

स्वास्थ्य एवं परिवार कल्याण मंत्रालय के तहत सांविधिक निकाय
Statutory Body under the Ministry of Health & Family Welfare

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Sub: Free online course for frontline health workers: Beyond the hot flash: A primer for health workers about menopause – reg.

The International Center for Research on Women (ICRW Asia), in collaboration with MenoGlobal and The Geneva Learning Foundation, is offering a free online orientation course on menopause titled "**Beyond the Hot Flash: A Primer for Health Workers About Menopause.**"

Many women seek healthcare services with symptoms such as pain, sleep disturbances, fatigue, anxiety, hot flashes, or irregular menstrual cycles. These symptoms are often managed individually without recognizing their possible association with menopause. This course aims to equip frontline nursing personnel with practical knowledge and skills to identify, understand, and support women experiencing menopause.

The course covers the following topics:

- Recognizing the common signs and symptoms of menopause.
- Asking appropriate screening questions during routine clinical visits.
- Providing practical support and guidance to women during menopause.
- Identifying long-term health risks associated with menopause.
- Supporting women in low-resource settings.

Participants will also have the opportunity to join a global community of health workers to exchange experiences, discuss challenges, and share practical solutions from diverse healthcare settings.

The course is **free of cost**, designed for **low-bandwidth internet connectivity**, and can be completed in approximately **two hours**. and carries **2 Continuing Nursing Education (CNE) hours** upon successful completion.

Interested nurses may register for the course using the following link:

<https://go.learning.foundation/tgl/c/31849>

This issues with the approval of the Competent Authority

Yours faithfully,



(Col (Dr) Sarvjeet Kaur)
Secretary

Circulation:-

1. Vice Chancellor of All Universities
2. Registrar, All State Nursing Councils
3. Principal School/College of Nursing
4. INC Website