



UK Special Interest Training in Menopause

BMS

Meeting the
challenge of
menopause

Dr Sarah Gray

Primary Care Lead in Women's Health
NHS Cornwall and Isles of Scilly


Declarations of interest

- Fully accredited GP
- Clinical Lead Menopause and Women's Health Service: NHS Cornwall & Isles of Scilly
- Council member Cornwall & Isles of Scilly LMC
- Honorary Clinical Fellow PMS
- BMS Council member
- FSRH Deanery Advisor Southwest England
- Previous member of NICE guidelines group
- Performance assessor for the GMC
- Editorial Consultant MIMs Women's Health
- Lectures at educational meetings supported by pharma
- Travel to international meetings supported by pharma
- Current consultancy for Bayer Schering and previously Organon, Wyeth, Novo, Ferring, Solvay

Training Framework

- Awareness
 - Knowledge
 - Competence
 - Role specific
 - Requires assessment
 - Performance
- Specialist doctors
 - Community doctors
 - GPs
 - Nurses
 - Pharmacists
 - Other professions allied to medicine

www.thebms.org.uk



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News


HRT 'could double the threat of skin cancer'
A Dutch population study has found that women who developed malignant melanomas were more likely to have used either oral contraceptives (OC... [more »](#))
updated: 03 March 2009

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The British Menopause Society

The BMS is a registered charity and scientific society which is directed at the medical profession with membership open to healthcare professionals and others specialising in post reproductive health. It is dedicated to advancing education in all matters relating to the menopause.


BMS Membership

MEMBERSHIP BENEFITS »
JOIN ONLINE »

Meetings

A date for your diary..... A date for your diary..... A date for your dia
This year the BMS is not staging our usual two day conference. Instead, we are hosting the EMAS congress at the Excel Centre in London's Docklands between 16 and 20 May 2009. This four day congress includes a BMS Symposium and the BMS AGM - both will take place on Wednesday 20 May.
Full details and other meetings on the [meetings page »](#)

Discover revolutionary solutions to healthy ageing



Menopause International

[available for members »](#)
Menopause International is an international scientific journal that makes a vital contribution to the study and treatment of the menopause and female post reproductive health. To ensure that you and your colleagues have access to this valuable content, please pass the [recommendation form](#) to your librarian.

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Partnerships

- RCOG
- FSRH
- RCGP
- RCN
- Other professions

Career gynaecologists

- Membership of RCOG and complete specialist training
- ATSM in menopause: final 2 years or later
- Accredits to lead a service
- BMS/RCOG accredited theory course
- Practical training: approximately 30 supervised sessions over 6 months under accredited trainer
- Structured assessment against defined competency criteria

Community gynaecologists

Member of RCOG and/or FSRH

Menopause special skills training

- Basic level – for work within a service
- Advanced level - comparable to ATSM: service lead accreditation

■ Core text

■ BMS/FSRH accredited theory course

- As for ATSM
- Or interactional lecture/workshop format course

■ Logbook based competency assessed training under an accredited principal and secondary trainers

- Individual initial learning needs assessment and training program
- ~ 8 sessions for basic
- ~ 30 sessions for advanced (which also requires a written submission)

General Practitioners

Generally members of RCGP and diplomates of FSRH (may be members)

Menopause special skill training

- Basic level – for work within practice
- Advanced level – able to take referrals and work as GPwSI
- Core text
- BMS/FSRH accredited theory course
 - As for ATSM
 - Or interational lecture/workshop format course
- Logbook based competency assessed training under an accredited principal and secondary trainers
 - Individual initial learning needs assessment and training program
 - ~ 8 sessions for basic
 - ~ 30 sessions for advanced (which also requires a written submission)

Nurses

- Generally members of RCN
- Coherent professional structure including
 - Health care assistants
 - Competent nurse
 - Experienced/proficient nurse
 - Senior practitioner/expert nurse
 - Consultant nurse
- Competencies defined for practice at each level

Menopause training for nurses

Advanced course – accredited by University of Greenwich

- 15 credits = one module of BSc in Women's Health
- Theory course 2.5 days at beginning and end of
- 3/12 mentored distance learning course

Foundation courses – attendance accredited by RCN

Much local education but little formal practical training

Ad hoc training for continence nurses etc



Pharmacists

- Advanced training may include sessions on menopause
- May be included in CPD

Maintaining competence

- Activity (100+ new patients a year for specialists)
- Audit (against quality standards)
- Updating (accredited hours)
- Membership of specialist society

- Links with appraisal and recertification

Education

- Great variety of providers and formats
- Tends to attract the interested
 - No incentives to do menopause well
 - Good clinical practice and empathy
 - Networking
 - Need to reaccredit DFSRH
 - Recertification
- Ought to be accredited
- Ought to be consensual
- No national guidelines other than BMS but lots of emotion

Challenges in the UK

- Awareness → arouse interest
- Accurate information → knowledge
- Enthuse → motivate
- SPECIAL INTEREST TRAINING
- Negotiate the commissioning of a service
- Quality service provision with evaluation
- Become a trainer
- Cascade the cycle



Any questions?

- Thank you...