

Menopause Medicine

Postgraduate Certificate





Postgraduate Certificate

Delivered over 6 months, the online, part-time, Postgraduate Certificate course is specially developed for busy health professionals. The course is worth 60 credits and comprises three modules of 20 credits, each running over a period of six weeks.

Why Study Menopause Medicine with us?

Society today is more informed than ever before on the stages and management of menopause. Securing a place on this Postgraduate Certificate in Menopause Medicine will significantly increase your knowledge of this topic, support your career progression and enable you to have positive, open discussion of symptoms and care related to perimenopause, menopause and premature ovarian insufficiency.

This programme will also allow you to explore the systemic symptoms associated with menopause, such as skin changes and hot flushes. Studying this menopause course online will provide participants with a comprehensive understanding of menopause, its diagnosis, hormone replacement therapies, long-term management, and related conditions.

Postgraduate Certificate in Menopause Medicine

Course Modules

Our online Menopause Medicine Postgraduate Certificate allows you to study for just six months and is a part-time, distance-learning course. The course is worth 60 credits and comprises three modules of 20 credits, each running over a period of six weeks.

Module 1 - Fundamentals of Menopause Medicine

Aim of the module:

- This module provides a comprehensive overview of menopause, perimenopause, and premature ovarian insufficiency. It also delves into the systemic symptoms associated with menopause, such as skin changes and hot flushes.

Synopsis of module content:

Indicative content to include topics outlined below and/or any other relevant current topics to fulfill the module aims and learning outcomes:

- Epidemiology of Menopause
- Perimenopause
- Premature Ovarian Insufficiency
- Systemic Symptoms of Menopause
- Psychological Symptoms of Menopause
- Patient Communication and Support

On completion of this module, students will be able to:

1. Demonstrate a systematic understanding of the physiological changes associated with menopause and critically evaluate the systemic symptoms of menopause and their impact on women's health.
2. Synthesise and translate knowledge acquired in recognising and counselling patients presenting with symptoms of menopause.

Module 2 - Hormone Replacement Therapy

Aim of the module:

- The module aims to equip healthcare professionals with the knowledge and skills to personalise HRT regimens, monitor patient response, and adjust treatment plans as needed. Participants will critically evaluate the evidence base, pharmacokinetics, and pharmacodynamics of HRT to make informed decisions and optimise patient outcomes.

Synopsis of module content:

- Principles of Hormone
- Replacement Therapy (HRT)
- Indications and Contraindications for HRT
- Personalising HRT Regimens
- Monitoring and Assessment of HRT
- Efficacy and Safety
- Managing Complications and Side Effects of HRT
- Non-Hormonal Alternatives for Menopausal Management

On completion of this module, students will be able to:

1. Develop a systematic understanding of the principles underlying hormone replacement therapies (HRT) in menopause management and critically evaluate the benefits and risks of HRT based on the current evidence base.
2. Incorporate the knowledge into complex case scenarios and consider appropriate indications and contraindications for HRT, as well as individual patient factors and preferences.

Module 3 - Long-term Management of Menopause and Related Conditions

Aim of the module:

- To provide students with the necessary knowledge and skills to effectively manage menopause in the long term and address related conditions. The module will focus on comprehensive long-term management strategies, including lifestyle modifications, non-hormonal treatments, and complementary therapies. Participants will explore the management of conditions such as osteoporosis and cardiovascular health in menopausal women. The aim is to equip healthcare professionals with the ability to develop personalised treatment plans, monitor patient progress, and provide ongoing care to optimise menopause management and improve patient outcomes.

Synopsis of module content:

Indicative content to include topics outlined below and/or any other relevant current topics to fulfill the module aims and learning outcomes:

- Osteoporosis and Menopause
- Cardiovascular Health and Menopause
- Sexual Health and Menopause
- Weight Management and Metabolic Health in Menopause
- Psychological Well-being and Menopause
- Integrative Care and Long-term Follow-up in Menopause

On completion of this module, students will be able to:

1. Develop a systematic understanding of the implementation of lifestyle modifications for menopause management, including dietary recommendations, exercise regimens, stress management, and sleep hygiene.
2. Critically evaluate the efficacy and safety of non-hormonal treatment options for managing menopausal symptoms and critically implement the learning and synthesise the evidence into clinical practice to optimise menopause management and improve patient outcomes.



Doing a course, all online is a lot more convenient for me around my clinical role so that's why I chose to study with Learna... I really like how flexible the course was, I liked the freedom I got with the professional project and I was well supported throughout the whole 2 years!

- Lisa Jayne Edwards, Medical Education MSc graduate



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"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

-Rutu Dave

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be required to attend our Study Skills week. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is compulsory for you to attend this induction, as it'll provide you with a sturdy introduction to the course.

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Entry Requirements

Documents required:

- A copy of your updated CV including your address and date of birth.
- A copy of your undergraduate degree certificate.
- The name and email address of someone who is able to provide a reference, this can be a work colleague, employer or former tutor.
- A detailed personal statement explaining why you would like to undertake the course.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Certificate in Menopause Medicine.

Applicants without the above academic criteria but relevant/suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).

Applicants should submit copies of the following with their application:

Proficiency in the English language is also essential to completing our courses. If English is NOT your first language, we ask for proof of competency during the application process. We are able to accept an IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification.





What do our students think?

Since 2010, over 6000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor

"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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