

## News

### PCWHF Annual Conference

Last month was an exciting time for the Primary Care Women's Forum with the **5th annual conference**. More than **130 doctors and nurses** with an interest in women's health attended the conference in London, with the majority evaluating the day as excellent, educational and relevant to their work in primary care.

*'...an invaluable day used to network with other primary care women's health providers, sharing ideas and good practice, listening to up to date speakers, achieving this year's PDP objectives and learning some new stuff too!'*

Congratulations to all the finalists in this year's PCWHF award, but particular recognition to the winner of the 2013 award, Dr Claire Hart. Her work to improve local information about accessing emergency contraception in Dartmoor was recognised for inspiration, passion and patient engagement.

Below are the links to view the resumes of the presentations by **Dr Diana Mansour** and **Professor Sian Jones**.



**Contraception** by Dr Diana Mansour,  
*Consultant in Community Gynaecology and  
Reproductive Healthcare,  
Newcastle Hospitals Community Health*



**Management of Heavy Menstrual Bleeding** by  
Professor Sian Jones,  
*Consultant Gynaecologist,  
Bradford Teaching Hospital Foundation Trust.*

### **Testimonials from the PCWHF Conference 2013**

'The Primary Care Women's Health Forum Annual Conference is a fantastic way in which to keep up to date with a variety of topics related to women's health. The conference also provides an outstanding opportunity to network with colleagues. The atmosphere at this year's conference was electric - buzzing with enthusiasm. Delegates and presenters alike were comfortable sharing their experiences and ideas. The environment at the conference is nurturing with less experienced clinicians made to feel as welcome as the experts in the field.'

**Dr Paula Briggs**

'The PCWHF annual conference is the ideal venue to catch up with what's new and

relevant in women's health in primary care. The agenda is always varied, but relevant, and engenders useful discussion around the practical application of evidence-based medicine, amongst other primary care health professionals striving to continually improve the delivery of women's healthcare. I will be prioritising it as a go-to study day on an annual basis.'

**Dr Julie Ayres**

### **PCWHF Conference 2014**

PCWHF are pleased to announce that next year's 2014 Annual Conference will be held in November in the Midlands. We will update you with some more information shortly.

### **GP Hot Topics - New Date**

The GP Hot topics one day workshops have been designed by Doctors, for doctors and nurses, who work in primary care or are associated with the requirements of primary care health provision.

***You will receive 5 hours of CPD with a reflective learning log and a Hot Topics handbook.***

Courses are limited to 30 delegates on each workshop to maximise interactive learning opportunities. **Pleaseregister now** to secure your place.

#### **Women's Health**

Wednesday 27th  
November 2013,  
Manchester

#### **Menopause**

Wednesday 5th February  
2014, London

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"

### **Safety of Combined Hormonal Contraception**

The European Medicines Agency has published the findings of their review of the risks of thromboembolism associated with the constituents of the different combined oral contraceptives. They have concluded that the benefits of CHCs in preventing unwanted pregnancies continue to outweigh their risks.

The **recommendation is attached** below and to view the FSRH Clinical Effectiveness Unit statement on this review please **Click Here**



## Sharing intelligence

As mentioned in previous newsletters we plan to use this monthly communication to share clinical cases, local projects, tips to help others develop and improve their own local services for women's health care. The following are examples of projects from 2 of our members:

### **Ring pessary fitting – by Julie Boissonade**

This is a fantastic example of developing a ring pessary service using the new Milex silicone ring pessaries, the majority of which are now available for prescribing on an FP10. These are more expensive than the PVC ring pessaries that we have traditionally prescribed but as they can be removed and washed and reinserted many times they become comparable in their costs.

To view a useful patient information leaflet on pelvic organ prolapse written by the Royal College of Obstetricians and Gynaecologists please [Click Here](#)

#### **[Beyond the Wood Apple - Ring Pessary Article](#)**



#### **[Milex Ring Pessary](#)**



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### **Pan London Patient Group Directions (PGDs) for nurses in sexual and reproductive health care and community pharmacists (CPs) – by Dr Kathy French**

We all know of and acknowledge the fantastic work done over the years by Kathy and she continues to strive to improve access to contraception for women. Her current work has included the development of the [pan London PGDs](#) for nurses in SRH and pharmacists for issuing contraceptives and she has written an article to help others in their local areas. To view the article please [Click Here](#) or see attached.



## Ovarian Cancer

Ovarian cancer is the leading cause of death in women from gynaecological cancer in the UK. There are 6700 new cases diagnosed per year and the majority of women are diagnosed with advanced disease with a 5 year survival below 35%

The NICE guidance on ovarian cancer in 2011 encouraged primary care clinicians to 'think about ovarian cancer' and to test for CA125 if we are considering this as part of the differential diagnosis.

The national ovarian cancer charity - Target ovarian cancer have developed two excellent leaflets, one for clinicians and one for patients, which should help clinicians and patients

to think about symptoms and the requirements for testing. To view Target ovarian cancer website please [Click Here](#)

I have also attached the flowchart that we use locally to help remind clinicians when testing for ovarian cancer. Please [Click Here](#)

#### [Target Ovarian Cancer - Leaflet for Doctors](#)

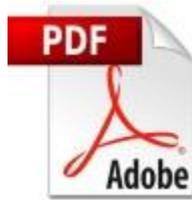


#### [Target Ovarian Cancer - Leaflet for Patients](#)



### HIV Testing

The annual HIV testing week is between 22nd and 29th November 2013. See attached information from the Terence Higgins Trust. Leaflet and posts can be obtained from the charity to display in your surgeries to support this campaign.



### UK Sexual health Awards

The UK's two leading sexual health charities, Brook and FPA have announced that nominations for the third UK Sexual Health Awards are now open and can be made online by visiting the website. To view the website please [Click Here.](#)

### Primary Care Women's Health Forum

If anyone has any interesting papers to share, interesting cases they have seen and managed or any learning points to share with the Forum members please email [enquiries@pcwhf.co.uk](mailto:enquiries@pcwhf.co.uk) We have an excellent opportunity to share best practice and improve the care we are giving to our women via this e-letter which is currently circulated to more than 11,000 primary care practitioners.

We have over 4000 members of the forum already and it is growing rapidly with over 100 new members each month. Registration is free to join. Please visit the Primary Care Women's Health Forum at [www.pcwhf.co.uk](http://www.pcwhf.co.uk)



Please visit our [website](#), where new members can also [join the forum for free.](#)

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