

Managing **menopause** in general practice Stakeholder kit



 Jean Hailes
for Women's Health

Developed with the



Supported by the



jeanhailes.org.au/MEP

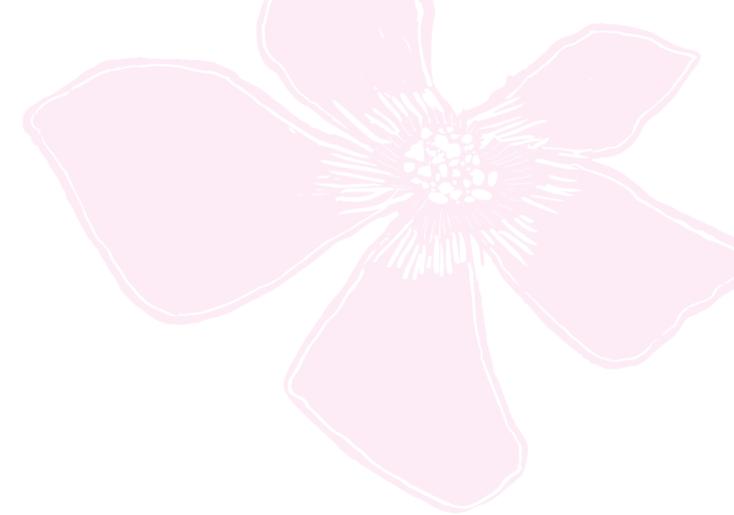
Introduction

A key action of the Women's Health Strategy 2020–2030 is to help women and their health care providers manage the effects of menopause by increasing menopause training among health professionals.

With funding from the Australian Government Department of Health and Aged Care, Jean Hailes for Women's Health – in partnership with the Australasian Menopause Society (AMS) – has developed a menopause education program, which includes a new online course, available free of charge.

Titled 'Managing menopause in general practice', the course is designed to help general practitioners stay up to date with the latest evidence around the management of menopause and feel confident when providing patient-centred care.

Although the course has been developed for general practitioners, other health professionals are also welcome to participate.



CPD information

'Managing menopause in general practice' has been developed with subject matter experts from the AMS and is accredited with the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM) continuing professional development (CPD) programs.

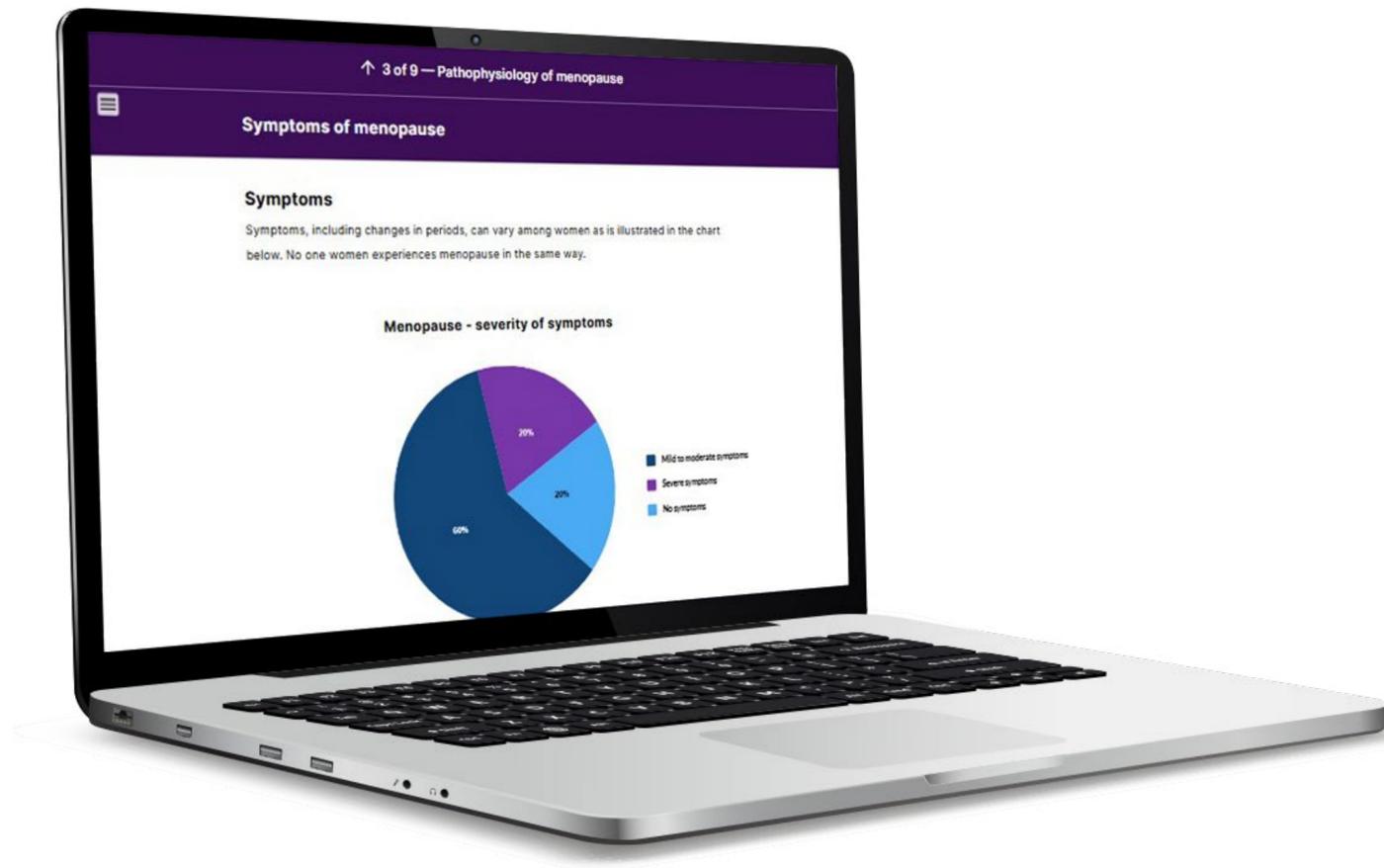
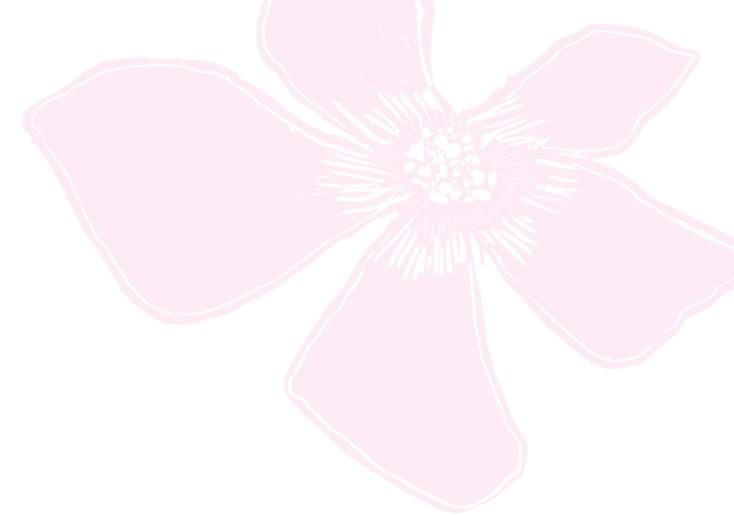


RACGP CPD Approved Activity		
Educational Activities	Measuring Outcomes	Reviewing Performance
1.5 hours	00 hours	0.5 hours

About this kit

This stakeholder kit includes promotional material – such as flyers, suggested messaging and social media assets – to help you promote 'Managing menopause in general practice' to your networks.

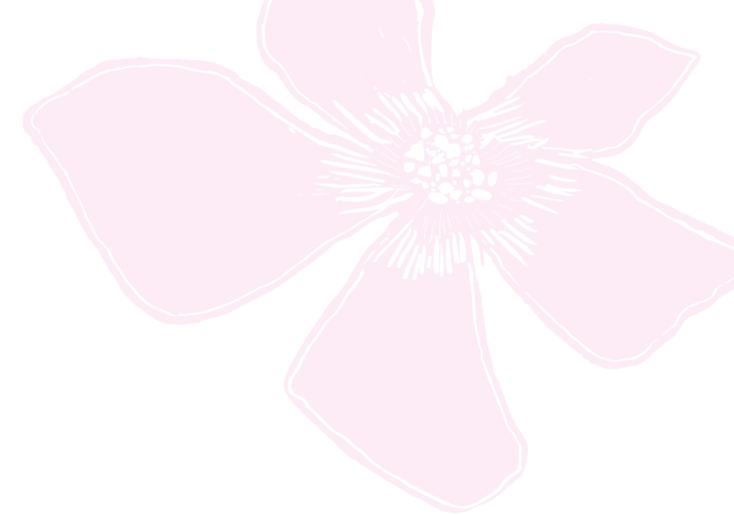
Course learning outcomes



At the end of 'Managing menopause in general practice', participants will be able to:

- identify the stages of perimenopause and menopause, the variations of experience and presenting symptoms
- integrate evidence-based advice on lifestyle and healthy ageing in menopause consultations
- analyse the up-to-date evidence for non-hormonal therapies for menopause
- describe the benefits and risks of menopausal hormone therapy (MHT) and the full range of MHT options currently available in Australia.

Stakeholder assets



[Download all kit assets \(ZIP 1.5MB\)](#)

Flyer – version 1

A4 210 × 297mm

Online learning
Managing menopause in general practice

Registration
Cost: Free
Scan the QR code to enrol.

CPD information
Completion of this educational activity entitles eligible participants to claim 2 CPD hours.

ACRRM CPD
2023-2025
1.5 00 0.5

RACGP CPD
1.5 00 0.5

jeanhailes.org.au

Flyer – version 2

A4 210 × 297mm

Managing menopause in general practice

Evidence-based online course for general practitioners covering:

- menopausal symptoms
- consultation and diagnosis
- menopausal hormone therapy
- safe and effective menopause management.

Visit jeanhailes.org.au/MEP

This activity is accredited by ACRRM and RACGP.

Presentation slide

1920 × 1080px

Managing menopause in general practice

Evidence-based online course for general practitioners covering:

- menopausal symptoms
- consultation and diagnosis
- menopausal hormone therapy
- safe and effective menopause management.

Visit jeanhailes.org.au/MEP

This activity is accredited by ACRRM and RACGP.

Email signature

900 × 100px

Managing menopause Evidence-based online CPD course for GPs.

Jean Hailes for Women's Health

Social media tiles

1920 × 1080px

Managing menopause

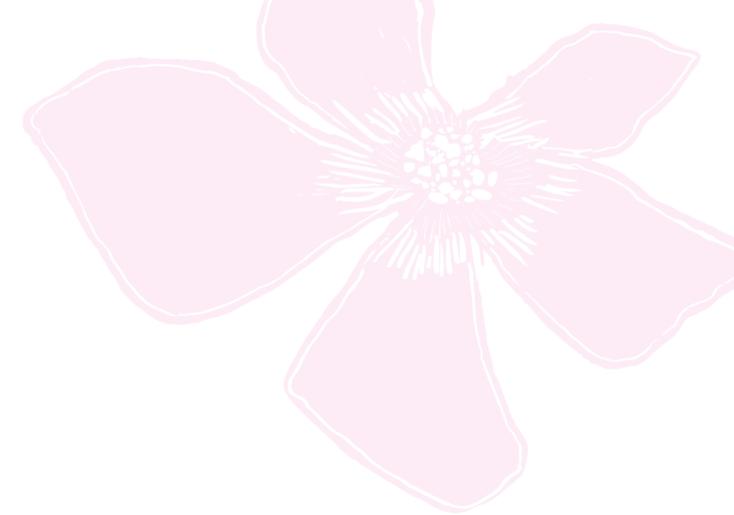
Evidence-based online CPD course for GPs.

1080 × 1350px

Managing menopause

Evidence-based online CPD course for GPs.

Website and newsletter copy



Suggested messaging (200 words)

New online course for GPs – ‘Managing menopause in general practice’

Want the latest evidence in menopause management?

Thanks to funding from the Australian Government Department of Health and Aged Care, Jean Hailes for Women’s Health – Australia’s most trusted leader in women’s health – has developed an online menopause course for GPs.

Created in partnership with the Australasian Menopause Society, ‘Managing menopause in general practice’ is available free of charge on the Jean Hailes website jeanhailes.org.au/MEP

At the end of the course, participants will be able to:

- identify the stages of perimenopause and menopause, the variations of experience and presenting symptoms
- integrate evidence-based advice on lifestyle and healthy ageing in menopause consultations

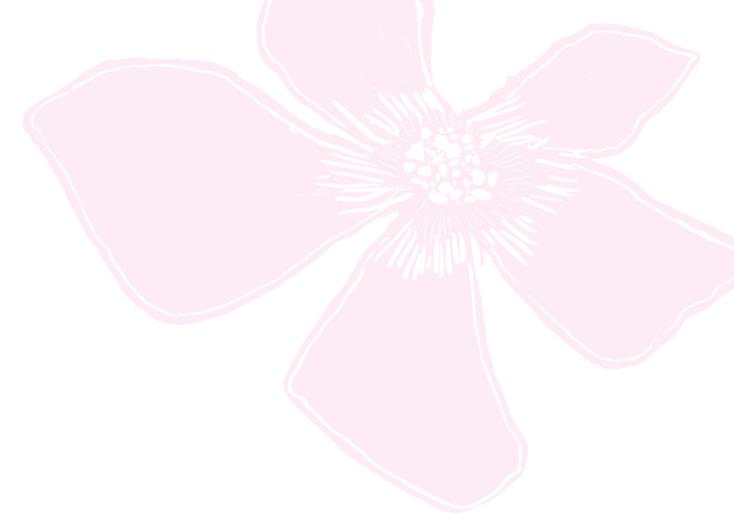
- analyse the up-to-date evidence for non-hormonal therapies for menopause
- describe the benefits and risks of menopausal hormone therapy (MHT), and the full range of MHT options currently available in Australia.

‘Managing menopause in general practice’ has been accredited with the RACGP and ACRRM CPD programs.

User testimonial

“Very useful and up to date. Easy to follow and accessible via phone and other devices.”

Social media copy



Suggested messaging (50 words)

Post 1

Stay at the forefront of patient-centred menopause care with new evidence-based CPD.

'Managing menopause in general practice' is an accredited online course for general practitioners.

Funded by the Australian Government Department of Health and Aged Care and developed by Jean Hailes for Women's Health, in partnership with the Australasian Menopause Society, the course is available at no cost.

Enrol now at jeanhailes.org.au/MEP

Post 2

New CPD course for GPs!

'Managing menopause in general practice' is a free, accredited online course designed to help GPs stay up to date and provide patient-centred menopause care with confidence.

The course covers the stages of perimenopause and menopause, symptoms, hormonal and non-hormonal therapies and more.

Developed by Jean Hailes for Women's Health – in partnership with the Australasian Menopause Society – with funding from the Australian Government Department of Health and Aged Care.

Enrol now at jeanhailes.org.au/MEP

For further information contact

Jean Hailes for Women's Health

PO Box 24098

Melbourne VIC 3001

Phone 03 9453 8999

Email hp.education@jeanhailes.org.au

Website jeanhailes.org.au

© 2025 Jean Hailes Foundation. All rights reserved. This publication may not be reproduced in whole or in part by any means without written permission of the copyright owner. Email licensing@jeanhailes.org.au for more information.

Published January 2025



Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government.

jeanhailes.org.au