



**Primary Care  
Women's Health Forum**

# Primary Care Women's Health Forum e-update

**Issue 23:** November 2014

## News

### Primary Care Women's Health Forum

Earlier this month the 6<sup>th</sup> annual Primary Care Women's Health Forum conference was held in Solihull. Each year the attendance at the conference increases and once again the feed-back has been extremely positive, confirming that the topics covered are relevant to our work in primary care and community clinics.

Thanks from all of us to Julie Oliver and to [Events4Healthcare](#) for their hard work making this such a successful event. Thanks also to the speakers and to the pharmaceutical companies who support the conference allowing us to maintain low attendance costs.

Congratulations to the winner of the 2014 PCWHF award, Dr Susan Rankine, who is a GP at the Victoria Medical Centre, London. Her project aims to improve the pre-pregnancy care for the women by targeting those attending for routine contraception. Dr Rankine presented her work at the conference and we are grateful to her for agreeing to allow us to publish her conference presentation.



Congratulations also to all other applicants for this year's award. Once again the quality of the projects entered for the award was very high and continues to confirm that many of you are working hard and offering innovative solutions to improve the care for your patients.

We will announce the date and venue of the 2015 conference in the next newsletter. If you are currently working on any new initiatives in your workplace please consider entering them for next year's award.

Finally as the PCWHF membership continues to grow we are keen to map who is delivering enhanced primary care services around the UK. If you are a practitioner with special interest in any aspect of women's health or your role involves providing commissioning support for maternity, women's or sexual health in your local CCG or equivalent please will you complete the attached form and return it by email to me at [anne.connolly@bradford.nhs.uk](mailto:anne.connolly@bradford.nhs.uk). This information will only be used to help with the planning of future PCWHF events.



This will be the last e-letter of 2014. On behalf of the committee I would like to take this opportunity to thank everyone who has helped make 2014 such a successful year for the Primary Care Women's Health Forum.

Anne Connolly

Chair of the Primary Care Women's Health Forum

## Continuing Professional Development (CPD) Opportunities

### [Healthcare Hot Topics - Women's Health \(18<sup>th</sup> March 2015 - London\)](#)

[Home](#)

[Agenda](#)

[Registration](#)

This is a one day workshop, delivered by Dr Anne Connolly and Dr Julie Oliver, that will update all attendees on the latest developments in Women's Health for both GPs and Nurses. The agenda covers topics including: contraception, menopause and case studies on abnormal bleeding and fertility.

Our last event had over 30 attendees and had outstanding feedback with 100% of people saying they would recommend the day to colleagues.

Book now to avoid disappointment and enjoy 5 hours of CPD and learning in an informal discussion based environment.

[Book Now](#)

### [NAPS - A One Day Update in Gynaecology](#)



**A one day update on Gynaecology**  
National Association for Premenstrual Syndrome 2015

Following on from this year's successful **National Association for Premenstrual Syndrome (NAPS) event** in Leeds, we are delighted to announce a new date for 2015. The one day update on Gynaecology will be held at Nottingham University on Friday 19th June 2015. The day will include presentations from eminent speakers together with interactive workshops and discussion groups. **CPD with reflective learning log and certificates will be available at the meeting.**

For more information or to book on the course please visit the [website](#)

[Book Now](#)

## Useful Papers

Useful papers this month include:

### **NICE Quality Standard [QS73]**

The NICE Quality Standards are a useful way of monitoring the care you are providing in your practice. They use the appropriate NICE Guidance to recommend ways of auditing local practice. To view this document please **[Click Here](#)**

## **RCOG/BASHH Guidelines for the Management of Herpes in Pregnancy**



As the risk of herpes simplex virus (HSV) infection in pregnancy concerns the neonate rather than the mother, the focus of this guideline is on managing maternal infection to reduce the risk of vertical transmission at birth. Guidance is provided according to the type of maternal infection (primary or recurrent) and the gestational age at which infection occurred. The subsequent management of the neonate also reflects the mode of delivery and their condition. New to this guideline are sections on preterm prelabour rupture of membranes (PPROM) and the management of women who are HIV positive, and a clinical algorithm. In addition, a stronger recommendation to offer vaginal birth to women with a recurrent infection has been made

### **BASHH/EAGA Statement on HIV Window Period**



HIV testing using the latest (fourth generation) tests is recommended in the BHIVA / BASHH / BIS UK guidelines for HIV testing (2008). These assays test for HIV antibodies and p24 antigen simultaneously. A fourth generation HIV test on a venous blood sample performed in a laboratory will detect the great majority of individuals who have been infected with HIV at 4 weeks after specific exposure.

See attached statement for further information

### **Oral Contraceptive Use and Mortality After 36 Years of Follow-up in the Nurses' Health Study**



The conclusion of this important paper is: All cause mortality did not differ significantly between women who had ever used oral contraceptives and never users. Oral

contraceptive use was associated with certain causes of death, including increased rates of violent or accidental death and deaths due to breast cancer, whereas deaths due to ovarian cancer were less common among women who used oral contraceptives. These results pertain to earlier oral contraceptive formulations with higher hormone doses rather than the now more commonly used third and fourth generation formulations with lower estrogen doses.

### **Management of Women with Endometriosis**



Guideline of the European Society of Human Reproduction and Embryology ESHRE Endometriosis Guideline Development Group  
September 2013

### **Guidelines Article on the Assessment and Management of Fibroids in Primary Care**



A pragmatic and useful guide to fibroid management in primary care

### Recent MRHA Recommendations on use of Vaginal Mesh



The MHRA have issued this summary of the evidence on the benefits and risks of vaginal mesh implants

### The Latest Teen Pregnancy Figures



The latest teen pregnancy figures released from Office for National Statistics (ONS) continue to show a reduction in live births in the 15-19 and the 15-17 age groups. However in spite of free contraception and access to a range of services the UK continues to perform poorly and has the 4<sup>th</sup> highest rate in the 28 European countries whose figures are included in this report

The UK figures for live births per 1000 women in the 15-19 age group has reduced from 27.9/1000 women to 19.7/1000, whereas across Europe the reduction has been from 15.4 to 12.6/1000 women

There is clearly much work still to do.

### RCGP and NSPCC Safe-guarding Toolkit



The RCGP and the NSPCC have published an update to the Safe-Guarding children toolkit. Attached are the full toolkit and the essential elements guide.



### Other Useful Information

- National HIV testing week is during the week beginning 22<sup>nd</sup> November 2014. Further information and resources for this can be found [Here](#). The latest campaign briefing can be found [Here](#)

- Menopause UK have produced the attached graphic of *menopause in numbers* which is useful for anyone when trying to raise the profile of local menopause services or care



## MSD Launch New Website for Fitters & Non-Fitters of Nexplanon

MSD have recently launched the website [Nexplace](#). This is a free resource for health care professionals who are Nexplanon trained clinicians or who are keen to be trained. The site includes advice about insertion and removal, training requirements and answers to 'frequently asked questions'. Further details can be found [Here](#)

## FPA Survey and Posters

In September the FPA performed a survey of women during their sexual health week about knowledge of emergency contraception options and of how to access help when required. The results are attached here along with some recommendations for us as health care providers about how we can deliver better services for these women.

The survey results demonstrated the embarrassment women feel when presenting either to our clinical services or to pharmacies when requiring emergency contraception and the FPA have used this information to produce their latest posters (below).

Further information about the work of the FPA can be found on their [website](#)



## 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 5000 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](#).

