



**Primary Care  
Women's Health Forum**

# Primary Care Women's Health Forum e-update

Issue 19: June 2014

## News

### Primary Care Women's Health Forum

The Primary Care Women's Health Forum was launched in 2008 to specifically address the needs of healthcare professionals working in primary care or community settings delivering care for women in the UK. The PCWHF has attracted a membership of over 4,300 professionals and has now established a strong and positive reputation in the field of Women's Health. The aims and objectives have remained unchanged and can be found at [www.pcwhf.co.uk](http://www.pcwhf.co.uk). There is no cost to join.

This e-letter, which is a monthly communication, is circulated to over 14,000 clinicians and is opened by more than 3000 of those every month. It is proving to be a useful mechanism of sharing relevant information in the way of papers, recent developments and news, pathways, cases, tips from members and requests from academic institutions to take part in research.

We have also used the e-letter to collect information about changes and implications of national policy upon local services. As a result of this our report was presented to the All-Party Parliamentary Group (APPG) on sexual and reproductive health and published on several key women's health websites.

We hope you continue to find this useful and if you have any tips, cases, useful papers, news etc that you feel would be helpful for others please send them to [enquiries@pcwhf.co.uk](mailto:enquiries@pcwhf.co.uk).

Thanks for your ongoing support and hard work to improve the care for our female patients

*Anne Connolly – Chair of the PCWHF*

### Teen Pregnancy

The latest statistics on teenage conceptions, for the first quarter of 2013, were published by the Office of National Statistics last week. The conception data for women aged under 18 who are resident in England show:

- A decrease of 17.1% in the number of conceptions to women aged under 18 resident in England compared to the 1st quarter of 2012.
- And an overall conception rate for women aged under 18 of 25.5 conceptions per 1000 resident women aged 15-17, compared to 30.3 in 1st quarter of 2012, a decrease of 15.8% in the rate.

For further details about this and to view the local data please [Click Here](#)

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

**The Primary Care Women's Health Forum Conference** will be held on **Wednesday 5th November 2014** at **St Johns Hotel in Solihull**. The conference 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.

### **Speakers**

*Dr Julie Oliver - CASH Trainer/GPwSI Community Gynaecology*

*Dr Diana Mansour - Consultant in Community Gynaecology and Reproductive Health Care, Head of Sexual Health Services, Newcastle Hospitals Community Health*

*Dr Sarah Gray – GP – Tamar Valley Health, GP Specialist in Women's Health, Primary Care Lead for Sexual Health and Contraception – Cornwall, Clinical Lead NHS Kernow*

*Dr Christine Corrin - GP with Special Interest in Gynaecology*

*Dr Anne Connolly - GP/Clinical Lead for Women's Sexual Health*

*Dr Caroline Cooper – Associate Lead Cambridgeshire CASH Service, Faculty Registered Trainer*

*Dr Helen Ludkin - Nurse Practitioner with Special Interest in Gynaecology, Bradford*

*Dr Karen Ellison - Medicolegal Advisor*

*Mr Ian Russell - Specialist Practitioner in Sexual Medicine*

*Dr Paula Briggs - Community Lead Sexual Health Services, NHS Sefton*

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.

Would you be interested in sharing your excellent work of how you are improving the care of your patients? There is an ideal opportunity to enter this year's Best Practice Award. For further information please [Click Here](#). Details about projects which have been entered in previous years can be found on the PCWHF website.



If you would like to hear the latest news on the conference please join the Primary Care Women's Health Forum LinkedIn page. To join please [Click Here](#).

To register for the conference please visit the website; [Click Here](#).

### **Talking Points in Women's Health**

Pfizer are planning a series of meetings on contraception and STI's, they are being held across the country over the coming weeks, for further information and to register please [Click Here](#)

### **Marie Stopes UK survey**

A recent survey by Marie Stopes UK has revealed some shocking findings. The key

findings include:

- 57% of young women surveyed were using contraception at the time they fell pregnant
- The majority were using short-term methods, such as the pill (54%) or condoms (40%)
- Only 12% of women had used emergency contraception
- 28% of women had had one or more previous abortions, and the older a woman is, the more likely she is to have more than one abortion

To view further details of the findings please click on the below attachment.



### FPA new online interactive resource for primary schools.

The Sexual health charity FPA's expert trainers have developed [a new online interactive SRE resource](#) for primary schools. It has been specially designed to complement any primary school curriculum and PSHE programme, and a [demo](#) is now available for teachers to try out.

The programme is made up of 50 age-appropriate lesson plans, which can be tailored to meet the needs of individual classes. And because it is online, it will remain up-to-date and reflect any changes in legislation. This resource is designed to help teachers to equip the children with the necessary skills to successfully navigate all different kinds of relationships and concerns they may have with developing relationships and coping with puberty.

FPA believe that when discussion of sex and relationships is normalised from the beginning of a child's education – as this resource does from Key Stage 1 – we stand a much better chance of helping young people to experience healthy and happy relationships as they grow, and stay safe from harm.

Non-teachers can forward information about the resource on to contacts by visiting the website. To visit the website please [Click Here.](#)

### HPV vaccination

The HPV vaccination schedule will be changed from September 2014 from the current 3 dose regimen to 2 doses. These will be given at a 12 month interval. The first will be given in autumn to girls in year 8 and the following in autumn of year 9.

For further information please see the below attachment letter from PHE.

Let's hope that this will allow a discussion of vaccination of boys to take place, especially with the evidence demonstrating a significant reduction in genital warts in the Gardasil vaccinated cohort in Australia. This would provide protection for MSM against the HPV penile, anal and throat cancers.



## Useful Papers

### **PCOS assessment and management – The Medical Journal of Australia 2011**

It provides excellent guidance on managing the immediate and long-term problems associated with this condition.



### **Etiology, diagnosis and management of vulvodynia – IJWH May 2014**

A useful overview on the causes and management of this complicated and often under-diagnosed problem.



### **EURAS –IUD study results presented at the American Congress of Obstetricians and Gynecologists (ACOG) 2014 Annual Clinical Meeting.**

To view the results please [Click Here](#)

The study was a large, comparative, multinational, prospective non-interventional cohort study with new users of different types of intra-uterine devices (Lng-IUS and Cu-IUD). The study included more than 60,000 women from six European countries fitted with intra-uterine devices between 2006 and 2013.

The results demonstrate a perforation rate of 1.1/1000 insertions with the Lng-IUS and 0.9/1000 insertions with Cu IUDs.

Perforation rates in women who were breast-feeding had a six-fold increased perforation risk

Please see attached a slide for results of outcome at 12 months



## RCOG campaign to 'end obstetric fistula'

Obstetric fistula, caused by prolonged labour and often resulting in the death of the baby and leaving the mother incontinent, is almost entirely preventable and yet it affects around 2 million women and girls worldwide.

The RCOG have a dedicated page on their website which includes video and stories shared by women who suffer from this dreadful condition to help raise awareness. To view the RCOG website please [Click Here](#).

## Healthcare Hot Topics Workshop

The Healthcare Hot Topics Women's Health one day workshop has 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.**

**2014 Dates**

**Wednesday 10th  
September  
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"*

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

### NATSAL 3 - personal thoughts

The 3rd NATSAL survey reported earlier this year. The attached document is a summary of the relevant findings from this important research.

One of the findings demonstrated by this third cohort is that the length of time between first sexual activity and first childbirth is increasing. This confirms the need for reliable and effective choice of contraception for this highly fertile group of women if we want to support them in their choice of when to conceive as well as continuing to reduce the abortion rates in the UK.

We also have further results from the US CHOICE study which have continued to confirm the efficacy and acceptability of the LARC methods.

I believe that we must continue to ensure that women of all ages get appropriate access to and information about a full choice of contraceptive methods. This includes supporting the choice and use of intra-uterine contraception in our younger nulliparous women during the 15 years between onset of sexual activity and first childbirth.

To view the slides from CHOICE and NATSAL please see the below attachments.



### Useful website

The Centre for Young Women's Health at Boston Children's Hospital has a website for healthcare professionals and for young women to access. This contains information about endometriosis, PCOS, Primary Ovarian Insufficiency, lichen sclerosis and numerous other concerns relevant to this age group.

To view the Young Women's Health website please [Click Here](#)

## Patient information leaflets by the RCOG

The RCOG have a large number of patient information leaflets on their website including many relating to pregnancy and birth and a variety of gynaecological concerns. There are also a number of useful webcasts available to recommend to our patients.

To view the RCOG website please [Click Here](#)

## Practitioner with Special Interest Training

Have you heard about the Postgraduate Diploma in Gynaecology for PwSI which West and South Yorkshire and Bassetlaw Commissioning Support Unit run in collaboration with the University of Bradford?

No? Then read on .....

The programme was developed by Bradford PCT and has been running for almost 10 years and in that time GPs from all over the country have gained an award. The programme is aimed at GPs and specialist nurses and is delivered by clinicians who are experts in their fields.

The programme covers a broad range of clinical topics along with a service improvement module. Our aim is to provide high quality applied, work-based training leading to a nationally recognised qualification in Gynaecology.

The major benefits of the courses are:

- Unique blend of clinical and service improvement modules equips practitioners to deliver and develop enhanced and innovative services within their CCG.
- Students gain an accredited qualification whilst working
- Addresses current healthcare priorities such as evidence based medicine, care closer to home, personalised care and local partnerships
- Students work with a local clinical mentor and other practitioners building sustainable networks

And no formal exams!

If you would like to find out more, please contact Belinda Perfitt at [belinda.perfitt@wsybcsu.nhs.uk](mailto:belinda.perfitt@wsybcsu.nhs.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)



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

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