

MENOPAUSE CLINICAL NURSE SPECIALIST

Candidate Pack



Colleague Benefits

General

- 27 days annual leave entitlement, increasing with length of service, plus 8 bank holidays
- Flexible working policies
- Generous maternity pay and 2 weeks full pay paternity leave
- Colleague recognition scheme and long service awards
- Greener travel initiative, including cycle to work scheme and lift share
- Childcare information and support available, including onsite nurseries
- Discounted bus passes with Arriva

Financial

- Access to various local and national discounts via various external websites
- Salary sacrifice schemes
- Generous pension scheme
- Access to a financial support booklet
- Pre-retirement courses
- Free Will writing service
- Savings and Loan schemes

Learning and Development

- Coaching and Mentoring
- Leadership Academy – leadership and management training for all staff
- Access to E-Learning courses
- Apprenticeships – growing number of apprenticeship opportunities across all disciplines
- Secondment and acting up opportunities
- Support to complete qualifications whilst on the job

Wellbeing

- Coaching
- Mental Health First Aiders
- Chaplaincy
- Fast track physiotherapy service
- Free eye test vouchers
- Slimming World referral scheme
- Cervical screening service
- Long Covid support
- Access to wellbeing/rest rooms
- Menopause support
- Men's Health forms and MOT
- Discounts with local gyms

Poppy's Promise

Poppy's Promise is a compassionate care initiative introduced within this Trust to enhance communication, respect and empathy across every aspect of patient care.

The initiative was founded by Katie Russell, following the loss of her daughter Poppy, who tragically died at just twelve hours old due to failures in care and communication. Born from that experience, Poppy's Promise serves as a powerful reminder that while clinical skill saves lives, it is compassion, listening and respect that define the quality of care and human connection. By embedding this promise across our organisation, we ensure that no patient or family ever feels unseen, unheard, or uncared for.

Poppy's Promise is a five-stage framework that supports NHS staff to provide compassionate, consistent and patient-centred care. It aims to create a culture where empathy and communication are prioritised at every level - from education and recruitment to daily patient interactions.

At the heart of the initiative lies the C.A.R.E. framework, which outlines four guiding principles for staff to follow. The CARE principles form the foundation of Poppy's Promise. They describe the behaviours, attitudes and values that underpin every interaction — between staff and patients, staff and families, and colleagues with one another.

CARE is not an additional task. It is how care is delivered.

C.A.R.E. Meaning and Practice

Compassion - Demonstrate genuine kindness, empathy and humanity in every interaction.

Compassion means recognising the emotional as well as the physical needs of patients, families and colleagues, and responding with care, patience and understanding. Small acts of compassion can have a lasting impact.

Acknowledge - Actively listen and be fully present.

Use eye contact, names and open body language, and acknowledge the individual's feelings, concerns and lived experience. Every person should feel seen, heard and taken seriously.

Respect - Treat everyone with dignity, honesty and fairness at all times.

Respect individual differences, personal circumstances and lived experience. Trust is built through respectful behaviour, consistency and integrity.

Empower - Enable people to be active participants in their care and work.

Communicate clearly, encourage questions and shared decision-making, and ensure patients, families and colleagues feel informed, confident and included.

Poppy's Promise is more than a framework - it represents a cultural shift towards human-centred care. By adopting these principles, we:

- Strengthen trust and communication between staff and patients
- Reduce avoidable harm through better understanding and listening
- Improve patient experience and staff wellbeing
- Foster a culture of openness, empathy and shared responsibility

Every member of staff has a role to play in bringing Poppy's Promise to life. Whether you are clinical, administrative or support staff, compassion and communication are part of everyone's role.

In daily practice, you can:

- Take a moment before entering a patient's space - centre yourself, focus on the person, not the task
- Use clear, respectful and kind language
- Listen without interruption and acknowledge emotions expressed
- Be honest and transparent, even when conversations are difficult
- Reflect after interactions - consider how your approach made the patient or family feel

All staff within the Trust are expected to:

- Uphold the values of Poppy's Promise in all patient and colleague interactions
- Attend any training, workshops or refreshers provided as part of the initiative
- Support colleagues in modelling compassionate behaviours
- Raise concerns constructively when communication or respect fall short
- Reflect these principles in both professional and personal conduct within the workplace

Together, we can make every interaction an opportunity to care, listen and make a difference.

That is Poppy's Promise.

Job Summary

This summary has been generated using AI to provide a clear and accessible overview of the role. It is intended to support candidates who may find the full job description harder to read, such as those who are neurodiverse, have learning disabilities or lower literacy levels. Our goal is to make the application process more accessible and inclusive for everyone.

- The Menopause Clinical Nurse Specialist provides expert care and support for people going through menopause or perimenopause.
- The role includes assessing symptoms, helping plan treatment, and supporting safe use of HRT and other options.
- The post holder works independently, gives specialist advice to other staff, and helps improve how menopause care is delivered.
- They lead and support training for healthcare teams and help create information for patients.
- The role also involves working with many different services to make sure care is joined up and easy to access.
- They help keep patients safe by following national guidance and taking part in audits, service reviews, and quality improvement.

Job Description

Job title:	Menopause Clinical Nurse Specialist
Grade:	Band 7
Site:	The Princess Royal and the Royal Shrewsbury Hospital
Accountable to:	Lead Nurse / Matron / Clinical Lead for Women's Health
DBS required:	Enhanced

Job Purpose

The Band 7 Menopause Clinical Nurse Specialist (CNS) will provide expert, autonomous, evidence based nursing care to women and people experiencing menopause and perimenopause. The role focuses on clinical assessment, diagnosis support, treatment planning, education, and long term management of menopause related conditions.

The post holder will act as a clinical leader and expert resource, contributing to service development, quality improvement, education, and workforce development, while improving equity of access, patient experience, and health outcomes across menopause services.

Key Responsibilities

1. Clinical Practice & Patient Care

- Deliver specialist menopause consultations, including comprehensive history taking, assessment, and personalised care planning.
- Provide expert advice and management of menopausal and perimenopausal symptoms, including vasomotor, psychological, urogenital, sexual, musculoskeletal, and cardiovascular health considerations.
- Assess suitability for and support initiation and monitoring of HRT and non hormonal management, in line with national and local guidance.
- Act as an autonomous practitioner, making independent clinical decisions within scope of practice.
- Prescribe medication where qualified, or work in close collaboration with medical colleagues to ensure timely treatment.
- Support individuals with complex needs, including menopause following cancer treatment, surgical menopause, premature ovarian insufficiency, or comorbid long term conditions.
- Promote shared decision making, self management, and informed consent.

2. Leadership, Expertise & Advisory Role

- Act as the clinical expert and professional lead for menopause care within the service.
- Provide leadership and specialist advice to nursing, medical, AHP, and primary care colleagues.
- Serve as a role model for best practice, professional standards, and compassionate, person centred care.
- Contribute to strategic planning and development of menopause services aligned with national priorities.

3. Education, Training & Support

- Lead the education and training of healthcare professionals on menopause, including symptoms, treatment options, and holistic care.
- Support development of clinical competence in junior nurses and wider teams.
- Contribute to patient education, group sessions, and development of written and digital resources.

4. Service Development, Audit & Quality Improvement

- Lead and contribute to service redesign, audit, and quality improvement initiatives related to menopause care.
- Use data, patient feedback, and outcome measures to evaluate effectiveness and improve service delivery.
- Develop, review, and implement clinical guidelines, pathways, and SOPs.

- Support business planning, workforce development, and equitable access across populations.

5. MDT & Partnership Working

- Work collaboratively across primary care, secondary care, mental health, oncology, and community services.
- Ensure seamless care pathways and timely referral for complex cases.
- Reduce fragmentation of menopause care and support integrated service delivery.

6. Governance, Risk & Safety

- Maintain high standards of clinical governance, patient safety, and risk management.
- Practice in accordance with the NMC Code, Trust policies, and national guidance.
- Participate in incident reporting, investigation, and shared learning processes.
- Support compliance with CQC standards and external reviews.

7. Equality, Inclusion & Patient Experience

- Ensure menopause care is inclusive, trauma informed, and culturally sensitive, addressing health inequalities.
- Advocate for under served groups and personalised care approaches.
- Actively contribute to improving patient experience through listening, learning, and service improvement.

8. Professional Development

- Maintain NMC registration and engage in continuous professional development (CPD).
- Work towards and maintain specialist menopause competencies and advanced practice skills.
- Participate in appraisal, revalidation, and personal development planning.

Working Conditions

- Combination of clinic based, office based, and MDT working.
- Exposure to complex clinical and emotionally sensitive consultations.
- May include cross site working and some flexible hours to meet service need.

Person Specification

	Essential	Desirable
Qualifications	<ul style="list-style-type: none"> Registered General Nurse Post registration gynaecology nursing experience at Band 5 or above 	<ul style="list-style-type: none"> Independent/ Supplementary Prescribing to be completed
Experience	<ul style="list-style-type: none"> Relevant Women's Health Experience Ability to self-manage and work autonomously with allocated patients Aware of cultural and social influences on health and importance of respecting diversity and differences Awareness of own limitations, realism in own abilities Commitment to/evidence of continuing professional development Flexible, adaptable and confident Sufficient to perform the duties of the post with any aids and adaptations Willingness to work towards nurse-led practice initiatives and advanced skills 	<ul style="list-style-type: none"> Experience in developing and delivering educational information.
Knowledge and skills	<ul style="list-style-type: none"> Ability to impart appropriate knowledge to other health care professionals. Computer literate, key board skills, 6 basic word processing skills 	

	<ul style="list-style-type: none"> • Demonstrates an awareness of own limitations. • Evidence of excellent communication skills at all levels – verbal and non- verbal. • Ability to manage conflict and difficult situations positively. • Ability to develop practice and provide appropriate feedback to clinicians and managers. • Ability to manage own workload and meet deadlines set. • Accurate written and verbal reports. • Self motivated and able to work independently. • Autonomous practitioner caring for women with gynaecological conditions • Good interpersonal skills with ability to assess, advice and/or signpost as appropriate 	
Other	<ul style="list-style-type: none"> • Calm confident friendly and approachable manner • Articulate 	

General conditions

As they undertake their duties, all our people are required to uphold and demonstrate the Trust's core values of: Partnering, Ambitious, Caring and Trusted. Collaboration and partnership are also central to our approach in delivering our fundamental activities of patient care, teaching, and research.

Health & Safety

As an employee of the Trust you have a responsibility to:

- take reasonable care of your own Health and Safety and that of any other person who may be affected by your acts or omissions at work;
- co-operate with the Trust in ensuring that statutory regulations, codes of practice, local policies and departmental health and safety rules are adhered to;
- not intentionally or recklessly interfere with or misuse anything provided in the interests of health and safety.

Infection Prevention and Control

The prevention and management of acquired infection is a key priority for the Trust. Any breach of infection control policies is a serious matter which may result in disciplinary action. As an employee of the Trust you have a responsibility to:

- ensure that your work methods are compliant with the Trust's agreed policies and procedures and do not endanger other people or yourself;
- be aware of infection prevention and control policies, practices and guidelines appropriate for your duties and you must follow these at all times to maintain a safe environment for patients, visitors and staff;
- maintain an up to date knowledge of infection prevention and control, policies, practices and procedures through attendance at annual mandatory updates and ongoing continuing professional development;
- challenge poor infection prevention and control practices of others and to report any breaches, using appropriate Trust mechanisms (e.g. incident reporting policy).

Information Governance

The Trust is committed to compliance with Information Governance standards to ensure that all information is handled legally, securely, efficiently and effectively. You are required to comply with the Trust's Information Governance policies and standards. Failure to do so may result in action being taken in accordance with the Trust's Disciplinary Procedure.

- **Confidentiality and Security** - Your attention is drawn to the confidential and sensitive nature of information collected within the NHS. Whilst you are employed by the Trust you will come into contact with confidential information and data relating to the work of the Trust, its patients or employees. You are bound by your conditions of service to respect the confidentiality of any information you may come into contact with which identifies patients, employees or other Trust personnel, or business information of the Trust. You also have a duty to ensure that all confidential information is held securely at all times, both on and off site.

- **Disclosure of Information** - The unauthorised use or disclosure of information relating to the Trust's activities or affairs, the treatment of patients or the personal details of an employee, will normally be considered a serious disciplinary offence which could result in dismissal. Upon leaving the Trust's employment and at any time thereafter you must not take advantage of or disclose confidential information that you learnt in the course of your employment. Unauthorised disclosure of any of this information may be deemed as a criminal offence. If you are found to have permitted the unauthorised disclosure of any such information, you and the Trust may face legal action.
- **Information Quality and Records Management** - You must ensure that all information handled by you is accurate and kept up-to-date and you must comply with the Trust's recording, monitoring, validation and improvement schemes and processes.

Professional Standards and Performance Review

As an employee of the Trust you have a responsibility to:

- participate in statutory and mandatory training as appropriate for the post; and
- maintain consistently high personal and professional standards and act in accordance with the relevant professional code of conduct;
- take responsibility for the maintenance and improvement of personal and professional competence and to encourage that of colleagues and subordinates;
- participate in the Trust's appraisal processes including identifying performance standards for the post, personal objective setting and the creation of a personal development plan in line with the KSF outline for the post.

Safeguarding Children and Vulnerable Adults

We all have a personal and a professional responsibility within the Trust to identify and report abuse. This may be known, suspected, witnessed or have raised concerns. Early recognition is vital to ensuring the patient is safeguarded; other people (children and vulnerable adults) may be at risk. The Trust's procedures must be implemented, working in partnership with the relevant authorities. The Sharing of Information no matter how small is of prime importance in safeguarding children, young people and vulnerable adults.

- As an employee of the Trust you have a responsibility to ensure that:
 - you are familiar with and adhere to the Trusts Safeguarding Children procedures and guidelines.
 - you attend safeguarding awareness training and undertake any additional training in relation to safeguarding relevant to your role.

NHS Sexual Safety Charter

The Trust is committed to ensuring that all employees work in an environment that is safe, inclusive, and free from sexual misconduct, harassment, and discrimination. As a signatory to the NHS Sexual Safety Charter, the Trust upholds a zero-tolerance approach to sexual harassment and supports anyone affected by inappropriate behaviour. In accordance with the Workers Protection (Amendment of Equality Act 2010) Act 2023, the Trust has a statutory duty to take reasonable steps to prevent sexual harassment of its employees. All staff, are required to treat others with dignity and respect at all times and to cooperate with Trust policies, procedures and training designed to maintain a culture of safety, professionalism, and mutual respect.

Social Responsibility

The Trust is committed to behaving responsibly in the way we manage transport, procurement, our facilities, employment, skills and our engagement with the local community so that we can make a positive contribution to society. As an employee of the Trust you have a responsibility to take measures to support our contribution and to reduce the environmental impact of our activities relating to energy and water usage, transport and waste.

Continuous Improvement

The Shrewsbury and Telford Hospital NHS Trust aims to empower colleagues at all levels have the confidence, capability, passion, and knowledge, to test changes and make improvements at SaTH and in the communities we serve.

To support this, we have developed the SaTH Improvement Method, a structured approach to change that provides practical tools and techniques to help you understand what success looks like with clear aims, enables you to measure progress and plan meaningful improvements.

You won't be doing this alone. Whether you're new to improvement or already leading change, the Improvement Hub is here to guide you with expert advice, hands-on support, and a wide range of training opportunities to help you grow and thrive throughout your time at SaTH whilst making improvements in your area of work. Join us in shaping a culture of continuous improvement, where every colleague is supported to make a difference.

Equal opportunities and diversity

The Shrewsbury and Telford Hospital NHS Trust is an Equal Opportunities Employer, fully committed to fostering an inclusive workplace where all staff feel valued and

able to thrive. We believe that a diverse workforce, reflective of our community, is essential for delivering the best patient care.

We will not discriminate against any job applicant or colleague based on any protected characteristic, including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race (including colour, nationality, ethnic or national origin), religion or belief, sex, or sexual orientation. Selection for appointment, training, development, and promotion will be based purely on merit and the individual's ability to meet the role requirements.

As a post-holder, you have a personal responsibility to uphold the Trust's commitment to equality by treating all colleagues and patients with respect and dignity. You must actively support measures introduced to ensure equality of opportunity and will not discriminate, harass, or bully others, or condone such behaviour.

