



Indian Menopause Society

INTRODUCTION OF SYLLABUS - IMS MENOPAUSE PRACTITIONER EXAM

Study Advice

IMS has published many resources and clinical practice materials that may be helpful in preparing for the examination. Study guides will be published under the aegis of IMS.

Updated Menopause management will be published three times a year.

You may refer other sources for relevant information. IMS is a NICOMO and INTERNATIONAL SOCIETY member and thus would help you to update knowledge as well as would get you the positional statements from time to time.

Sample Questions:

The following sample questions are provided to give candidates some idea of the format of the multiple-choice examination:

1. A woman experiences Induced menopause following
 - A. Bilateral oophorectomy.
 - B. Endometriosis.
 - C. Hysterectomy.
2. A recently postmenopausal woman (age 50, with an intact uterus) has hot flashes and vaginal atrophy. She has accepted a prescription for oral estrogen therapy. Which of the following is the appropriate course of action?
 - A. Prescribe a Progestogen
 - B. Prescribe vaginal estrogen cream
 - C. Recommend consuming one serving of soy foods weekly
3. Which of the following is a risk factor for postmenopausal osteoporosis?
 - A. Genetics
 - B. Moderate alcohol consumption
 - C. Regular exercise
4. Woman is post menopausal HRT (EP). Which of the following is the appropriate action of progesterone
 - A. Provides endometrial protection
 - B. Neutralize estrogen effect on the breast
 - C. Helps to reduce VTE
 - D. All of the above.

EXAMINATION CONTENTS OUTLINED

The following is the outline of the examination, with an indication of the percentage of questions that come from each section.

1. Physiology- Normal (10%)

- A. Terminology/ demographics



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- B. Hypothalamic – pituitary – ovarian axis
- C. Receptor activity
- D. Endocrine changes
 - 1) Perimenopause
 - 2) Post menopause
- E. Perimenopause
 - 1) Reproductive potential
 - 2) Physical changes/ Normal symptomatology
- F. Postmenopausal physical changes/ normal symptomatology

2. Physiology- Abnormal (10%)

- A. Premature menopause
- B. Induced menopause
- C. Pelvic pathology
 - 1) Abnormal uterine bleeding
 - 2) Uterine/ ovarian/ vaginal pathology
 - 3) Vulval disease/ vulvodyna
 - 4) Sexually transmitted infections
- D. Other

3. Health disorder of peri / postmenopausal women (25%)

- A. Sexual function
- B. Skeletal
 - 1) Osteoporosis
 - 2) Other
- C. Cardiovascular
 - 1) Coronary hear disease
 - 2) Myocardial infarction
 - 3) Stroke
 - 4) Other
- D. Urinary tract
 - 1. Incontinence
 - 2. Cystitis/ urethritis
 - 3. Other
- E. Central nervous system
 - 1. headache
 - 2. Cognitive function/ memory
 - 3. Depression
 - 4. Anxiety
 - 5. Dementia
 - 6. Other
- F. Sleep
- G. Endocrine
 - 1. Diabetes
 - 2. Thyroid



3. Other

- H. Arthritis
- I. Cancer

4. Clinical evaluation (15%)

- A. History / identification of risk factor
- B. Sexual history
- C. Physical examination
 - 1. Height/ weight/ BMI
 - 2. Blood pressure
 - 3. Manual breast exam
 - 4. Pelvic exam
 - 5. Skin Exam
 - 6. Other
- D. Diagnostic and screening tests
 - 1) Blood chemistries
 - 2) Urinalysis
 - 3) Vaginal/ cervical / vulval/ ovarian testing
 - 4) Mammography/ breast ultrasound
 - 5) Colorectal tests
 - 6) Lipid profile
 - 7) Other cardio vascular tests
 - 8) Bone mineral density tests
 - 9) Hormonal studies
 - a) Thyroid
 - b) Pituitary
 - c) Estrogen
 - d) Progesterone
 - e) Testosterone
 - f) Other
 - 10) Pelvic Ultrasound
 - 11) Endometrial biopsy
 - 12) Hysteroscopy, Pap's including Liquid base cytology.
 - 13) Colposcopy
 - 14) Others

5. Therapeutic Option (25%)

- A. Life style modification
 - 1) Exercise
 - 2) Nutrition
 - 3) Stress reduction
 - 4) Weight management
 - 5) Substance use (smoking , alcohol, caffeine, drugs)
 - 6) Other
- B. Off the counter:-
 - 1) Vitamin/ mineral supplements



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- 2) Vaginal moisturizers/ lubricants Hormone creams / supplements
- 3) Aspirin
- 4) Contraceptives
- 5) Other

C. Prescription drugs

- 1) Estrogen
- 2) Progestogens
- 3) Androgens
- 4) Osteoporosis agents
- 5) Cardiovascular agents
- 6) Diabetes agents
- 7) Arthritis agents
- 8) Contraceptives
- 9) Antidepressants
- 10) Sedatives / Hypnotics
- 11) Other

D. Complementary and alternative medicine (CAM) therapies

1. Isoflavones
2. Herbs
3. Paced respiration
4. Biofeedback
5. Acupuncture
6. Other

6. Counseling and published data of level 1, 2, and 3. (10%)

NB * modules are prepared in order to cover the above topics for learning and the same will be provided to the candidates free of charge. These modules will be updated from time to time