



News

Primary Care Women's Health Forum

Endometriosis affects an estimated 1.5million (one in 10) women in the UK, with an anticipated annual cost to the economy of £8.2 billion in health and social costs. It is known as the 'missed disease'; with an average 7.5 years from presentation to diagnosis.

NICE are currently establishing a working group to develop a guideline on endometriosis. This should support the excellent work of the charity Endometriosis UK who for many years have worked tirelessly to raise the profile and awareness of this debilitating condition. Their website is a useful resource for clinicians and patients. www.endometriosis-uk.org

The Guideline of the European Society of Human Reproduction and Embryology for management of women with endometriosis can be found by [Clicking Here](#)

The RCN has also produced useful materials;

- A fact sheet on endometriosis, which includes useful clinical and patient information and a patient symptom questionnaire.
- A document on the role of the clinical nurse specialist in endometriosis.



Role of the Clinical Nurse Specialist



Fact Sheet on Endometriosis

Congratulations to one of our founder members, Dr Uma Marthi, GPSI in gynaecology from Rochdale and previous winner of the Primary Care Women's Health Forum Best Practice awards, who has recently accepted the nomination to become a trustee for Endometriosis UK. Uma has given many hours of her time to support the work of the charity, offering advice and support from her work in primary care.

Uma has developed *the '5 Ps' tool* to help us to improve care for women with endometriosis.

P- Painful periods, painful sex, pelvic pain (think endometriosis)

P- Prescribe analgesics and the 'Pill' (conservative management of back to back pill taking and see whether it helps)

P- Professional help (early referral to the accredited Endometriosis centre)

P- Psychotherapy (women need a lot of support as it affects not only their physical but also their mental health)

P- Pain clinic (women often suffer with chronic pain – consider referral to the Pain clinic)

Current treatments for endometriosis are complicated and usually require surgical intervention. Work is ongoing to improve the medical management and the recent publication by Strowitzki et al

Safety and tolerability of dienogest in endometriosis: pooled analysis from the European clinical study program demonstrates good results.<http://www.dovepress.com/safety-and-tolerability-of-dienogest-in-endometriosis-pooled-analysis-peer-reviewed-article-IJWH>

Further trials are also ongoing for the use of selective progesterone receptor modulators to treat endometriosis as well as their role in fibroid management and these results are awaited.

Anne Connolly

Chair of the Primary Care Women's Health Forum

Meetings & Events

Primary Care Women's Health Forum Conference 2015



**Primary Care
Women's Health Forum
Conference
What's New in 2015**

We are delighted to announce the Primary Care Women's Health Forum's 7th annual conference will be held on **Thursday 5th November 2015** at the **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. Last year's conference was a great success with over 120 primary care delegates. This year we are aiming for this number to increase to 150 and provide an exceptional networking and learning opportunity for those with an interest in female health.



The conference consists of an impressive line-up of key note speakers and a powerful agenda, which should prove both thought-provoking and beneficial for all those attending. To view the full agenda [Click Here](#).

There is also a further opportunity for you to enter the **Best Practice Award** and share your work.

In addition, delegates will be eligible to gain up to **6 hours of reflective learning**.

To book now please [Click Here](#).

[More Information](#)

[Book Now](#)

Healthcare Hot Topics - Women's Health - 11th September 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](#)

Useful Papers & Guidelines

Recent Papers

Useful papers published in April in the International Journal of Women's Health which are relevant to our work in primary care include:

Planned home birth: benefits, risks, and opportunities
<http://www.dovepress.com/planned-home-birth-benefits-risks-and-opportunities-peer-reviewed-article-IJWH>

To mesh or not to mesh: a review of pelvic organ reconstructive surgery <http://www.dovepress.com/to-mesh-or-not-to-mesh-a-review-of-pelvic-organnbspreconstructive-surg-peer-reviewed-article-IJWH>

Other useful papers published recently on the use of contraception include:

The continuation rates of long-acting reversible contraceptives in UK general practice using data from The Health Improvement Network. Soriano et al *Pharmacoepidemiology and drug safety* 2015; 24: 52–58

<http://onlinelibrary.wiley.com/doi/10.1002/pds.3710/epdf>

Shared Decision Aids: Increasing Patient Acceptance of Long-Acting Reversible Contraception **Tracy George et al** *Healthcare* **2015**, 3(2), 205-218 <http://www.mdpi.com/2227-9032/3/2/205/htm>

Stopping and switching contraceptive methods: findings from Contessa, a prospective longitudinal study of women of reproductive age in England Wellings K et al [http://www.contraceptionjournal.org/article/S0010-7824\(14\)00689-1/fulltext](http://www.contraceptionjournal.org/article/S0010-7824(14)00689-1/fulltext)

Reports

Extreme Nausea and Vomiting during Pregnancy

An estimated 10,000 women every year are affected by extreme nausea and vomiting during their pregnancies, which is much more severe than the morning sickness experienced by one in three pregnant women.

The attached report includes a survey of women affected by this problem. Less than one in ten of women affected said they were offered steroid therapy and 47% of those surveyed said they had either asked for medication, but it had been refused, or they were not offered any.

https://www.pregnancysicknesssupport.org.uk/documents/HGbpasPSSreport_docx.pdf

Sexually Transmitted Infections - Testing Recommendations

BASHH Clinical Effectiveness Group have produced an updated summary guidance on testing recommendations for Sexually Transmitted Infections (April 2015)

To view this report please [Click Here](#).

Tips

Increasing BMI increases cancer incidence

Endometrial cancer is the 4th most common cancer in women: for each 5kg/m² increase in BMI (approximately 13kg or 2 stone in weight for a woman of average height) was associated with a 62% increase in risk.

Useful Resources

When is a migraine a contra-indication to use of combined hormonal contraception?

Migraine fact sheet: <http://www.migrainetrust.org/factsheet-migraine-and-the-contraceptive-pill-10894>

Other News

The Licence for EllaOne

The license for EllaOne has been amended to reflect the reclassification of legal status, by the European Medicines Agency, from a POM to a P, and hence is now available to buy over the counter as well as being available by prescription.

Cost OTC - £34.90

Cost on prescription reduced to £14.05

Changes to the SPC include the recognition this use of EllaOne does not affect pregnancy, which in effect removes the requirement for only using once per cycle.

More information can be found [Here](#).



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

[Unsubscribe from this newsletter](#)