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Trainer Information

Hanna Smith An experienced Specialist Nurse Practitioner within General Practice, splitting her time between clinical sessions and education. Hanna runs nurse-led clinics specialising in women's health and is Director of BBO Training Ltd.

Hanna holds various qualifications within nursing and education; she is an implant and coil fitter and College Registered Trainer (CRT) and General training Programme Director (GTPD) for the College of Reproductive and Sexual Health. As a nurse prescriber Hanna runs nurse-led clinics for women's health including contraception, menopause, prolapse and pessary and general women's health management.

To book a place/s email

bookings@networkforpractices.co.uk

Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.

Heavy Menstrual Bleeding

Date & Times: 4th March 2026
Times: 0930-1300
Venue: Zoom Online Platform
Places available: 12
Fee/s: NfP Members £75 / Non-Members £120

This workshop is suitable for: Clinicians working in primary care, women's health, or involved in the diagnosis and management of menstrual disorders.

Introduction

This interactive half-day virtual course is designed to equip healthcare professionals with a comprehensive understanding of Heavy Menstrual Bleeding (HMB). Focusing on the causes, underlying aetiology, and current management strategies, this session provides practical, evidence-based knowledge to support effective diagnosis, treatment, and patient care. Led by experienced clinicians, the course covers the latest guidelines and best practices for optimising care for women experiencing HMB, ensuring that healthcare professionals leave with the confidence and skills needed to make a meaningful impact on patients' lives.

By the end of the training, you can expect to achieve the following learning outcomes:

1. Define Heavy Menstrual Bleeding (HMB)

- Understand the clinical definition of HMB, its prevalence, and the impact on women's physical and mental health.

2. Identify Causes and Aetiology of HMB

- Recognise common and less common causes, including hormonal, structural, and systemic factors.
- Differentiate between primary and secondary HMB, exploring conditions such as fibroids, adenomyosis, endometrial polyps, and bleeding disorders.

3. Evaluate and Diagnose HMB

- Review the essential history-taking and examination components required to assess HMB effectively.
- Understand the diagnostic tools and investigations necessary to rule out serious underlying pathology, including ultrasound, blood tests

4. Understand and Apply Current Management Options

- Explore pharmacological treatments, including NSAIDs, tranexamic acid, hormonal therapy, and the use of intrauterine systems (IUS).
- Discuss non-pharmacological interventions and surgical options, from endometrial ablation to hysterectomy, with a focus on patient suitability and preference.

Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH

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5. **Counsel Patients with a Compassionate and Individualised Approach**
 - Develop strategies for empathetic communication, addressing patient concerns around treatment side effects, lifestyle impact, and fertility.
 - Explore the importance of shared decision-making to align patient values with treatment choices.
6. **Stay Informed with Guidelines and Emerging Research**
 - Review relevant guidelines, including those from NICE and other leading bodies, and discuss recent developments in the management of HMB.

Overview of the programme (subject to small changes)

09.15	Coffee and registration
09.30	Introduction and course objectives
09.40	Defining Heavy Menstrual Bleeding (HMB)
10.00	Causes and Aetiology of HMB
10.45	Coffee
11.00	Evaluating & Diagnosing HMB
11.45	Current Management Options for HMB
12.20	Q&A
12.30	Close

This session is kindly sponsored by the following:

TBC

The above companies have sponsored this session by way of a promotional presentation have had no input into the agenda or speaker