

## FELLOWSHIP IN MENOPAUSE DISORDERS

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### ABOUT THE UNIVERSITY

Malla Reddy Vishwavidyapeeth is a reputed educational institution located in Hyderabad, Telangana, India. Recognized as a “Deemed to be University under Distinct (Existing) Category,” the university offers multidisciplinary programs across medical, dental, nursing, pharmaceutical sciences, and allied health sciences. The institution emphasizes academic excellence, clinical expertise, innovation, and global collaboration in advancing healthcare education.

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### PROGRAM OVERVIEW

The Fellowship in Menopause Disorders is a specialized clinical program designed to develop expertise in the management of menopausal health and associated disorders in women.

The program focuses on:

- Physiology of menopause and hormonal changes
- Menopausal symptoms and their management
- Hormone Replacement Therapy (HRT)
- Osteoporosis and bone health
- Cardiovascular and metabolic risks in menopause
- Psychological and sexual health in menopausal women

The program integrates **theoretical learning, clinical exposure, and hands-on training**, ensuring competency in comprehensive menopausal care.

(Deemed to be University)

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### PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

Graduates will be able to:

1. Diagnose and manage menopausal disorders effectively.
  2. Apply hormone replacement therapy safely and appropriately.
  3. Address long-term health risks associated with menopause.
  4. Deliver patient-centered and evidence-based menopausal care.
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### PROGRAM OUTCOMES (POS)

1. **Clinical Expertise:** Diagnose and manage menopausal symptoms and related disorders.
  2. **Therapeutic Skills:** Apply hormone replacement therapy and non-hormonal treatments.
  3. **Preventive Care:** Manage osteoporosis, cardiovascular risks, and metabolic disorders.
  4. **Holistic Care:** Address psychological and sexual health concerns.
  5. **Patient Counseling:** Provide guidance on lifestyle modifications and wellness.
  6. **Multidisciplinary Care:** Collaborate with endocrinologists, cardiologists, and mental health professionals.
  7. **Evidence-Based Practice:** Apply current guidelines in menopause management.
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#### COURSE OUTCOMES (COS)

- **CO1:** Understand physiology and hormonal changes of menopause.
  - **CO2:** Diagnose and manage menopausal disorders.
  - **CO3:** Apply hormone replacement and alternative therapies.
  - **CO4:** Manage long-term health risks associated with menopause.
  - **CO5:** Provide counseling and preventive healthcare strategies.
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#### PROGRAM-SPECIFIC OUTCOMES (PSOS)

1. Demonstrate expertise in menopause-related disorders and care.
  2. Apply hormonal and non-hormonal therapies effectively.
  3. Integrate multidisciplinary approaches in menopausal health management.
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#### PROGRAM DETAILS

- **Certificate Awarded by:** Malla Reddy Vishwavidyapeeth
  - **Program Duration:** One-Year Fellowship
  - **Mode of Delivery:** Clinical Training + Theoretical Learning + Hands-on Practice
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#### ELIGIBILITY CRITERIA

- **Academic Qualification:** MBBS / MS (OBGY) / DNB (OBGY) or related specialties
  - **Professional Requirement:** As per institutional guidelines
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#### KEY FEATURES

- Specialized training in menopausal health and disorders
  - Hands-on clinical exposure in gynecology and endocrine units
  - Focus on hormone replacement therapy and preventive care
  - Training in managing osteoporosis and metabolic conditions
  - Integration of clinical and lifestyle-based approaches
  - Emphasis on patient counseling and holistic care
  - Evidence-based clinical practice
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## LEARNING OUTCOMES

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### KNOWLEDGE & UNDERSTANDING

- Comprehensive understanding of menopause and associated health conditions.
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### COGNITIVE SKILLS

- Clinical decision-making in managing menopausal disorders.
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### PRACTICAL & PROFESSIONAL SKILLS

- Proficiency in hormonal therapy, diagnosis, and patient care.
  - Hands-on experience in clinical settings.
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### TRANSFERABLE SKILLS

- Patient counseling and communication skills.
  - Preventive healthcare and wellness guidance.
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### SUBJECT-SPECIFIC SKILLS

- Integrated management of menopausal health and long-term risks.
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## CURRICULUM MODULES – THEORY

- Physiology of Menopause
- Menopausal Symptoms and Management
- Hormone Replacement Therapy (HRT)
- Osteoporosis and Bone Health
- Cardiovascular and Metabolic Disorders
- Psychological and Sexual Health
- Lifestyle and Preventive Healthcare
- Hormonal Assays and Diagnostics
- Risk Assessment and Long-Term Care
- Advances in Menopause Management

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## PRACTICAL COURSEWORK

- Clinical training in gynecology and menopause clinics
- Hormonal evaluation and treatment planning
- Management of menopausal symptoms and complications
- Counseling for lifestyle modification and wellness
- Osteoporosis and metabolic risk management
- Case documentation and clinical evaluation
- Interdisciplinary patient care

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## CAREER OUTCOMES

Graduates of the Fellowship in Menopause Disorders can pursue careers as:

- Menopause Specialist
- Women's Health Consultant
- Hormonal Health and Wellness Specialist
- Clinical Practitioner in Hospitals and Clinics
- Preventive Healthcare Specialist
- Academic and Research Roles in Women's Health

