



## News

### Primary Care Women's Health Forum

Heavy Menstrual Bleeding is the 4<sup>th</sup> commonest reason for gynaecology referrals to secondary care, even though the majority of investigations and management could and should be performed in primary care.

In 2007 NICE published their [guidance on the management of Heavy Menstrual Bleeding](#) and in 2013 published the [HMB quality standard](#). This quality standard is a great resource for auditing and improving care and using for appraisal.

The February e-letter included information about the [recent HMB audit](#) performed by the RCOG. [The attached presentation](#), a summary of the audit findings, is useful for us working in primary care and also for those involved in commissioning of services. Slide 9 confirms that the majority of referrals could be managed in primary care with less than half of the women requiring surgery and the remaining women being managed by non-surgical means.

One of our ongoing concerns about the fragmentation of commissioning of sexual health services is the decommissioning of LNG-IUS insertions for the management of HMB by the skilled workforce currently providing enhanced contraceptive services in primary care and SRH services. In future women opting for this management in these Local Authorities will require expensive, unnecessary secondary care referrals instead and the GPs and nurses who currently undertake these procedures risk becoming deskilled as the numbers of LNG-IUS fitting for HMB may be insufficient for them to maintain competency.

If you have any interesting cases, papers or comments to share in future editions of this e-letter to me at [anne.connolly@bradford.nhs.uk](mailto:anne.connolly@bradford.nhs.uk).

Thanks

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

## Meetings & Events

## Primary Care Women's Health Forum Conference 2015 - Save the Date!

We are pleased to announce the date for the Primary Care Women's Health Forum's 7<sup>th</sup> annual congress will be Thursday 5<sup>th</sup> November 2015. This year's conference will be held at Royal York Hotel. 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.

Please save this date in your diaries as the registration for the conference will be going live soon!

## 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

This year's **National Association for Premenstrual Syndrome (NAPS) event, 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](#)

## Current Information

[General Election Manifesto](#)

The FSRH and RCOG have published a joint manifesto for the general election. The manifesto calls for more initiatives and interventions to ensure that girls and women lead healthy lives.

Delivering compassionate and cost-effective care - General Election Manifesto 2015



## NHS Change Day

This year, NHS Change Day (11 March) is supporting a campaign, launched by Menopause UK, centered on menopausal health care: #changethechange. Further details about important initiative are shared [Here](#).

## Recent Conception Statistics

The 2013 conception data continues to demonstrate a reduction in the England under-18 conception rates with a 12.3% reduction from 2012 and a 14.3% reduction in the under 16 conception rate for the same time period. *ONS Conception Statistics, England and Wales – 2013*. Local statistics can be found [Here](#).

The statistical bulletin published by the ONS on conceptions in England and Wales 2013 is an interesting document to read.



## Useful Papers & Guidelines

### Recent Papers

Menopausal hormone use and ovarian cancer risk: individual participant meta-analysis of 52 epidemiological studies.



Hormone therapy: short-term relief, long-term consequences



RCOG/BMS statement on this latest 'HRT scare'



Transvaginal retropubic sling systems: efficacy and patient acceptability



Better contralateral breast cancer risk estimation and alternative options to contralateral prophylactic mastectomy



## Recent Guidelines

NICE guidance – diabetes in pregnancy. This includes new advice on the investigation, management and follow-up requirements for women with gestational diabetes.



RCN guidance on Menopause: lifestyle and therapeutic approaches.



In order for nursing staff to provide support and advice to women it is important that they understand the changes that women face at the time of their menopause and the issues related to improving health after menopause. This guidance aims to help nurses gain awareness of all the issues facing women by reviewing what happens to the body during menopause and in the post-menopausal stage, examining the impact of these changes on women, and outlining the options for health after menopause. This publication replaces a previous version.

FSRH CEU statement on Glioma and Hormonal Contraception



## Other Issues

### Patient Information

Air travel and pregnancy



Alcohol and pregnancy



Patient information and healthcare information on use of valproate in women of child bearing age.





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