

AIMS & OBJECTIVES

This course equips participants with the knowledge, tools, and confidence to use menopausal hormone therapy (MHT) safely, effectively, and compassionately—within the broader context of midlife and hormonal health.

1. FOUNDATIONS & UNDERSTANDING

1.

- Understand the science, history, and evolving uses of MHT
- Understand estrogen's role across perimenopause, menopause, PMDD, POI, and surgical/medical menopause

2. PRACTICAL APPLICATION

2.

- Learn the different MHT types and preparations
- Know how to initiate, adjust, and monitor therapy safely
- Manage side effects and set clear, shared treatment goals

3. PROBLEM SOLVING AND PERSONALISATION

3.

- Troubleshoot when MHT isn't working
- Adapt care to suit individual responses and changing needs
- Respect patient preferences and lived experiences

4. COMMUNICATION AND CLINICAL CONFIDENCE

4.

- Communicate clearly with patients and peers
- Understand guidelines (NZ context), system barriers, & clinician concerns
- Approach prescribing with cultural safety and biopsychosocial awareness

5. ONGOING LEARNING

5.

- Use tools for reassessment
- Know where to find reliable, up-to-date resources
- Recognise MHT as part of a progressive, evolving field

6. BIGGER PICTURE

6.

- Position menopause as one aspect of holistic midlife health
- Integrate MHT within a broader care approach—supporting body, mind, and identity