

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Menopause Awareness Training

Compliance Training
Menopause Awareness

Introduction to Menopause Awareness Page 2 of 16

The **menopause** is when menstrual periods stop due to reduced hormone levels. It's a natural part of ageing that usually happens **between 45 and 55 years old**. There are a wide variety of symptoms associated with menopause.

Perimenopause is when you have symptoms of menopause but your periods have not stopped. Perimenopause ends and you reach menopause when you have not had a period for 12 months.

► Choose NEXT to move on.

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Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flashes and irregular periods. These symptoms can start years before your periods stop and carry on for a long time afterwards.

Many women do not seek medical support for menopause symptoms. They don't want to waste a doctor's time, or they don't think anything can be done about it. Some women don't seek help because they are concerned about negative side effects of HRT.

► Choose NEXT to move on.

Mood swings
Irregular periods
Brain fog
Hot flashes

- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Approximate course duration 1 hour
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits

This **Menopause Awareness** training course explains what the menopause is and what the signs and symptoms are. You'll learn about a range of treatments available and explore how an organisation can support staff who are experiencing menopause.

The information within this awareness course has been designed for all employees across all industry sectors, to help give a better understanding of menopause. It is a perfect resource to help if you are transitioning through the menopause, or looking for information to help you support a colleague.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course has been certified by the **CPD** Certification Service.

The course assessment is generated from question banks so will change each time it is taken. A certificate, with **CPD** logo, is available for download on successful completion of the assessment.

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Menopause Awareness Training

1. INTRODUCTION TO MENOPAUSE ISSUES

- What menopause and perimenopause are
- Some symptoms of menopause
- How many people at work are affected
- The impact at work and the cost to businesses
- Types of treatment
- Legal issues
- Trans men and menopause
- Male menopause

2. TRIGGERS FOR MENOPAUSE

- The average age for menopause
- Early menopause
- Premature menopause
- Treatments that trigger menopause

3. MENOPAUSE SYMPTOMS

- Variability and duration of symptoms
- Common physical symptoms of menopause
- Cognitive and emotional symptoms of menopause

4. TREATMENT – HRT

- Health risks of the menopause that are reduced by HRT
- Types of HRT
- Side effects of HRT
- Risks of HRT

5. NATURAL TREATMENTS

- How diet can reduce menopause symptoms
- The impact of alcohol, caffeine and smoking
- The benefits of exercise and relaxation
- Herbal remedies and talking therapy

6. WORKPLACE ISSUES

- The business impact of not addressing the issue
- Who needs support
- Menopause policies and sickness policies
- Risk assessment and reasonable adjustments
- Menopause champions and training