

8th IMS Menopause Practitioner Exam-2017

Organized under the aegis of Indian Menopause Society

Founder Chairperson - Dr. Saroj Srivastava
IMS, Diplomat American Board
Credentialed NAMS Menopause Practitioner
President 2011-12, IMS

Chairperson – Dr. Seema Sharma
Professor, Obst. & Gynae Dept. MGUMST
Director, Sankalp Genetic Counseling &
Research Centre, Jaipur

Prospectus

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Certification as :

CIMP

CREDENTIALLED IMS MENOPAUSE PRACTITIONER

IMS Exam based on NAMS Menopause Practitioners Credential Examination

CIMP Exam Appreciated!

We are happy that we have been motivated to update ourselves to help menopausal women in India.
Thanks!

Dr. Roopa Pastapur, Candidate IMS Exam

Very good, very inspiring – real cognitions test!

Dr. Malti P. Shah, Candidate, IMS Exam

The hard work put on modules was excellent.

Dr. Brinder Kaur, Candidate, IMS Exam

IMS syllabus has helped me remove my own fear of starting HRT. I am now more optimistic in following in my practice. looks very practical for future Thank you!

Dr. Anubha Bansal Candidate, IMS Exam

Exams for CIMP are very prestigious exams of Indian Menopause Society which makes gynecologist or other fraternities aware of recent guidelines and help to understand the intricacies of menopausal management and help us to prepare tailor made preparation for each women according to her need. I am proud to have such degree award.

Dr. Jyoti Jaiswal Candidate, IMS Exam

Dr. Saroj Srivastava

Founder Chairperson

Saroj Nursing Home, B-55, Mandir Marg,
Mahanagar Ext., Lucknow-226006
09335188233, 0522-2321848
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Dr. M.K. Valsan

Co-chairperson

Dr. Valsans Infertility Centre ,
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Dr. Seema Sharma

Chairperson

Professor, Obst. & Gynae Dept. MGUMST
Director, Sankalp Genetic Counseling & Research
Centre, Jaipur
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Exam Secretariat

“Sankalp” D-243, Anand Vihar
(Rly. Colony), Jagatpura, Jaipur-302017
09829163290, 0141-2751677
drseemadsharma@gmail.com
examcommitteeims@gmail.com
www.indianmenopausesociety.org



Indian
Menopause Society

Registration Number: INS /324210 of Maharashtra dated 24th May 1995

Indian Menopause Society is a multidisciplinary organization formed in 1995 .It has 42 Chapters and nearly 3000 members all around India. It is affiliated to the global organizations CAMS, SAFOMS

The Indian Menopause Society is a national society committed to fostering the comprehensive well-being of the mature & elderly Indian women. The society provides a common forum for medical and other interested health professionals and people from all walks of life to work towards the goals of the society.

The goals of the society are-

- To increase awareness regarding menopause and aging through public health and education activities.
- To promote a multi-disciplinary multi-factorial comprehensive approach to the care of these women—medical and non-medical.
- To regularly update doctors and health professionals in the field of menopausal medicine to ensure appropriate health care for these women.
- To facilitate exchange of ideas and experiences of different disciplines since the physical, mental and emotional health of women in the years after menopause is truly multidimensional.
- To collect information and data with particular reference to Indian women.
- To encourage research on relevant aspects in the Indian context.
- To help provide awareness and services to the less-privileged group of women of the society.

Multidimensional Society

- Open to doctors and also to non-medical people
- Anyone interested in helping with the various aspects & problems of menopause.

Facilities available to life members

- Regular updates and CMEs in those cities with a local chapter
- Annual national conference on scientific & social issues
- Medical practice guidelines for management of menopause
- To participate in the “National Data Collection” research programme
- To offer voluntary services in IMS associated Menopause Clinics for underprivileged women

www.indianmenopausesociety.org

For information please write to: indianmenopausesociety@gmail.com or call 09949621094

Executive Secretary, IMS, India,

B210, Green Mansion, Near Crecent Hospital, NMDC Rd, Hyderabad, 500028



Membership Form

Dr. Jaideep Malhotra
President

Dr. Nirmala Vaze
Vice President

Dr. Shobhana Mohandas
Secretary General

Dr. Jyoti M. Shah
Treasurer

Dr. Navneet Takkar
Jt. Secretary

Dr. Anu Vij
Jt. Treasurer

Membership is open to any person with an interest in research, teaching or development activities in the areas of menopause.

Name: _____ Date of Birth _____

Qualifications: _____ Speciality: _____

Address for correspondence _____

Pincode _____

Mobile number: _____ Telephone No (with STD code) : _____

Email (Mandatory) : _____ Profession/Occupation: _____

Current Position _____ Affiliation with Institutions/Societies _____

Community / Extension Services: _____

(Please include any membership of Rotary/Lions/Jaycees/ Ladies Organization)

Select Chapter from list below:

Agra/Ahmedabad/Allahabad/Ajmer/Bangalore/Bharuch/Bhopal/Bikaner/Bhagalpur/
Chandigarh/Chennai/Cuttack/Calicut/Delhi/Faridabad/Gurgaon/Gwalior/Guwahati/Hyderabad/In
dore/Jabalpur/Jaipur/Jalandhar/Jammu/Jodhpur/Kolkata/Lucknow/Ludhiana/Madurai/Mumbai/
Nagpur/Navimumbai/Patiala/ Patna/Pune/Raipur/Rajkot/ Surat /Shimla/ Udaipur/Varanasi/
Vadodara

Membership Fee:

NRI Life Membership : \$ 250 + 14.50% Service Tax

Life membership Fee: **Rs 5750/-**

Ordinary Annual membership: **Rs.1750/-**

Corporate Annual membership Fee: Rs.57000/-

Corporate Life Membership : Rs 5.75 Lakh

Please read Membership rules on www.indianmenopausesociety.org

Membership Fee vide Cheque or Cash is to be to be mailed to the respective Chapter Secretary. For this information visit the Governing Council Members page on www.indianmenopausesociety.org or please write to indianmenopausesociety@gmail.com

I enclose here the copy of pay in slip of Membership Fee paid Vide Cash/DD/ Cheque No _____

dated _____ towards Life /Annual Membership. I have read the Rules and Regulations of IMS

and promise to abide by it. I certify that the information submitted here is complete & correct to the best of my knowledge.

Date :

Signature of applicant

Proposed by life member of IMS, Name _____ Mem. No. _____

Signature _____

For Office use only:

Year of joining _____ Membership number allocated Yes/No. A _____ L _____

Introduction

Indian Menopause Society is the professional testing agency that assists in the development, administration, scoring, score reporting and analysis of IMS menopause practitioner competency examination.

IMS has formed a cell called as IMS Menopause Examination committee, which comprises of a Chairperson, Co- chairperson and 5 to 7 opted members from IMS. Chairperson is nominated by the GCM while the Chairperson selects the other members. Founder Chairperson was installed for two years.

IMS Examination Committee

Chairperson:	Dr. Seema Sharma
Co. Chairperson:	Dr. M.K. Valsan Dr. Chorapur Ambuja, Hyderabad
Members:	Dr. Shakila Shetty, Bangalore Dr. Laxmi Maru, Indore Dr. Asna Ashraf Lucknow Dr Anjula Sahai Dr. Jyothi Unni, Pune
Founder Chairperson:	Dr. Saroj Srivastava, Lucknow

About the founder Chairperson of the IMS Menopause Examination committee

Dr. Saroj Srivastava was nominated as the founder chairperson of the committee. She is postgraduate qualified obstetrician and Gynaecologist, who is a senior member of IMS and also had been founder Chapter Secretary of IMS at Lucknow. She not only is American Board qualified obstetrician and Gynaecologist, but also is NAMS Credentialed Menopause Practitioner. Other than being member of IMS, she also is a member of International Menopause society, BMS and Asia Pacific Menopause society. With the active participation of Chairperson and Co- Chairperson, eight learning module for the examination going candidates were prepared. Several qualified authors participated in writing various topics from the syllabus. Syllabus chosen is very similar to NAMS syllabus.

Objective of the IMS Exam

IMS Menopause Practitioner Exam aims to provide qualified Menopause experts to the society.

An IMS Menopause Practitioner Expert should be able to:

- Define menopause related terminology.
- Understand endocrinological, physical, psychological changes specific to menopause and Aging.
- Understand the Impact of failing Ovarian hormones
- Take relevant history and do proper clinical examination.
- Decide relevant test and interpret them.
- Individualize evidence based management.
- Counsel after answering the clients queries.
- Provide advise based on life style management.
- Address psychosexual issues.
- Make use of multidisciplinary health services.
- To make clients understand what window of opportunity is at menopause transition.
- To impress upon menopausal women the significance of compression of morbidity.
- To decide when to prescribe or when not to prescribe HRT.
- Keep knowledge updated and well versed with the IMS position statements.



IMS Menopause Practitioner Exam - Rules & Regulations

The Indian Menopause Society (IMS) is India's leading non-profit organization dedicated to promoting woman's health and quality of life through an understanding of menopause. Professionals from varying disciplines unite under IMS and serve as an unbiased source for information about menopause.

Theme-2016: Ride High on the waves of Menopause

Slogan - Fit@Forty, Strong@Sixty and Independent@Eighty

IMS has recognized a need to set essential standards for health providers so that they provide quality care to our women. To meet the need, the IMS is providing an opportunity to specialist doctors so that they demonstrate their expertise through passing.

Get yourself enrolled for:-

“IMS MENOPAUSE PRACTITIONER EXAM- 2017”and become:

“CREDENTIALLED IMS MENOPAUSE PRACTITIONER- CIMP ”

There are various benefits akin to this:

1. It will be easy for the Menopause patients to locate menopause experts.
2. It will provide Menopause practitioners to become certified IMS practitioner
3. Menopause practitioners will derive personal satisfaction as they would be able provide the best to our increasing menopausal population.
4. In a given society, qualified practitioners have better opportunity to financial gains.
5. WHI report in 2002 was so sensational that it not only challenged our basic concepts, but it also raised lot of suspicion in the mind of clients. There is a growing need to have clear consensus in the management protocol. Society will be more confident in receiving treatment from Menopause-Qualified practitioners.

Previous Examinations:

➤ **The first IMS Examination took place at Chennai in February, 2010.**

35 Candidates had appeared for the Exam and 28 passed. The candidate who topped the list secured 85% marks, while 11 scored distinction, 7 scored honors and 8 scored first class marks.

➤ **The second IMS Examination took place at Jabalpur in February 2011 .**

39 candidates appeared in the exam and 32 passed. The candidate who topped the list secured 81% while 10 scored distinction, 7 scored honors and 9 passed in first division.

➤ **The third IMS Examination took place at Faridabad in February 2012 .**

38 candidates appeared in the exam and 35 passed. The candidate who topped the list secured 80% while 4 scored distinction, 8 scored honors and 13 passed in first division.

➤ **The Fourth IMS Examination took place at Bhubneshwar in February 2013.**

27 candidates appeared in the exam and 27 passed. The candidate who topped the list secured 77% while 2 scored distinction, 7 scored honors and 12 passed in first division.

➤ **The Fifth IMS Examination took place at Agra in February 2014.**

43 candidates appeared in the exam.

➤ **The Sixth IMS Examination took place at Indore in February 2015**

47 candidates appeared in the exam.

➤ **The Seventh IMS Examination took place at Nagpur in February 2016**

46 candidates appeared in the exam.

Examination Policies

Eligibility

- Open for those who are not only Indian citizen but are living in India.
- To be eligible for the IMS Menopause Practitioner Examination, candidate must be MBBS and also to be registered in MCI.
- MBBS , practicing Ob Gyn for more than 5 years or Post graduate or diploma holder in OB GYN Or in Endocrinology.
- DGO/ MS/ MD,/DNB,/American Boards/ MRCOG/ Any other equivalent degree Or
- All those PG students who are doing PG in OB GYN in any of the recognized medical college.
- **IMS Membership is a prerequisite.**

Note - A photocopy of the applicant's Registration and PG Certificate must be submitted with the application along with required examination fee.

Statement of Non discrimination

IMS do not discriminate among candidates on the basis of age, gender, race, caste, religion, language, state, Disability, or marital status

Fees:

For IMS Members:

Examination fee - Rs 6000/ -

For Non Members:

Examination fee – Rs. 11750/-

It includes -IMS Life membership Fee - Rs. 5700/

Annual Membership Fee is Rs. 1750/-

Course material included in the fee

Mode of Payment: It is mandatory to become IMS member through IMS latest by the 30th November, 2016. (To select your chapter visit www.indianmenopausesociety.org or your membership would be under the IMS Head Office)

A cheque of Rs 11,750 is to be deposited in any branch of Bank of India in your City in the IMS A/C: Indian Menopause Society - A/C No – 001320110000011.

Bank of India, Cumbala Hill, Mumbai

Send the soft copy of Exam application form and Bank Pay -in - slip to :

examcommitteeims@gmail.com with copy to indianmenopausesociety@gmail.com

Dr. Saroj Srivastava

Founder Chairperson

Saroj Nursing Home, B-55, Mandir Marg,

Mahanagar Ext., Lucknow-226006

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09846086676

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Exam Secretariat

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09829163290, 0141-2751677

drseemadsharma@gmail.com

examcommitteeims@gmail.com

www.indianmenopausesociety.org

Last date to receive applications is 30th November 2016

Absence

In case the candidate is unable to take the examination for the corresponding year the Exam Fees is neither transferrable nor refundable. However if the candidate failed to appear due to genuine cause or failed in the examination, fee for the subsequent examination will be reduced by 50%.

Venue & Date of Exam

The Exam is conducted annually in association with the National Annual Conference of IMS - IMSCON

- Examination Date : 17th February, 2017
- Venue: Raipur during IMSCON 2017

CANDIDATES WHO PASS THI EXAMINATION WILL BE AWARDED CERTIFICATIONS OF "CREDENTIALLED IMS MENOPAUSE PRACTITIONER"

Disclaimer

A candidate may register for the conference by applying directly to IMS office. IMS Examination committee is not responsible of getting them enrolled to the Conference.

IMS Examination committee is not responsible for making any arrangement of candidates lodging or boarding.

Guidelines

How to Apply

Applying for CREDENTIALLED IMS Menopause Competency Examination, under aegis of IMS, is easy. Complete the examination application form given in the hand book and also available at IMS website- www.indianmenopausesociety.org, mail it to the examination secretariat address before/on the deadline. Also forward a copy of your current registration and a copy of your IMS membership. Applications cannot be taken on telephone.

On the Examination Date

Important issues are:

- The examination will be held only on the day and time scheduled.
- The date, time and venue will be informed to the candidates at least one month prior to the scheduled examination.
- As a rule Examinations are held where the IMSCON annual conference is held and that too in the evening of the first day of examination.
- Candidates are to report to the Exam Centre at least two hours prior to scheduled examination time.
- Listen to the directions carefully. Read the directions before answering the questions. You can ask if the directions are not clear to you.
- Candidates will have two hours to complete the examination. Additional 15 minutes will be given for them to fill up their names, roll number, date of examination, and to write the remarks at the end of the examination.
- Extra time will not be allowed. There are no scheduled breaks during the examination. Candidates can not leave the examination without obtaining the permission of the invigilator.
- Candidates can bring their wrist watch, but no alarm clock,. They are not allowed to enter the examination hall with mobile phone. In case they failed to leave the mobile out of examination hall, then they have to deposit the mobiles either in off mode or in silent mode at the desk with the invigilators
- No books or other reference material may be taken to the examination hall. In case you carry it to the hall then make sure that you deposit them at the desk.
- No candidate can leave the examination hall earlier than 1 hour.
- Be sure to record an answer for each question, even the ones you are uncertain because there is no negative marking for wrong answers.
- All questions will be multiple choice questions. You select the right answer and put the right answer in the block (e.g. A).
- No question concerning the content of the examination may be asked during the testing period. It is the responsibility of the candidate to read the directions in the examination booklet and listen carefully to the instructions given by the in charge examination hall.

- The Examination in charge reserves the right to dismiss a candidate from the examination for any of the following reasons:
 1. If the candidates admission is unauthorized,
 2. If the candidate creates disturbance.
 3. If a candidate receives or provides help to other candidate it may be considered as unlawful.
 4. If a candidates takes the examination for someone else.
- Candidates may write their comments and they will be reviewed, however individual response will not be sent

For Admission to Exam Centre - Candidate must carry their Admission card, IMS Membership document, certified copy of Degree/Diploma, MCI Registration and Photo ID.

Report of Results

Candidate will be felicitated with the certificate at valedictory session of IMSCON (last day of conference). If absent then will be notified of their result only by mail within 6 – 8 weeks after the date of the examination whether they have passed or failed. To protect privacy no result will be provided on phone verbally, result will be given through SMS. The Chapter Secretaries will be requested to felicitate the CIMP and certificate will be sent through surface mail.

Recognition of Competency

Successful candidates will receive from IMS a certificate indicating that they have achieved credential status as an IMS Menopause practitioner. Certificate will indicate that it is valid for 5 years.

Examination Content

To give you a general impression of the examination its content outline is given below as it will give you specific study direction by revealing the relative importance of given to each category. Each question in the examination is linked to the examination content guideline and is categorized according to the level of complexity or the cognitive level required answering it.

The content is directly linked to a job analysis that identifies the activities performed by a menopause practitioner.

The question types included in the examination are:

- **Recall: The ability to recall or recognize specific information.**
- **Application: The ability to comprehend, relate, or apply knowledge to Changing and Challenging situations.**
- **Analysis: The ability to find solutions.**

How to study??

You are recommended to study :

- ❖ Clinical Gynecological Endocrinology and Infertility by LEON SPIROFF
- ❖ Consensus prepared by IMS.
- ❖ Menopause Practice – A Clinician’s Guide by NAMS. Writer WULF H UTIAN
- ❖ Publications and CMEs by NAMS, International and British Menopause Society.
- ❖ Eight Modules prepared by Dr. Saroj Srivastava and by the Endocrinologist Dr. Sharad Kumar and several Experts from IMS and revised by Dr. Seema Sharma.

Attached as Annexure

INTRODUCTION OF SYLLABUS - IMS MENOPAUSE PRACTITIONER

Examination Scores

Examination scores are reported as scaled scores. Passing scaled score is determined through a criterion reference passing point study in which subject matter experts decide the level of competence indicative of an appropriate level of expertise deserving of credentialing as an IMS Menopause Practitioner.

Minimum scaled score for passing the examination is 50%. Score of First three in rank will be made general while the rest names and numbers will be sent to the candidates directly, however they will be categorized according to the scored percentage.

75% or above will be called as distinction holders. Between 70% to 74% will be called as holding Honors, All who have achieved marks between 60 to 69% will be called as first division holders.

From year to year the test paper may be different by way of contents and difficulty level. Content categorical information is also provided to the candidates to help them identify their strong and weak areas.

Re-Examination

The credentialed IMS Menopause Practitioner Examination may be taken as often as desired upon filing a new application and 50% of the fee. There is no limit on the number of times the examination may be repeated.

Evaluation

All questions will be from the contents of the syllabus. The syllabus has been categorized in different headings and accordingly marks are allotted. (Refer to the column of Syllabus)

The examination pattern will almost be the same if any modifications or change on recommendation of the examination committee, will be notified.

Certification

Successful candidates will receive a certificate indicating **Credentialed IMS Menopause Practitioner**. Certificate shall be valid for 5 years. The first three candidates in order of merit will be invited and honoured at the next years Annual Conference IMSCON by the Executive Committee. They will receive token of appreciation each year by Dr Saroj Srivastava (Former IMS President & Founder Chairperson by whom the examination initiated).

Maintenance of Certification

Certification can be maintained beyond 5 years through re exam or by adding CME points.

Dr. Saroj Srivastava

Founder Chairperson
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Mahanagar Ext., Lucknow-226006
09335188233, 0522-2321848
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drseemadsharma@gmail.com
examcommitteems@gmail.com
www.indianmenopausesociety.org

DISCLAIMER

This message contains legally privileged and/or confidential information. If you are not the intended recipient(s), or employee or agent responsible for delivery of this message to the intended recipient(s), you are hereby notified that any dissemination, distribution or copying of this e-mail message is strictly prohibited. If you have received this message in error, please immediately notify the sender and delete this e-mail message from your computer.

WARNING:

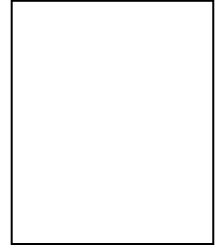
Computer viruses can be transmitted via email. The recipient should check this email and any attachments for the presence of viruses. The company accepts no liability for any damage caused by any virus transmitted by this email.



Indian Menopause Society

IMS Menopause Practitioner Exam-2017

Successful candidates will receive a certificate indicating
Credentialed IMS Menopause Practitioner (CIMP)



Eligibility for Enrolment:

- Qualified registered medical practitioner with PG degree or diploma either in gynecology or in Endocrinology or medicine & related branches
- MBBS with >5 years clinical practice experience in Obst. & Gyne
- MS/MD/ DNB/PG students,
- **It is pre-requisite to be an IMS Life Member. IMS Life membership Fee is Rs. 5700/-**

Examination Date: 17th February, 2017,

Venue: Raipur (IMSCON-2017: 17th, 18th & 19th February, 2017

Convocation: 19th February, 2017;

Last date for submission of form: 15th November, 2016

Examination Fee : Rs. 6000/-

IMS non-member : Rs. 5750 + Rs. 6000 Total= Rs. 11750/-

IMS Members : Rs. 6000/-

Course material would be included in the fee.

Application, Membership form & updated Clinical Practice Guidelines can be downloaded from the IMS website.

Member IMS - Yes No

If yes please mention Membership Number: _____ Chapter name: _____

If not then it is mandatory to become IMS member through IMS latest by the 15th October, 2016 (To select your chapter visit: www.indianmenopausesociety.org)

A cheque of Rs. 11750/- is to be deposited in any branch of Bank of India in your City in the IMS A/C:

Indian Menopause Society- A/C No-001320110000011, Bank of India, Cumbala Hill, Mumbai.

IFSC NO: BKID0000013. Send the soft copy of Exam application form and Bank Pay-in-slip

To: examcommitteeims@gmail.com with copy to: indianmenopausesociety@gmail.com and

drseemadsharma@gmail.com, Hard copy should be sent to the address of Chairperson Exam Committee*.

Enclosures (mandatory) Put tick mark

MCI Registration Certificate with Age certificate

A Copy of MBBS certificate & Copy of PG Certificate

Copy of IMS membership certificate (For members only)

Copy of Bank-Pay-in-slip

IMS Exam Application Form

Name (in block letters) _____ Gender : Male () Female ()

Date of birth _____

Address: (In block letters) _____ Pin: _____

Telephone no (add STD code) _____ Fax _____

Email _____ Mobile no _____ Qualification: _____

Profession: _____ Current Position _____

How long you have been practicing Obstetrics & Gynaecology _____

Signature of the applicant:.....

Date:.....

Dr. Saroj Srivastava

Dr. M. K. Valsan

*** Dr. Seema Sharma**

Address : "Sankalp" D-243,

Founder Chairperson

Co-Chairperson

Chairperson Exam Committee

Anand Vihar (Railway Colony),

09335188233,

09846086676

918696949150

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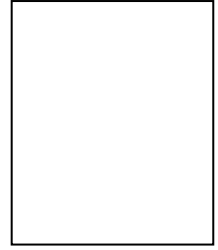
Rajasthan



Indian Menopause Society

Application for Renewal of CIMP Certificate

Successful candidates will receive a certificate indicating
Credentialed IMS Menopause Practitioner (CIMP)



Eligibility for Enrolment:

- Those who have completed 5 years of CIMP.
- CIMP passed in Year 2011.
- Attained 70 credit hours in 5 years (i.e. 2011 to 2016).

It is pre-requisite to be an IMS Life Member. IMS Life membership Fee is Rs. 5700/-

**Examination Date: 17th February, 2017,
 Convocation: 19th February, 2017;**

**Venue: Raipur (IMSCON-2017: 17th, 18th & 19th February, 2017
 Last date for submission of form: 15th November, 2016**

Fee for Renewal of CIMP Certificate

IMS Life Member : Rs. 3000

IMS non-member - Rs. 5750+3000 Total= Rs. 8750/-

IMS Exam Application Form

Name (in block letters) _____ Gender : Male () Female ()

Date of birth _____

Address: (In block letters) _____ Pin: _____

Telephone no (add STD code) _____ Fax _____

Email _____ Mobile no _____ Qualification: _____

Profession: _____ Current Position _____

Year of Passing CIMP: _____

Member IMS Yes No

If not then it is mandatory to become life member IMS (To select your chapter visit: www.indianmenopausesociety.org or your membership would be under the IMS Head Office).

A cheque of Rs. 3000/- or 8750/- is to be deposited in any branch of Bank of India in your City in the IMS A/C: Indian Menopause Society- A/C No-001320110000011, IFSC NO: BKID0000013 Bank of India, Cumbala Hill, Mumbai.

Send the soft copy of Exam application form and Bank Pay-in-slip To:examcommitteeims@gmail.com with copy to: indianmenopausesociety@gmail.com and drseemadsharma@gmail.com. Hard copy should be sent to the address of Chairperson Exam Committee*.

Enclosures (mandatory) Put tick mark

- MCI Registration Certificate with Age certificate
- Copy of CIMP Certificate
- Copy of IMS membership certificate
- Copy of Bank pay-in-slip

Signature of the applicant:.....

Date:.....

Dr. Saroj Srivastava
 Founder Chairperson
 09335188233, 0522-2321848
drsarojsrivastava@rediffmail.com

Dr. M. K. Valsan
 Co-Chairperson
 09846086676
valsandr@hotmail.com

*** Dr. Seema Sharma**
 Chairperson Exam Committee
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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 and guidelines will be published in official Journal of IMS - JMH and will appear on website also.

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
- 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 (30%)

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
- 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. Counselling 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

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