

Menopause training and resource guide



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Training

[Menopause awareness e-learning](#)

The Menopause awareness e-learning will take approximately 30 minutes to complete. It provides learners an overview of what the menopause is, the common symptoms associated with it, and scenarios which will help our people better understand the ways in which they can help support themselves and each other.

This e-learning is designed for all colleagues in the workforce. Whether you are a person transitioning through the menopause, or if you are looking for information to help you support a colleague, employee, friend or relative who is experiencing symptoms of the menopause.



[Menopause and people professional e-learning](#)

The Menopause and people professionals e-learning will take approximately 30 minutes to complete. It provides learners an overview of what the menopause is, the common symptoms associated with it, and scenarios which will help our people better understand the ways in which they can help support themselves and each other.

The session is aimed at delivering an overview and awareness of menopause for people professionals to help support individuals and line managers in the workplace. At the end of the session, learners will be able to:

- Explain what the menopause is and list its symptoms
- Describe how menopause symptoms impact people in the workplace
- Understand what workplace adjustments can be made to help and support people affected by their symptoms at work
- Signpost to further information and support

[Menopause and Occupational Health e-learning](#)

The menopause and Occupational Health e-learning will take approximately 30 minutes to complete. It will give learners an overview of the signs and symptoms of the menopause and looks at how people may be impacted in the workplace. The module also includes information on making reasonable adjustments and advice on providing specialist support for staff.

This e-learning is designed for our occupational health teams who are crucial to keeping people well at work, both physically and mentally. Studies show that 1 in 10 individuals leave the workplace because of their menopause symptoms. It is important that those working in occupational health have the knowledge and resources required to support staff experiencing the menopause.

[Menopause bite-size e-learning modules for nurses – British Menopause Society](#)

Four modules - £160

Are you starting your menopause career or need a refresh?

These are 20 min learning modules around menopause and HRT. Choose one or two or do all four in your own time at the speed that suits you.

[Menopause Foundations Course for Nurses – British Menopause Society](#)

£465

This two-day menopause course is aimed at nurses who regularly see and advise women about menopause issues. Deeper than a basic course, it is aimed at primary care nurses, others such as sexual health nurses, gynae nurses and those working in breast or oncology. It will equip you to confidently advise and treat women.



- Presentation and assessment
- Premature menopause
- NICE Guidance – updated Nov 24
- Bone health
- Urogenital health
- HRT – Risks and Benefits
- HRT – Types, routes and regimens
- Which treatment for which women?
- Non hormonal choices – medical and complementary.
- Sex and menopause
- DHEA for vaginal health
- Testosterone
- Lifestyle choices

This two-day course is aimed at primary care nurses but suited to all nurses who regularly see and advise women about menopause related issues. Previous delegates have included primary care nurses, gynae-oncology nurses, breast care nurses, sexual health nurses, gynae nurses and others.



[Menopause overview and HRT prescribing half-day events – British Menopause Society](#)

Delivered via Zoom. £125 per event.

With the updated publication of NICE Guidance November 2024, women are expecting to receive information about symptoms, treatments and options and health professionals are expected to provide it.

Menopause overview:

- Presentation, symptom assessment, what's normal?
- HRT outline – types, benefits, risks, side effects
- Non hormonal choices including lifestyle and medical/over the counter

HRT update

- Overview of types, doses and regimens of HRT
- Review benefits and risks of HRT
- Learn how to advise on starting, stopping HRT and monitor it effectively
- Understand what to expect in terms of bleeding and how to assess

[Management of the Menopause Certificate – British Menopause Society](#)

The BMS Management of the Menopause Certificate is a complete online education package that enables healthcare professionals to develop the confidence needed to deal with 95% of patients who walk through their door, leaving only the 5% of complex cases to be referred for specialist menopause care. This evidence-based menopause education, developed by healthcare professionals for healthcare professionals, is peer reviewed and incorporates recommendations for best practice from both national and international guidelines.

[PPMC Advanced Certificate in Menopause Care – British Menopause Society](#)

Enquiry only. The BMS Advanced Certificate in the Principles and Practice of Menopause Care (PPMC) comprises progressive theory and competency-based practical training components that lead to a qualification in menopause care. It is designed for registered healthcare professionals working in menopause care in the UK and Ireland, including community, primary and secondary care. Trainees must be registered with a recognised professional body in the UK or Ireland and hold current

BMS membership.

The BMS Advanced Certificate in the Principles and Practice of Menopause Care is designed for doctors, independent nurse prescribers and pharmacist independent prescribers who accept external referrals, manage complex cases and deliver specialist menopause care. This includes healthcare professionals working in hospital and community menopause services, GPs with an extended role in menopause (GPwER), and those leading menopause services in private healthcare organisations.

Please note: the BMS PPMC Advanced Certificate training is specifically designed for HCPs dealing with complex menopause cases, the 5% or so of patients who need referral for specialist menopause care. There is no need to consider the BMS PPMC Advanced Certificate unless it is required for a specific job role.



[Contraception Foundation Course – Primary Care Women's Health Forum](#)

Free for members or £55 for non-members.

Understanding contraception and how it can help women to be in control of their reproductive choices lies at the heart of this training. As practising GPs, many of you in the primary care team have a vital role to play in supporting women – this eLearning course aims to support you.

Developed by GP, Dr Julie Oliver, this course is for all practitioners working in health who aspire to give contraceptive advice and services. It offers something for those who may interact with a woman requiring contraception in an easy, digestible format.

Covering all forms of contraception including progestogen-only, combined-hormonal, injectables, implants and IUD/Cs and linked to the UKMEC, it includes pre-course reading, theory, test your knowledge quizzes, activities, post course work and further reading and recommendations.

The PCWHF's Contraception Foundation Course equips you with all the tools to offer the very best contraception care.

[Menopause e-learning - Primary Care Women's Health Forum](#)

Free for members or £55 for non-members.

This Menopause Foundation Course is for the whole clinical team. It offers something for everyone who may interact with a woman experiencing peri-menopausal symptoms in an easy, digestible format. It has been created by GPs and menopause specialists, to give you the tools to deliver the very best menopause care.

[Heavy Menstrual Bleeding e-learning – Primary Care Women's Health Forum](#)

This is free for all clinicians. It provides education and awareness for any members of the multi-disciplinary team who interact with those experiencing HMB.

Taking a clinical case study approach to education, with interactive quizzes, you will apply NICE guidance to the investigations, management and referral of those presenting with HMB.

[Menopause Care Professional Certificate \(MCPC\) – The Faculty of Sexual and Reproductive Healthcare](#)

£464 application fee, which includes £75 non-refundable administration fee.

The Menopause Care Professional Certificate (MCPC) aims to equip healthcare professionals with the knowledge, clinical skills, and experience to provide high quality menopause care. It will allow health professionals to assess and manage

individuals presenting for routine menopause care. It can act as both a standalone qualification for primary care providers and as the starting point for those who wish to progress to more advanced study or lead a menopause service.

[Menopause Care Professional Diploma – The Faculty of Sexual and Reproductive Healthcare](#)

Enquiry only. £155 top-up registration fee, which includes £75 non-refundable administration fee.

The Menopause Care Professional Diploma (MCPD) provides you with the knowledge, clinical skills, and experience to offer high quality menopause care.

The MCPD equips you to independently





assess and manage individuals being referred for specialist menopause care and complex menopause cases. It will also enable you to manage, develop and lead a multi-professional team delivering a Menopause Care Service, and to effectively communicate with the wider medical community.

The MCPD syllabus and curriculum has been reviewed by the BMS medical advisory council and has approved BMS menopause specialist recognition.

[Essentials of Menopause Care – The Faculty of Sexual and Reproductive Healthcare](#)

£100-£190 dependent on local provision.

Are you a healthcare professional working with women during perimenopause and menopause?

The Essentials of Menopause Care course is aimed specifically at those providing Menopause Care in primary care settings. It provides an interactive half-day with scenario-based learning, quizzes, presentations, time for discussion and questions.

This course is relevant for Menopause Care providers needing an introduction and provides a useful update for more experienced staff. Courses are delivered in a variety of locations across the UK. Essentials of Menopause Care is not a competency-based course, and it is not assessed.

At the end of the course, you will be able to:

- Assess women presenting with perimenopausal/menopausal symptoms
- Outline the non-hormonal management options for these symptoms
- Explain the risks and benefits of HRT
- Explain how to use the different HRT preparations that are available
- Explain the management of genitourinary syndrome of the menopause
- Discuss the contraceptive needs of perimenopausal women and how these can be met
- Describe the needs of women who have had premature ovarian insufficiency

[Managing the menopause – BMJ Learning](#)

Free e-learning.

A practical guide to diagnosing and managing the menopause in your patients. This course will take you through diagnosis, managing symptoms, counselling on risks, treatment options, and follow up of the perimenopause and menopause.

After completing this course you should:

- Diagnose the perimenopause and menopause
- Make appropriate decisions about testing for FSH
- Discuss contraception options with your patients during the perimenopause
- Provide evidence based treatment to help women manage the symptoms of the menopause
- Discuss the risks and benefits of hormone replacement therapy.



[Menopause Care On-Demand – The Faculty of Sexual and Reproductive Healthcare](#)

Each course costs £40 for 12 months access to the Training Hub and resources.

Two short online courses, with up to 12 months to complete each course:

1. Menopause: supporting patients' sexual well-being

This course will enable you to:

- Explain the biopsychosocial model and apply it to women's experiences
- Describe some ways in which menopause and perimenopause can impact on women's sexual health and sexual well-being.
- Compare treatment options for sexual problems developing during perimenopause and menopause to include systemic assessment, pelvic assessment and consideration of hormone replacement therapy (HRT).
- Identify the most suitable treatment option for particular cases

2. Menopause and sexual well-being: encouraging conversations

This course will enable you to:

- Give examples of the complexity of factors affecting sexual well-being and desire during perimenopause and menopause.
- Recognise the factors that can prevent open communication about sexual issues at menopause
- Apply strategies to open up conversations.
- Explore the use of psychosexual therapy for sexual problems developing during perimenopause and menopause.

[Menopause – RCGP Learning](#)

For members of RCGP.

This course aims to provide education and raise awareness of menopause with a specific focus on prescribing of hormone replacement therapy (HRT) for generalists in primary care. Case studies will be used to discuss clinical presentation and management.

Resources

[Resources Toolkit – British Menopause Society](#)

The BMS PPMC Resources Toolkit provides a comprehensive range of evidence-based, peer reviewed resources that answer the key questions in menopause care. They incorporate recommendations for best practice from both national and international guidelines and they are regularly reviewed and updated.



The Toolkit includes videos, consensus statements, infographics, tools for clinicians and fact sheets for women, all free to access via the British Menopause Society and Women's Health Concern websites. It also provides links to other trusted websites and resources.

All resources are designed for healthcare professionals in both primary and secondary care – GPs, practice & specialist nurses, gynaecologists, SRH specialists, pharmacists, O&G/GP trainees, physiotherapists – plus those working in other areas to support women and their partners.

The Toolkit will equip everyone with an understanding of the menopause – its diagnosis and management – and it points to next steps and further information for those who want to develop their interest in menopause care.

[Become a Menovist - Rock my Menopause](#)

Support people experiencing menopause. Become a Menovist.

This guide was produced by NHS Hampshire and Isle of Wight, April 2025.

