathetic to issues which may arise, however, if an individual is unable to attend an event for any reason, the learning and development team should be contacted via e-mail on [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) as soon as possible to cancel or defer the booking. Cancelling may enable another individual to attend instead which will help ensure best use of our resources.

If you have any enquires around this please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net)