

CPD EVENT RECORD - LEARNING BY ONESELF

MSK EFFECTS OF MENOPAUSE

with Petra Kamarytova

RECORDING

50
minutes

Summary

This discussion explored the musculoskeletal and systemic effects of menopause, highlighting how hormonal changes impact muscle mass, bone density, cardiovascular health, and inflammation. It addressed the challenges in diagnosis, the importance of lifestyle interventions such as exercise and nutrition, and the role of topical and systemic HRT. The speaker also emphasised respectful communication, the importance of validated resources, and the clinician's role in supporting patient autonomy and comfort in discussing intimate health concerns.

NICE Guidelines: NG23 - Menopause: identification and management

Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

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

This discussion is highly relevant to Communication and Consent.

Certification

This certificate confirms that

Michelle Hancock

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)*