

# Confidence in HRT Prescribing

**Saturday 14th March 2020**

**The H Suite Edgbaston  
100 Icknield Port Road, Edgbaston  
Birmingham B16 0AA**

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](http://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 ...

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

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