

**Pelvic, Obstetric and Gynaecological Physiotherapy  
Pelvic Health Physiotherapy:**

**Menopause Management – Advancing Your Practice**

**28th March 2020**

**Milton Keynes University Academic Centre, Milton Keynes, MK6 5LD**

**£135 POGP member/affiliate  
£165 non-member**

This POGP study day provides participants with the opportunity to better understand the challenges of menopause, its impact on every aspect of women's lives and how practitioners can meet the needs of this rapidly growing demographic.

It has been developed for HCPC Registered Physiotherapists who wish to deepen their understanding and improve their management of women in perimenopause, menopause and post-menopause. Overseas delegates who are members of any organisation belonging to the WCPT are welcome to attend.

This unique collaborative POGP study day, includes:

- Physiotherapy sessions delivered by POGP tutors.
- Sessions on the medical management of menopause presented by the immediate past chair of the British Menopause Society and the day's Keynote Speaker, Kathy Abernethy.
- Sessions covering the role of nutrition and the psychological impact & management of menopause.
- Refreshments and lunch provided.

This POGP study day is being hosted by PositivePause who deliver vibrant, high quality events, partnering with expert health professionals in the current menopause arena. The study day takes place at Milton Keynes University Hospital's, state of the art, Academic Centre, easily reached by motorway and train networks.

**Programme objective:**

To build the confidence of clinicians to treat, advise and support women with the most up-to-date, factual, EBP related to all aspects of changes associated with the menopause – physiological, anatomical, nutritional and psychological.

### **POGP study day programme** (one day)

9.00	Registration
9.30	Welcome and introduction
9.40	Menopause overview/definitions/phases
10.30	Bone health: Implications for clinical practice and exercise prescription
11.00	Break
11.30	Neuro-Muscular-soft tissue systems & implication for clinical practice and exercise prescription
12.00	Overview urogenital-colorectal sexual functioning, vulva-vaginal atrophy, POP, UI, bowel dysfunction
12.45	Lunch
1.45	Nutrition - to include long term impact on gastro-intestinal system
2.30	'Mood, Menopause & Clinical Practice' - Psychological impact & management of menopause
3.15	Break
3.30	Menopause management & HRT
4.15	Panel Q&A -*questions submitted in advance/menopause case studies
5.00	Close and depart

Please note: There are no practical sessions. The psychological session may be interactive.

The ticket includes all break refreshments and a delicious fresh, tasty and healthy lunch reflecting the ethos of the day. Please let us know on the booking form if you have any specific dietary requirements.

#### **How to book:**

Booking will be made with PositivePause and attendee names and email shared with the POGP. To book a place, please complete all sections of the online [booking application form](#)

**Payment:** is via Bank Transfer. Account details can be found on the booking form where you will need to provide a payment reference.

#### **Booking Confirmation:**

PositivePause will send an email on receipt of your completed application form and payment, confirming your place on the study day. Places will be allocated on first come first served basis.

#### **Please note:**

With permission, participant email addresses will be shared with the POGP, so that they can evaluate the study day and issue a certificate of attendance.

**As PositivePause are hosting this study day, please email them on [events@positivepause.co.uk](mailto:events@positivepause.co.uk) if you have any queries.**