

News

PCWHF Survey

This is an interesting time for primary care enhanced contraception and sexual health services. We are concerned that many may not be continued after April 2014 (or in some areas this may be delayed until 2015). 75% of women obtain their contraception from primary care and if this does not include LARC services then these women may be denied a full contraceptive choice, as travelling to a designated CaSH service may not be possible for them.

If you are working in primary care please will you complete **this survey**, which will only take a few minutes of your time, so that we can gain more information about what is happening around the country to use in future national debates?

If you are delivering an enhanced service for contraception, LARC provision or any aspect of sexual health please contact your CCG board member or local sexual health commissioner to make sure that future decisions about your service are not made without expert clinical input. For service changes planned for April 2014 these contracting changes are being made now so please do not delay.

Please email any other concerns to enquiries@pcwhf.co.uk

Medfash Article

Anne Connolly the chair of the forum has recently had an article published in the Medfash bulletin, [click here](#) for details.

PCWHF Annual Conference

Registration:

The focus at our annual conference will be on 'Keeping Women's Healthcare on the agenda' and boasts an impressive line-up of key note speakers and a powerful agenda, which should prove both thought-provoking and beneficial for all those attending. The agenda has been designed to be relevant for healthcare professionals working in a primary care setting.

The conference will be held at The Cavendish Conference Centre, London on Thursday

10th October 2013.

Delegates will be eligible to gain up to 5 hours of CPD and reflective learning.

To view the agenda and to book your tickets, please [Click Here](#)

Best Practice Award

We will once again invite applications for the Best Practice Award. This award recognises best practice in Women's Health in Primary Care and will be assessed and awarded at the conference.

The deadline for submissions is Friday 30th August 2013. To avoid missing out, please visit the website and submit your abstract today!

For further information and an application form please [Click Here](#)

GP Hot Topics

These workshops will assist GPs to resolve specific patient issues by using case studies on a variety of patient types in a particular therapy area. Five hours of CPD are available from this day. Feedback from the last event included:

- "All the sessions had practical "take home" messages"
- "All sessions were informative; this was an excellent day, very enjoyable and interactive"
- "Very informative, good coverage of the relevant subjects"
- "What's new in Women's Health was very valuable and well presented"
- "Dr Connolly is fantastic! Course was relevant to general practice with all lectures designed to answer questions for GPs"

Women's Health

- Wednesday 16th October, London
- Wednesday 27th November, Manchester

For more information please [Click Here](#)

BMS Recommendations on HRT

The British Menopause Society (BMS) recommendations on hormone replacement therapy (HRT) are designed to complement the BMS Observations and Recommendations on menopause management, submitted to the Department of Health in the UK and published in full in Menopause International, The Journal of the British Menopause Society and in the Royal College of Obstetricians and Gynaecologists Expert Advisory Group Report, High Quality Women's Health Care. Our key recommendation is that all women should be able to access advice on how they can optimise their menopause transition and beyond, with particular reference to

lifestyle and diet and an opportunity to discuss the pros and cons of complementary therapies and HRT. The following information based on the latest available evidence can be used to provide guidance to prescribers of HRT and alternatives. An extensive reference section and links to useful websites provide an opportunity to access extensive evidence based information in each key area.

Please click below to view the report

DoH Latest Abortion Figures

Abortion figures in England and Wales for 2012 have been released by the Department of Health this month. To view the document please [Click Here](#)

CAYT Teenage Pregnancy Report

This report makes use of a unique new administrative dataset linking maternity and abortion records to the education records of all girls attending state schools in England. The results provide new insights into the individual, school and area-level risk factors associated with teenage conceptions and the decision to continue with a pregnancy conditional on conceiving.

Please click below to view the report

Integrated Sexual Health Services: national service specification

This national service specification has been produced by the Department of Health (DH) to help local authorities commission effective, high quality, integrated sexual health care. It covers key outcomes, levels of service provision, quality standards and links to other related services such as general practice and termination services. It can be adapted to fit local needs. Click the links below for more information and to access the specification.

[>Integrated sexual health service guidance: gov uk](#)

[>Specification](#)

Contraception: A Casebook from Menarche to Menopause

Menstrual Delay with MPA

At this time of year we get many requests to help delay menstruation for a woman's holiday. Traditionally we have prescribed Norethisterone (NET) in a dose of 10-20mgs/day for this (the dose of NET used in contraception is only 0.5-1mg/day)

A study by Kuhnz et al ¹ has demonstrated that NET is partly metabolised to ethinyl-estradiol (EE) which is why it is so effective at postponing menstruation. The equivalence is believed to be 1mg NET metabolises to 4-6mcgs EE (most combined oral contraceptives contain 20-30mcgs/day EE). The manufacturers of Primolut N® (Bayer plc) have recently altered their reference safety information to include this.

The relevance of this for us in practice is that we often use NET in women who are at risk of venous thrombo-embolism (VTE) and are unable to use combined hormonal contraception because of their risks. In these women we should transfer prescribing to Medroxyprogesterone acetate (Provera®) 10mgs bd or tds to delay their menstruation. BNF recommendation is to use a daily dose of 10mgs but this is unlikely to be effective at delaying menstruation and because of its lack of oestrogenic effect it is safe to use at the higher dose.

So in summary – please use Medroxyprogesterone acetate 10mgs bd or tds instead of NET particularly in women who are overweight, smokers aged over 35 or any other woman at risk of VTE.

1. Kuhnz W, Heuner A, Humpel M. In vivo conversion of norethisterone acetate to ethinylestradiol in postmenopausal women. *Contraception*. 1997;56:379
2. Mansour D. Safer prescribing of therapeutic norethisterone for women at risk of venous thromboembolism. *J Fam Plann Reprod Health Care* 2012;38:148-9

New Product: Betmiga ®

Mirabegron (Betmiga) is a new class of drug for the treatment of overactive bladder, increased micturition frequency and/or urgency incontinence. It is a selective beta3 agonist. The action of Mirabegron is to relax the bladder detrusor muscle to increase urinary storage. It has a different mode of action than the usual antimuscarinic agents used for the treatment of overactive bladder.

Mirabegron has NICE approval for treating OAB for people who are unable to tolerate the side-effects or have contra-indications for use of antimuscarinic medications or who have found these to be ineffective. Refer to prescribing information for contra-indications etc

The cost of one month's treatment is £29.00

Resources for Commissioners of Women's Health Services

The Royal College of Obstetricians and Gynaecologists (RCOG), along with the Faculty of Sexual and Reproductive Healthcare (FSRH), have produced a new e-resource to

support those commissioning women's health services. The resource brings together all standards for hospital-based obstetric and gynaecological care, and community-based sexual and reproductive health care produced in recent years. Click the links below to access the resources.

[>New resource to aid commissioning of women's health services | Royal College of Obstetricians and Gynaecologists](#)

[>Resources for commissioners of women's health services | Royal College of Obstetricians and Gynaecologists](#)

Please visit our **new website**, where new members can also **join the forum**.

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