



**Primary Care  
Women's Health Forum**

## Primary Care Women's Health Forum e-update

**Issue 17:** April 2014

### News

#### RCGP

Many Local Authorities are starting their process of tendering for integrated sexual and reproductive health services. There are many models for these new services but it is important for our patients that these provide quality care, are acceptable and remain accessible to all age groups. The RCGP have published their position statement on this. To view the position statement please [Click Here](#).

#### NICE

**Public health guidance 50:** Domestic violence and abuse: how services can respond effectively. This was issued in February 2014. To view the guidance please [Click Here](#)

**Public Health guidance 51:** Contraceptive services with a focus on young people up to the age of 25. To view the guidance please [Click Here](#)

NICE are also currently updating their LARC, bleeding and pain in pregnancy and menopause guidance. The Primary Care Women's Health Forum continues to respond to NICE for requests of support, representation and advice.

#### Primary Care Women's Health Forum Conference 2014

This is an excellent opportunity to be updated in a number of women's health topics which are relevant to primary care work as well as an opportunity to network and spend the day with like-minded clinicians. The format includes plenary sessions and a wide variety of workshops. We have a limited number of delegate places available so early booking is recommended.

This is also an ideal opportunity to share the excellent work many of you are doing to improve the care of your patients in your workplace. Please consider entering for this year's Best Practice Award.

For further details contact [nikki.gray@events4healthcare.com](mailto:nikki.gray@events4healthcare.com). Details about projects which have been entered in previous years can be found on the PCWHF website.

For further information or to register for the conference please [Click Here](#)

#### Faculty of Sexual and Reproductive Healthcare

The Clinical Effectiveness Unit of the Faculty of Sexual and Reproductive healthcare

has published their latest guidance on progestogen only implants. To view this useful guidance please see attached document.



## BASHH

UK guideline for the management of vulval conditions 2014 has been published by The British Association of Sexual Health and HIV. To view the guidelines please see the attached document below.

This guideline offers recommendations on the diagnostic tests and treatment regimens needed for the effective management of the following vulval conditions:

- Vulval lichen sclerosus
- Vulval lichen planus
- Vulval eczema
- Vulval lichen simplex
- Vulval psoriasis
- Vulval intraepithelial neoplasia
- Vulval pain syndromes



## The Poppy Trail

The female pelvic floor is a frequent source of trouble, especially for those who have undergone the indignities of childbirth and are approaching the indignities of old age. The British POPPY trial attempted to assess the effect of pelvic floor exercises for reducing the symptoms of prolapse: women received one-to-one instruction and support from a physiotherapist, and the primary endpoint was participants' self-report of prolapse symptoms at 12 months, reducing the rate of surgical referral in the intervention group by half.



## Familial breast cancer guidelines

A short summary of the recently published familial breast cancer guidelines and how this should affect clinicians working in primary care is attached, along with a guide on the use of Tamoxifen in breast cancer chemoprevention.



## Healthcare Hot Topics - Women's Health

The Healthcare Hot Topics one day workshop 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.**

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"

For more information or to register your place please [Click Here.](#)

### 2014 Dates

**Wednesday 10th  
September  
London**

## Esmya

The SPC for Esmya was updated in January 2014 allowing a 3 month course of treatment to be repeated once in women who require a further course of pre-operative treatment for their moderate to severe fibroids. Treatment is restricted to 2 courses only because of the lack of long-term safety data.



## PHE Online Data Tool

Public Health England has launched a new online data tool, the Sexual and Reproductive Health Profiles, on 1st April 2014. This resource will provide local sexual and reproductive health data as interactive maps, charts and tables to support future commissioning. This will be available for open access; Please [Click Here](#)



### Abnormal Uterine Bleeding Training Tool

Congratulations to Melanie Rogers, one of the Primary Care Women's Health Forum Awards entrees of 2011, who has co-ordinated the development of a training programme on the management of women presenting with abnormal uterine bleeding in primary care. This interactive computer training programme is freely accessible for clinicians. Please [Click Here](#)



### Sexual and Reproductive Health Profiles Tool

PHE launched the Sexual and Reproductive Health Profiles earlier this week. The tool is designed to support local authorities, public health leads and others with an interest in this area to monitor the sexual and reproductive health (SRH) of their population and the contribution of local public health related systems. The Profiles provide data as interactive maps, charts and tables, across a range of topics, such as teenage pregnancy, abortion, contraception, HIV, sexually transmitted infections and sexual offences. Wider influences on SRH are also included such as alcohol use, education and deprivation levels. In addition to the SRH profiles tool, PHE also published a guide to national and local SRH data and under 18 conception rate forecasts up to 2020.

The sexual and reproductive health Profiles. Please see below attachment.



A guide to Local and National SRH Data. Please see below attachment.



Under 18 Conception Rate Forecasts. Please see below attachment.



### Jo's Cervical Cancer Trust

New online app created to raise awareness of cervical screening – Put Yourself In The Picture Annually one in five UK women do not take up their cervical screening invitation and uptake is now on the decline. The Put Yourself In The Picture app aims to get people talking about cervical cancer and encourage women to pledge to attend a cervical screening which could save their life. Jo's trust would be grateful if you could help spread the message and encourage colleagues, friends and family to use the app and get involved.

To find out more please [Click Here](#)

## Tip of the Month

This month's tip of the month is provided by Dr Jenny Brotherston, GPSI in sexual health from Hull. The full paper on Combined Hormonal Contraception was published in the February edition of PULSE. For more information please [Click Here](#). The table below offers excellent advice about product selection to help improve compliance in women suffering with a range of problems

Indication	Recommended CHC Product/ Regimen (registered trademarks)
1 <sup>st</sup> Line	Levonorgestrel Pill e.g. Microgynon30
Acne/ Hirsutism	1 <sup>st</sup> 3 <sup>rd</sup> Gen Pill e.g. Marvelon or Femodene
	2 <sup>nd</sup> Yasmin, Zoely
	3 <sup>rd</sup> Cyproterone acetate Pill e.g. Dianette
Heavy Menstrual Bleeding	Qlaira or Tricycling
Cyclical Symptoms in Pill breaks	Qlaira or Tricycling
Breakthrough Bleeding	1 <sup>st</sup> Change from Norethisterone or 20µg EE Pill (Loestrin20 doubly poor)
	2 <sup>nd</sup> Nuvaring
Difficulty swallowing/ absorption	Evra, Nuvaring

If anyone has useful tips to share please send these by email to [enquiries@pcwhf.co.uk](mailto:enquiries@pcwhf.co.uk)

## 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 14,000 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)

## Are you a Nexplanon Fitter?

We are looking to recruit a number of Nexplanon Nurse Advisors.

For more information [Click Here](#)



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

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