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High quality menopause training to support high quality treatment for women

New British Menopause Society education programme launched on World Menopause Day

To mark World Menopause Day, the British Menopause Society (BMS) is launching **Principles and Practice of Menopause Care (PPMC)**. This is a progressive theory and practical training programme for healthcare professionals, developed by BMS specialists and is specifically designed to encourage high quality menopause support for women.

The PPMC programme, a key element of the **BMS Vision for menopause care in the UK**, is for doctors and nurses providing menopause care in community, primary and secondary care settings.

Haitham Hamoda, Clinical Lead for the Menopause Service at King's College Hospital and Chair of the BMS said:

"The BMS Vision for menopause care in the UK sets out our strategy to improve medical support for mid-life and older women. It highlights what support and care is currently available; what we believe should be available for healthcare professionals (HCPs) and their patients, how the coronavirus pandemic is bringing challenges but leading to more innovative ways of working. The Vision highlights the need for more support for women in the workplace.

"The PPMC training programme launch, together with the recent addition of the online BMS register of Menopause Specialists, are two significant initiatives undertaken by the BMS to help achieve the Vision."

Sara Moger, lay member of the NICE guideline: Menopause diagnosis and management development group and BMS Chief Executive commented:

"The profile of menopause and reproductive health has increased significantly since the launch of the NICE Guideline in November 2015. The guidance recommended that healthcare professionals adopt an individualised approach at all stages of menopause diagnosis, investigation and management.

"Women need support and information to help them cope with the impact of the menopause, so it is vital that healthcare professionals have the expert training and up-to-date knowledge to provide that support and advice, particularly with regard to relevant treatment options."

The PPMC programme offers different levels of education:

- **The two-day BMS theory course** for healthcare professionals seeking an in-depth and comprehensive grounding in menopause care. This theory course is also **'stand-alone'** and suitable for those wishing to understand the foundations of menopause care

- **The BMS Certificate** for those who undertake menopause consultations in general practice, including NHS and private clinics
- **The BMS Advanced Certificate** for doctors and independent nurse prescribers who wish to provide specialist menopause care, including management of complex cases, and who may have career ambitions to lead a menopause service

The PPMC education programme features an online curriculum and e-portfolio and has been designed to meet the ever-increasing requirement for quality menopause education.

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NOTES TO EDITORS

The British Menopause Society (BMS), the specialist authority on menopause and post reproductive health, was established in 1989. It educates, informs and guides healthcare professionals on menopause and all aspects of post reproductive health.

Backed by a medical advisory panel of worldwide experts, this is achieved through:

- Our Medical Education Programme, which includes the annual scientific conference, the Women's Health Concern symposium and 2-day BMS certificated courses for Principles and Practice of Menopause Care (PPMC) and Cognitive Behavioural Therapy (CBT).
- Our interactive website which features *BMS TV: the menopause explained* and the online register of NHS and private BMS menopause specialists.
- Our range of evidence-based, peer-reviewed resources and publications including Consensus statements, Tools for clinicians, BMS bulletins and news alerts, the quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

www.thebms.org.uk

Women's Health Concern (WHC), was established in 1972 and has been the patient arm of the BMS since 2012. Women's Health Concern (WHC) provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

Our specialist healthcare professionals offer unbiased information via:

- The **website**, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, **Menopause: Giving you confidence for understanding and action**
- Our telephone and email **advisory service**, staffed by specialist nurses
- Links to a series of 14 short videos, **BMS TV: the menopause explained** and the **BMS menopause specialist online register** with details of NHS and private clinics and services
- Online and face to face symposia, seminars, meetings and our workshop *Living and loving well beyond 40...!*

www.womens-health-concern.org

For more information :

<https://thebms.org.uk/ppmc>

<https://thebms.org.uk/publications/bms-vision/>