



# Menopause Group Consulting workshop

Jane Davis, Menopause Specialist GP, East Cornwall PCN

Julie Frost, Lead Practice Nurse, Totnes

Tracey Ireland, Care Coordinator, South Dartmoor & Totnes PCN

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# What's in it for you?

By the end of the workshop, you will:

- Understand the structure of group consultations for Menopause
- Appreciate the health benefits of group consultations for women experiencing Menopause
- Be inspired to take this innovative form of consultation into their Primary Care teams.

# Group Consulting overview

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- What are they and how do they benefit participants?



## Patient feedback

*I just wanted to say a huge thank you for today!*

*I have never felt so reassured, relieved and validated as I did today.*

*Dr D. and yourself were so wonderful and made a safe space feel even better, like I was around friends.*

*I'm looking forward to the next three months now!*

*Thank you so much*

(Anonymised)

# Our experiences as Group Facilitators

- Jane Davis, Menopause Specialist GP, East Cornwall PCN
- Julie Frost, Lead Practice Nurse, Totnes
- Tracey Ireland, Care Coordinator, South Dartmoor & Totnes PCN
- Would anyone else like to share their experiences of Group Consultations?





# How to set up a Group Consultation

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Preparation is key:

Invitations, how to send out and who does this?

Gathering information from patients beforehand, use of questionnaires etc.

Ensuring participants know what to expect during and after the consultation e.g. prescription

Special emphasis on the importance of confidentiality

Group Consultations are trademarked see  
<https://www.groupconsultations.com/>



# The format of Consulting in a group

Facilitator welcomes participants, checks identities against medical records

Establishes group guidelines,

Collects signed confidentiality agreements

Dr. arrives, introductions

Overview of any common themes which have been apparent reading the notes beforehand

Each patient has their consultation, eliciting ideas, concerns expectations, clarifying any diagnoses, agreeing on a management plan and how prescription will be issued.

Wrapping up the session and reiterating safety netting and any follow up arrangements







# Alternative format of a Group Clinic

## Jane's current model

Based on women's circle

Emphasis on equal sharing of voices and deep listening.

90 minutes of circle work, facilitated by Jane

Followed by one-to-one appointments @15 mins

Private area in waiting room set up with books, leaflets etc on Menopause

Invited to read and sign confidentiality agreement here

Group clinic starts - participants invited into the clinic room

Introductions, Ice breaker, Guidelines

Short mindfulness exercise to settle group,

Take it in turns to speak using 5 min timer as tool

Discourage advice giving unless requested

Emphasis is on listening

Closing round of contributions

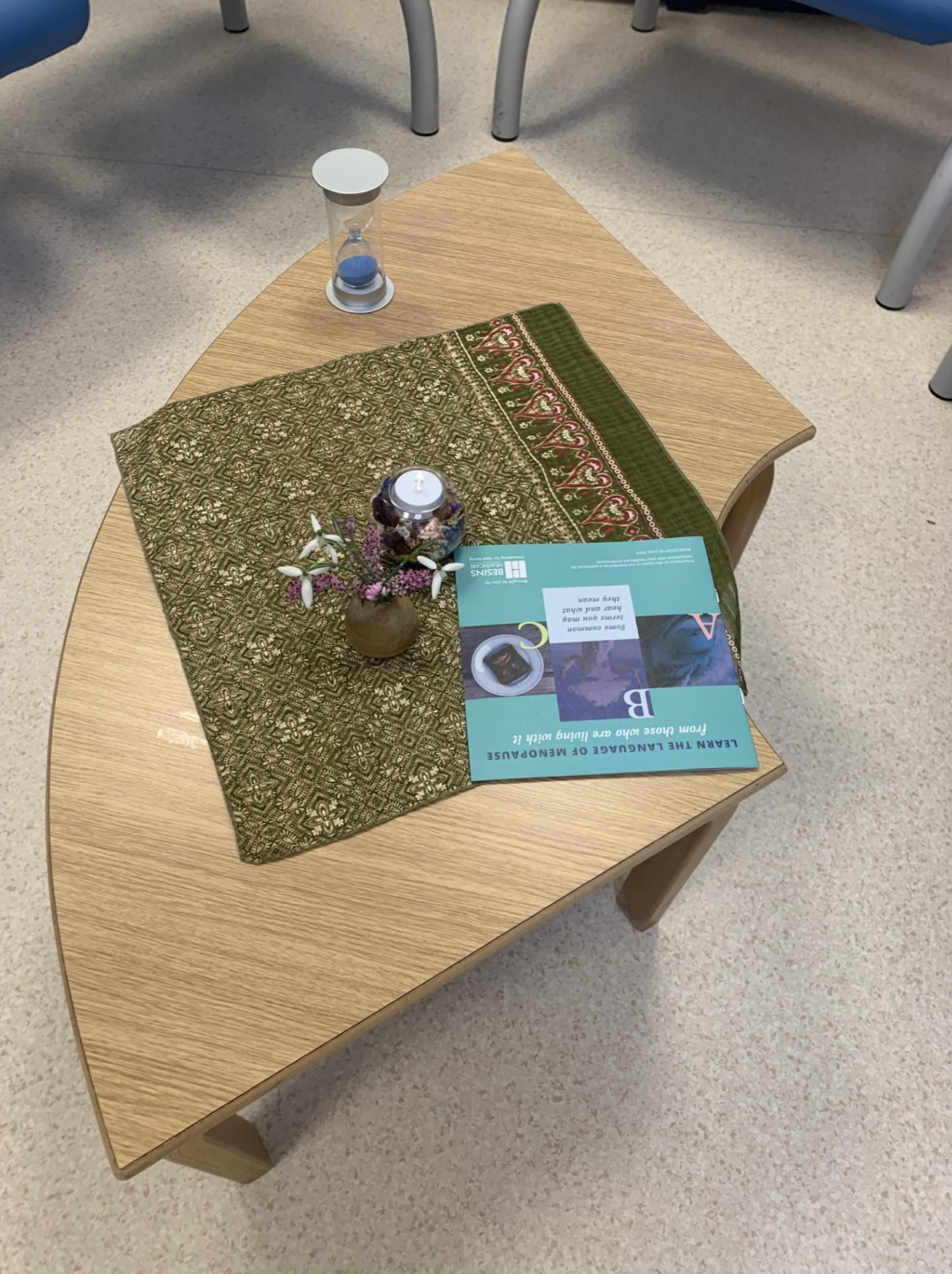
Encouraged to be in waiting room together as one-to-one appointments take place

Another clinician, if available, ensures timely progression and clear clinical information.

Groupwork followed by short one to one clinical appointment, to confirm management plan and issue prescription







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## Advantages of the current model

Better for patients – can be really heard, validated

Better for clinicians – safer and better for listening

Cost effective – patients have consulted GP practice many times before attending clinic, this is one stop shop.



# Funding



- Effective use of funds such as:  
Additional Roles Reimbursement Scheme (ARRS)  
Enhanced Access to General Practice service

# How to refer to the Group Consultation clinics and other support

- [Menopause service – East Cornwall Primary Care Network](#)

GP referral

- [Menopause service - South Devon and Totnes PCN](#)

- [Help and Support for Menopause | TALKWORKS](#)

NHS mental health support for menopause,  
Devon partnership NHS trust



OUR BLENDED LEARNING & IMPLEMENTATION PROGRAMME

**Taking you from the theory of Group Consultations to  
fully implementing them in practice!**



**Further training with Group Consultations**

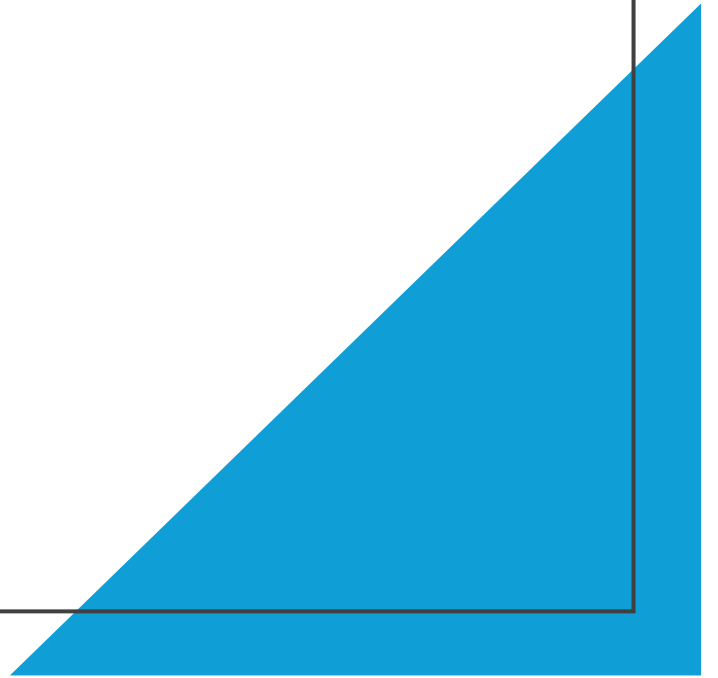
[Our Group Consultations Training Programme](#) | [Group Consultations](#)



# Summary

- Preparation is key
- Tailor structure to facilitator and group
- Safety and confidentiality are paramount
- Feedback suggests women find this beneficial
- If you're inspired to try Group consultations

Go for it!



# Over to you

- Any questions?
  - Anyone wish to share a personal experience of the impact menopause has had on their lives?
  - Any case studies?
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- *please remember **confidentiality** no patient identifiable info. to be shared*

