

## News

**Happy New Year** to all members of the Primary Care Women's Health Forum. 2013 was a successful year for the PCWHF:

- We became established as a Community Interest Company
- We are accredited as a member of the RCGP Alliance of Primary Care Societies
- We held the 5th annual conference and are currently organising the 6th
- The e-letter is becoming an established way to share best practice, tips and cases
- The survey of members on their local contraception services has been written into a document and is being used to help influence policy – see below
- The pilot fundamental contraceptive training programme course was held in Liverpool
- Our membership continues to grow and we are becoming a recognised and important voice for women's healthcare in the UK. 2014 is likely to bring new challenges and opportunities.

We would like to continue to use this communication to share news and information about developments in your local workplace or CCG. Please continue to forward these to [enquiries@pcwhf.co.uk](mailto:enquiries@pcwhf.co.uk)

### Primary Care Women's Health Forum Survey

Thanks to all who completed the survey we launched last year. We had a fantastic response which is representative of the majority of CCGs in England. Apologies for those from other parts of the UK but as the commissioning responsibilities have recently changed in England this is more relevant and concerning here.

If you are interested in reading the report please [Click Here.](#)

As you will note the majority of the clinicians who completed this are not involved in commissioning but are providers of services. There is an overwhelming concern about communication with the new commissioners and the uncertainty about future work in primary care. In some areas this is already having an effect on service delivery as it is difficult to prioritise, or even continue, this work during this period of uncertainty. There are also concerns expressed on the training of future providers.

The results and concerns raised by the survey were shared with the RCGP who debated this at the council meeting in December. The RCGP are writing a position statement on this concern which will be shared with its members.

The survey is a 'snap-shot' of current contraception delivery in primary care and will be repeated at a later date to assess further changes.

## PCWHF Conference 2014

The date for the 6th annual conference has been set and we are returning to Birmingham. The event will be held on Wednesday 5th November 2014 in the West Midlands. Once again we will make sure that the sessions are relevant for the work done in primary care and our presenters will challenge us to provide care fit for purpose for our female patients. There will also be a further opportunity for you to enter the Best Practice Award and share your work.

Further details about entering this prestigious award will be available on our website. Please [Click Here](#)

## Best Practice Awards

Please continue to share your tips, audits or concerns about women's health with us via [enquiries@pcwhf.co.uk](mailto:enquiries@pcwhf.co.uk) Information about the 2014 Primary Care Women's Health Forum Best Practice Awards will be available on the website very soon.

## NAPS Conference 2014

**Wednesday 14th May 2014, Double Tree By Hilton, Leeds**

The National Association for Premenstrual Syndrome (NAPS) promotes the best interests of women suffering from premenstrual syndrome (PMS). As well as supporting people on an individual basis the charity campaigns to increase awareness of the condition.

The NAPS conference aims to provide a pragmatic approach to a variety of Women's Health conditions. Specialists have been invited to lecture about different aspects of Women's Health. The NAPS conference is an excellent opportunity to network with colleagues, share examples of best practice and enhance knowledge for all those attending.

For more information on the NAPS conference or to register a place at the conference please [Click Here](#)

## Healthcare Hot Topics - New Dates

The Healthcare 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.

**Please register now** to secure your place.

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"*

### [Menopause](#)

Wednesday 5th February  
2014, London

### [Women's Health](#)

More dates coming soon.  
To register your interest  
please [Click Here](#)

- "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"

Due to the popularity of the recent meetings we will be announcing some new dates for Women's Health. For more information please [Click Here](#).

## Fundamental Contraceptive Training Course for practice nurses and allied healthcare professionals

Many practice nurses and other members of the multi-disciplinary team have found accessing formal contraceptive training difficult. Courses are often expensive and time consuming with the added costs of time away from the workplace. 80% of contraceptive care is delivered in primary care and the majority of this is provided by practice nurses, the majority of whom have not completed a contraceptive course.

Following numerous requests by practice nurses and other allied health care professionals, including pharmacists, midwives and health visitors, the PCWHF have developed a basic course. The course is designed to deliver a basic work-place competency training for those healthcare professionals who are undertaking contraceptive choice consultations including follow-up appointments for oral and injectable contraceptives and for emergency contraception requests.

The course is accredited by the PCWHF and the University of Liverpool. It consists of a day of lectures, which can be delivered in any part of the country where there is a request, a work-place competency assessment and completion of a log-book. The course is designed to require minimum time away from the practice but does require a local mentor to undertake the competency assessments. There is also the option for obtaining masters-level points from the University of Liverpool with completion of additional written assignments.

The PCWHF believes that this qualification provides a basic level of training which can be developed further by those who wish to progress to the nurse-diploma offered by the Faculty of Sexual and Reproductive Healthcare which will be available after early January. For further details please [Click Here](#)

Attendees from the pilot course recently held in Liverpool commented on the training day:

*"all sessions were brilliant all lecturers were very knowledgeable and enthusiastic about their area"*

*"all sessions have complemented and consolidated learning done online prior to today, and has been pitched to a level of good understanding and not too complex"*

*"really enjoyed the day, everything was explained well"*

*"thoroughly enjoyable and invaluable day"*

*"really useful, I have learned plenty from each presentation"*

The next course will be held in Durham on 25th March 2014

Further information about this course and requests to organise this for your local area are available from Carmel Farrell at [carmel.farrell@lwh.nhs.uk](mailto:carmel.farrell@lwh.nhs.uk)

### Women of all ages will benefit from new HMB quality standard - Dr Sarah Gray

The article in Guidelines in Practice written by one of our founder members, Sarah Gray GPSI in women's health in Cornwall, is an excellent overview of the recent Quality Standards for management of Heavy Menstrual Bleeding. To view the article please [Click Here](#)

### Audit of vault smears after hysterectomy – Dr Maha Nadeem

An interesting audit of vault smears post-hysterectomy demonstrated a problem with communication. This may be a clinical issue we should all check is correctly managed for our own patients. Please see attached.



### Tip of the Month

January's tip of the month is from Dr Uma Marthi GPSI in women's health from Rochdale. Uma has changed her practice from using shelf pessaries to Gellhorn pessaries and shares a tip to help improve our use of it. Please see attached.



### Website Tip

January's The bladder and bowel foundation website. Please [Click Here](#) for an excellent resource for clinician and patient information

### 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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