



Remote learning revolution: online training of GPs and nurses increases confidence and awareness

Authors: Dr Rebecca Lewis MBBS FRCA MRCGP DRCOG, Menopause Specialist, Lucy Chatwin MSc BSc (Hons), Director, Newson Health Research and Education, Dr Sarah Ball MBChB MRCGP DCH DRCOG DFFP, Menopause Specialist, Dr Louise Newson BSc(Hons) MBChB(Hons) MRCP FRCGP, Menopause Specialist

Newson Health Research and Education, UK

Context:

There is wide agreement many women face barriers in accessing the menopause care they need. One way to alleviate this is for health professionals to undertake training to enable them to provide responsive and safe care.

We created the CPD-accredited online training course Confidence in the Menopause. This resource centred around bespoke training videos but also contained articles, downloadable prescribing guides and an active peer support portal. It has been accessed by over 28,000 health professionals since its launch in 2019.

Objective:

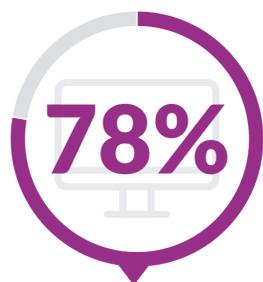
To ask participants to evaluate the impact of the Confidence in the Menopause course on their clinical care.

Methods:

To assess the impact of the training, we devised an online survey which was active for two weeks in September 2021. The target group were health professionals (primarily GPs and specialist nurses) who had completed the course, were familiar with the digital content and had participated in the online community forum. The survey was voluntary and not remunerated.

Results:

A total of **278 users** completed the survey: **71%** were GPs or GP Registrars, **15%** were Primary Care Nurses and **3%** Pharmacists. The remainder were practice staff and Allied Health Professionals.



said the course had improved their knowledge about the benefits of HRT



said the course changed the way they discuss treatment options with patients



stated that the course had no impact on their practice



would recommend the course to a clinical colleague

On a **Likert scale from 1-10**, confidence in prescribing improved from a **median of 5.2** before the course, to a **median of 8.6** after completion of the course.

Conclusions:

Helping health professionals to provide better menopause care is a formidable challenge. We have shown that a tailored remote learning suite of resources can be an effective way to increase clinical knowledge and confidence. The extent to which this training impacts on patient care remains to be explored.