

# The Menopause Revolution:

## Supporting HCPs to deliver the Women's Health Strategy Webinar

### Speakers



**Dr Anne Connolly**

After a two-year volunteer posting to a under-resourced mission hospital in rural Zimbabwe, Anne returned to General Practice in inner-city Bradford in 1990 and is currently working as a GP providing care for asylum seekers, refugees, homeless and sex workers.

She is a GPwSI in gynaecology, accredited as a hysteroscopist and FSRH trainer. She has been involved with commissioning since 2006 and retired as CCG clinical board member with remit for maternity, women's, children and young people's healthcare in 2019.

Anne is chair of the PCWHF and RCGP Clinical Champion for Women's Health. She is also co-editor of Women's Health in Primary Care. Anne was honoured to be awarded an MBE for her work in women's health in the 2021 Queens Birthday Honours List.



**Dr Stephanie Cook**

Stephanie is a GP from Liverpool with a special interest in women's health. Stephanie has been involved with the design, development & implementation of Primary Care Women's Health Hubs across Liverpool and is the clinical lead for this service.

The work in Liverpool has drawn significant interest at a national level and has provided material for the PCWHF: Women's Health Hub Toolkit. Stephanie is passionate about improving access to services, reducing health inequalities and supporting training and education for other GPwSI in women's health.



**Dr Julie Oliver**

Julie is an NHS GP working in County Durham. She has an extended role in women's health, providing clinical services which can be accessed by all North Durham GP practices. She also has a private women's health clinical service in Newcastle working in "Idos" at St Peter's Basin.

Julie has been training clinical staff in the area of women's health for primary care across County Durham and Darlington along with a national role speaking at conferences and is a Clinical Director of the Primary Care Women's Health forum. She holds the Postgraduate Diploma in Gynaecology from Bradford University, letters of competence in coils and implants, has a specialist skill in women's ultrasound scanning, and an advanced Menopause Certificate.

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### Summary of the webinar

The Women's Health Strategy<sup>1</sup> for England details the Government's 10-year ambitions and actions to improve the health and wellbeing of women and girls in England. As part of the Strategy, the UK Menopause Taskforce was formed.

In the Government's call for evidence public survey, menopause was the third most selected topic that respondents selected for inclusion in the Women's Health Strategy, with 48% of respondents selecting it.

#### Menopause-specific objectives from the Women's Health Strategy include:

- Reducing the disparities in access to menopause treatments.

- Reducing the cost of HRT.
- Ensuring women can stay in the workplace by feeling supported.
- Ensuring that HCPs (including those who have a special interest in other areas) have a basic understanding of the menopause by increasing education and awareness.

Using practical case studies, this webinar will help to shape your understanding and arm you with the knowledge and tools to implement changes in your practice that will empower you and enhance the lives of your patients.



### Key learning objectives

- Gain a broad understanding of the Women's Health Strategy and how menopause features.
- Understand the facts and debunk the myths surrounding HRT.
- Reflect on the right way to support women in your practice.
- Feel confident about which questions to ask your patients to get the right answers for optimal treatment.

### Most common questions

**Q:** Which tests are appropriate for the diagnosis and management of the menopause?

**A:** For a woman who is not using hormones, menopause is a clinical diagnosis and, therefore, no blood tests are necessary. You need to be asking certain questions about the symptoms of their menstrual cycle.

**Q:** How do you take a multidisciplinary approach? Is there a greater role for pharmacists and nurses?

**A:** There is a huge gap there. Harnessing brilliant nurses and nurse practitioners, nurse associates and pharmacists means that they can assist HCPs in their practice, and they may be able to go on to do certain procedures themselves.