



## Perimenopause for Nurses and Midwives

Perimenopause is a normal life event for almost every woman across the globe. Despite this, there is very little training on this topic in health professional curricula, and some nurses and midwives may not grasp the significance of hormonal fluctuations on women's bodies. In addition, there is a great deal of stigmatisation and stereotyping around perimenopause and menopause, and these negative attitudes can have a devastating impact on the woman. Health professionals from all backgrounds can play a role in reducing stigma and stereotypes, improving women's education, and starting the conversation about possible signs of perimenopause and available forms of management. This short course explains the definitions of and differences between perimenopause and menopause, and it provides information on possible signs and symptoms, common forms of management and treatment, and how nurses and midwives can begin the conversation about this normal hormonal change. The course contains three hours of pre-course activities and a one hour online face-to-face webinar, where participants can meet with the course facilitator to clarify information, ask questions, or simply start the conversation around this rarely discussed topic.

### Who is this course for?

- ✓ This course will be of interest to any registered midwives and nurses, nursing and midwifery students, and allied health professionals who work with midlife women.

### What you will study

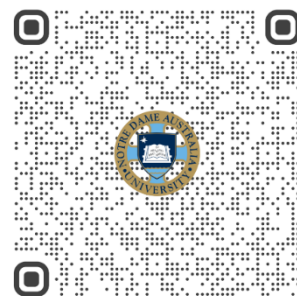
At course completion, participants should be able to:

- ✓ Review and describe the anatomical, physiological, and emotional effects of changing hormones in mid-life.
- ✓ Identify the differences between perimenopause, menopause, and post-menopause.
- ✓ List some of the common signs of perimenopause and explain why these signs may occur.
- ✓ Name some of the common forms of medical or alternative management of troublesome symptoms.
- ✓ Discuss the role of nurses and midwives in providing holistic care for perimenopausal women.

### Registrations are now open for 2024 courses

DATES	TIME	LOCATION	COST	CPD HOURS
Thursday 25th January	1000-1100 AWST	Online	\$120 (inc GST)	4 hours
Thursday 22nd February				
Thursday 28th March				
Thursday 18th April				
Thursday 30th May				
Thursday 27th June				
Thursday 4th July				
Thursday 29th August				
Thursday 26th September				
Thursday 31st October				
Thursday 28th November				
Thursday 19th December				

Register using the QR code or via the website below



For further information please contact the School of Nursing and Midwifery, Fremantle Campus:

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<https://www.notredame.edu.au/study/short-courses>