



News

Primary Care Women's Health Forum

2015 promises to be an interesting year for women's health:

It is the year of the election and the NHS will be a campaign issue for each of the political parties. Mumsnet are leading the way and campaigning to improve the quality of care for women who suffer a miscarriage and are asking politicians to pledge to improve this care. For more information [Click Here](#).

2015 is likely to be the year of the menopause. With new evidence about the use of HRT; the publication of the long awaited NICE guidance on menopause and new products being made available to the UK market, women are likely to demand better care during this stage of their lives. The international menopause journal toolkit for primary care clinicians to assist them in the assessment and management of the menopause can be found [Here](#).

Finally thanks to all who have already completed the attached member information form and returned it to me at anne.connolly@bradford.nhs.uk. If you offer an enhanced service or have a specific interest in any aspect of women's healthcare and have not already done so please can you spend a couple of minutes completing [this form](#) which will help us map our membership and plan for future educational events.

Happy New Year to all

Anne Connolly – Chair of the Primary Care Women's Health Forum

Meetings & Events

Healthcare Hot Topics - Women's Health - 18th March 2015

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.

[More Information](#)

[Book Now](#)

NAPS - A One Day Update in Gynaecology - 19th June 2015



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

Following on from last 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.**

[More Information](#)

[Book Now](#)

Useful Papers

NICE Guidance

Antenatal and postnatal mental health (CG192) updates the previous guidance CG45 published in 2007.



Intrapartum care (CG 190) – includes new recommendations of choosing place of birth and care during the latent first stage of labour.



Postnatal care (CG37) includes an additional section with recommendations on co-sleeping and sudden infant death syndrome.



Maternity

Maternal overweight and obesity in early pregnancy and risk of infant mortality: a population based cohort study in Sweden - BMJ 2014;349:g6572 doi: 10.1136/bmj.g6572 (Published 2 December 2014)



This paper confirms the importance of improving the preconceptual care, especially about weight management, to continue to improve maternal and pregnancy outcomes.

Polycystic Ovarian Syndrome

Polycystic ovarian syndrome is a complex condition and needs to be managed symptomatically for those suffering with problems associated with hyper-androgenism and sub-fertility but also as a long-term condition; monitoring the consequences of obesity, insulin resistance and chronic anovulation.

The RCOG Green-top Guideline No. 33- Long-term consequences of polycystic ovary syndrome is attached.



The GP article on PCOS management in primary care are papers we should all read and share with our colleagues. For full article [Click Here](#).

Contraception

Association between long-acting reversible contraceptive use, teenage pregnancy, and abortion rates in England; IJWH 2014 Volume 2014:6 Pages 961—974. Evidence to support the ongoing work and commitment to provide access to LARC and trained clinicians



Article in the Primary Care Women's Health Journal by one of the PCWHF directors and founder members, Paula Briggs. Understanding combined oral contraception can be [Found Here](#).

This article explains the different properties of the steroids used in oral contraceptives and helps develop a logical approach on which we should use for which woman.

FSRH Clinical Effectiveness Unit guidance on Progestogen-only injectable contraception.



HPV

Long-term efficacy and safety of human papillomavirus vaccination - paper published in IJWH confirms the safety and long-term efficacy of both the bivalent and quadrivalent HPV vaccines.



Useful Resources

The Menopause Exchange

The Menopause Exchange was founded in 1999 and gives independent advice on menopause related issues. The quarterly newsletters can be emailed for free to anyone with an interest in the menopause, mid-life and post-menopausal health. Information on how to receive them is available on [The Menopause Exchange website](#). The Ask the Experts panel includes some of the UK's top healthcare professionals in the area of the menopause. They provide impartial and practical information to both women and healthcare professionals on a range of topics including menopausal symptoms, osteoporosis, coping with the menopause using self-help lifestyle measures, HRT and alternatives to HRT and also general health topics.

Latest newsletter attached here:



RCGP e-Learning Module

The RCGP e-Learning Module on ovarian cancer can be [Found Here](#). The sponsorship for the development of this module was provided by Target Ovarian Cancer and is free to access.

HIV Tips

[Click Here](#) to access this online resource.

With a quarter of the estimated 108,000 people living with HIV still going undiagnosed, MEDFASH has developed *HIV Testing in Practice (HIV TIPS)*, an online educational tool, to help increase rates of HIV diagnosis in primary care. This interactive webtool will enable GPs, practice nurses and their teams to raise their knowledge of HIV and enhance their confidence in offering HIV testing. This in turn will reduce the avoidable illness and deaths that still occur because of late diagnosis.

HIV TIPS will help GPs and their colleagues identify how to overcome the barriers to HIV testing in general practice. It has been created with funding from the Department of Health by MEDFASH, a charity which has produced a range of resources for health professionals on HIV and sexual health. It was written by GP and medical educator, Dr Philippa Matthews, with advice from an expert advisory group and is endorsed by the Royal College of General Practitioners.

GPs or practice nurses who wish to increase their own skills in HIV testing, or who would like to work with their teams to boost overall testing rates, will find plenty to do using *HIV TIPS*. It provides updates about HIV testing in primary care and includes patient stories, quizzes, group exercises, downloadable teaching materials and an HIV testing audit tool. It will help GPs and practice nurses to:

- find out more about the importance of HIV testing in general practice
- reflect on obstacles (barriers & challenges) to HIV testing
- improve their own ability to diagnose HIV
- improve their team's ability to diagnose HIV
- change HIV testing practice in their team.

BARD Interactive Guide

An Interactive Guide designed to assist qualified healthcare providers in examining and counselling patients with pelvic organ prolapse and stress urinary incontinence.

Register for free to access this on the [BARD medical website](#)

EASY Read Leaflets

[Click Here](#) to access this online resource.

A fantastic website including a series of easy read leaflets.

Miscarriage Association Leaflets

[Click Here](#) to access this online resource.

A range of leaflets about the facts and feelings of miscarriage, ectopic pregnancy and molar pregnancy.

Other Issues

Netmums Survey Results

The results of the survey performed by Netmums reports dissatisfaction with the current arrangements for post-natal checks and can be [Found Here](#).

Another Commissioning Crisis - Sexual Health

An important letter from Jan Clarke, president of BASHH expressing concerns about the procurement of sexual health services and the fragmentation of care this is causing. [Click Here](#) to view the full article.

ellaOne

EMA recommends availability of ellaOne emergency contraceptive without prescription.





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

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