

Confidence in HRT Prescribing

Saturday 13th June 2020

**Mercure Leeds Parkway Hotel
Otley Road,
Leeds LS16 8AG**

Introducing your speaker

Kathy Abernethy

Senior Nurse Specialist

Menopause Clinical and Research Unit
Northwick Park Hospital, Harrow

All Delegates will receive

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for
3 hours CPD**

Meet the Speaker ...

Kathy Abernethy



Kathy is immediate Chairman of the British Menopause Society and co-leads a busy NHS Service, as part of an award winning menopause team with a multidisciplinary approach to menopausal care.

She has a Masters in Community Gynaecology and Reproductive Women's Health and as a prescriber, her consultations are independent and holistic. She aims to inform women about the Menopause and enable women to make confident therapy choices.

Kathy is an enthusiast for Menopause education and regularly teaches health professionals of all disciplines on Menopause and its management and contributed to the BMS Handbook 'Management of the Menopause'.

She is director of "the Menopause Course" an educational initiative specifically for nurses, is Medical Advisory Member of the British Menopause Society and author of the book for women 'Menopause: The One-Stop Guide

Kathy is Director of Menopause Services for www.peppy.health, enabling employers to offer personalised menopause support to women, offering a chat and telephone advice service with experienced menopause practitioners.



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Your Learning Agenda ...

With more and more women learning about HRT through social media are you confident in prescribing, tweaking and monitoring HRT?

- ▶ HRT - where are we now?
- ▶ How do you choose the right HRT?
- ▶ Who should avoid HRT?
- ▶ Counselling women about the risks
- ▶ Managing bleeding issues with HRT
- ▶ When and how to stop HRT

Programme ...

9.00 - 9.30am	Registration, Coffee & Exhibition
9.30 - 11.00am	Session 1 Principles of HRT, types, routes, regimens. Update on risks in light of recent evidence.
11.00 - 11.30am	Coffee, Biscuits & Exhibition
11.30 - 1.00pm	Session 2 Case scenarios and discussion - choosing an HRT, switching HRT, complex cases.
1.00pm	Conference Closes

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