

CPD EVENT RECORD - LEARNING WITH OTHERS

THRIVING IN PERIMENOPAUSE

with Wanda Soddu

LIVE EVENT

3rd February 2025

50
minutes

Summary

This discussion covered the topic of perimenopause care, with a focus on the role of nutrition and dietetics in managing the symptoms and health concerns, in particular with regard to MSK problems.

The role of nutrition and diet were considered in depth, with analysis of the effects of 'fad' diets, as well as specific popular foods, such as fermented products.

NICE Guidelines: Menopause: Identification and Management - NG23 (Last updated: 2024) , Osteoporosis: Assessing the Risk of Fragility Fracture - CG146 (2017)

Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

- A. Communication and patient partnership: A1, A2, A3, A5
- B. Knowledge, skills and performance: B1, B2, B3, B4
- C. Safety and quality in practice: C1, C6
- D. Professionalism: D10

Certification

This certificate confirms that

David Gray

participated in this CPD event



S L BRUCE, APM Director

Please note: the time shown on the certificate reflects the duration of the event. When claiming your CPD, you should ensure that you only claim for the time you were present. In the event of an audit, APM records can be used to show the time at which you logged in.

Evaluation, Reflection and Impact on Practice *(this part of the certificate is **not** automatically generated - it has been entered by the participant)*