



Primary Care  
Women's Health  
Forum

Primary Care Women's Health Forum

e-update

Issue 37: April 2016



### [New Website Launched!](#)

We the PCWHF are very pleased to launch our brand new [website](#), filled with our top tips, publications and events.

We would love to encourage our members to submit their own work, views and tips via our website, or the twitter, @pcwhf

View the new website [here](#).

## News

### Primary Care Women's Health Forum

The CMO in her annual report 2014, *The health of the 51%: Women*, raised awareness of the need to recognise the social and psychological issues that many women struggle with during their menopause transition, and to encourage employers and work colleagues to offer support:

#### **Recommendation 14**

*I recommend that the Faculty of Occupational Medicine co-ordinates the production of evidence based guidelines for employers to ensure that they provide appropriate advice and support to women experiencing disabling symptoms while going through the menopause.*

The infogram below is taken from the report, with further content available [here](#).

# Psychosocial factors and the menopause

## PERSONAL AND WORKING LIVES

### HOW WOMEN CAN HELP THEMSELVES TO HAVE A BETTER EXPERIENCE OF THE MENOPAUSE



STOP SMOKING, TAKE MODERATE EXERCISE AND EAT HEALTHY DIET



PARTICIPATE IN PSYCHOEDUCATIONAL AND HEALTH PROMOTION PROGRAMMES ABOUT THE MENOPAUSE



TALK TO CO-WORKERS AND LINE MANAGERS IF THEY HAVE TROUBLESOME SYMPTOMS AT WORK

### HOW HEALTHCARE WORKERS CAN SUPPORT WOMEN BEFORE AND DURING THE MENOPAUSE



CONSIDER THE MENOPAUSE IN ITS BIOPSYCHOSOCIAL CONTEXT



PROVIDE EARLY INFORMATION ABOUT THE MENOPAUSE, HEALTH AND AGEING



PROMOTE HEALTHY BEHAVIOURS: SMOKING CESSATION, PHYSICAL ACTIVITY AND HEALTHY DIET



ENCOURAGE WOMEN TO TALK OPENLY TO PARTNERS, FAMILY, FRIENDS AND EMPLOYERS AND EDUCATE THEM IN HOW TO BE SUPPORTIVE



CONSIDER CBT FOR HOT FLUSHES, NIGHT SWEATS AND SLEEP DISRUPTION

### HOW EMPLOYERS CAN SUPPORT WOMEN BEFORE AND DURING THE MENOPAUSE



FLEXIBILITY OF WORKING HOURS AND ARRANGEMENTS



ENCOURAGE WOMEN TO TALK TO CO-WORKERS AND LINE MANAGERS IF THEY HAVE TROUBLESOME SYMPTOMS AT WORK



AWARENESS OF MANAGERS ABOUT THE MENOPAUSE AS A POSSIBLE OCCUPATIONAL HEALTH ISSUE



CHALLENGE NEGATIVE EXPECTATIONS ABOUT THE MENOPAUSE AND STEREOTYPICAL ATTITUDES TOWARDS MID-AGED AND OLDER WOMEN



ACCESS TO INFORMAL AND FORMAL SOURCES OF INFORMATION ABOUT THE MENOPAUSE FOR EMPLOYEES



IMPROVEMENTS IN WORKPLACE TEMPERATURE AND VENTILATION

In November 2015 NICE published the NG 23: Menopause: Diagnosis and Management Guideline.

This guideline covers the diagnosis and management of menopause, including for those women who have premature ovarian insufficiency. The guideline aims to improve the consistency of support and information provided to women in menopause and can be found [here](#).

On this occasion NICE also produced an 'Information for the public' section of their guidance, which is accessible via this [link](#).

A Quality Standard to be used alongside the guideline will be published later in the year.

To help us understand and use these latest recommendations we are very grateful to one of our founder members, Imogen Shaw, a GPSI gynae working in Finchingfield, Essex, who has helped produce recommendations for menopause management in primary care. Imogen was a GP representative on the Guideline Development Group and last November she led a working group of PCWHF members to develop our top tips for primary care, which you can find on the updated PCWHF website. <http://www.pcwhf.co.uk>.

Following endless requests Imogen has since produced an excellent guide for menopause management in primary care based on the NICE guidance. This document includes her formulary recommendation. I know these will be well received and hope you will find them helpful to use and share with other members of your practice team. You can read and download the guidelines [here](#).

The series of free PCWHF webinars, sponsored by MEDA, started last month. The first was a presentation on menopause management by two well respected speakers, Sarah Gray and Paula Briggs. As anticipated the feedback from participants of this webinar was outstanding. Anyone who missed the webinar and would like to see it please access the one hour presentations and questions here: <http://www.pcwhf.co.uk/webinar/>

The next in the webinar series is on the UKMEC and will be held at 6 pm on the 17th May. If you have not yet registered for the webinar but would like to please register here <http://www.pcwhf.co.uk/webinar/> or contact [natalie@events4healthcare.com](mailto:natalie@events4healthcare.com)

Further webinars are planned throughout the year and you can register for any of these for free at <http://www.pcwhf.co.uk/webinar/>

### **Anne Connolly**

Chair of the Primary Care Women's Health Forum

## **Breaking News**

### **UKMEC 2016 Published**

See FSRH website, [www.fsrh.org](http://www.fsrh.org) for further details or join the PCWHF webinar on the 17th May 2016 for an update on the latest recommendations.

Join the webinar [here](#).

## **Meetings & Events**

## Primary Care Women's Health Forum Conference 2016



### Primary Care Women's Health Forum

Women's Health - What's New in 2016

The Primary Care Women's Health Forum's 8<sup>th</sup> annual conference will be held on **Wednesday 23rd November 2016** at the **St. John's Solihull**. 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.

Since launching this year's conference we are pleased to say we have received an overwhelming response. The conference provides an exceptional networking and learning opportunity for those with an interest in female health. Click [here](#) to book now to avoid disappointment.

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**.



[More Information](#)

[Book Now](#)

## PCWHF Women's Health Webinars



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The Primary Care Women's Health Forum will be holding a series of webinars on Women's health matters, sponsored by MEDA Pharmaceuticals. The Webinars will cover a range of topics, including the UKMEC, Managing the Menopause and PCOS.

MEDA Pharmaceuticals has had no involvement in the design or content of the webinars.

These webinars will offer 1 hour's worth of CPD points and will be hosted by the PCWHF's own expert members. To register or for more information, please follow the links below.



Elleste<sup>TM</sup>  
estradiol +/- norethisterone

[More Information](#)

[Book Now](#)

### A One Day Update on Gynaecology

The National Association of Premenstrual Syndrome will be holding their 'A One Day Update on Gynaecology' conference on the 1st July at Nottingham University Sutton Bonnington Campus.

You can register [here](#).

*Delegates will be eligible to gain 5 hours of reflective learning*

### Menopause Training



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Menopause theory training course in Liverpool, April 27<sup>th</sup> and 28<sup>th</sup> 2016.

A 2 day course for any clinician who is providing women's healthcare and wants to improve their knowledge and confidence in menopause matters.

Further details attached [here](#)

## Letter from Dr Louise Newson

### Our Board Member, Louise Newson writes on HRT..

*Dr Louise R Newson BSc(Hons) MBChB(Hons) MRCP FRCGP  
West Midlands regional lead for Primary Care Women's Health Forum*

has written the attached letter highlighting a publication in the New England Journal of Medicine written by two of the authors of the WHI study as an apology for the misinterpretation of the findings from the study. They have admitted that this misunderstanding has been the cause for many women not taking HRT and thereby not benefiting from it. They hope this 'apology' will reassure many women regarding the safety of HRT.

You can read the information [here](#) or access via the PCWHF's website

## Useful Papers & Guidelines

### Recent Papers

[The UK NSC recommendation on Cervical Cancer screening in women.](#)

Following the introduction and high uptake of HPV immunisation in girls there are ongoing recommendations for the UK Cervical Cancer Screening Programme to adopt the test for Human Papillomavirus (HPV) as a primary screening test.

Read more here:

<http://legacy.screening.nhs.uk/cervicalcancer>

Further information on HPV testing and the place in cervical screening can also be found in the RCOG Scientific Impact Paper No. 7 March 2016, accessible [here](#).

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### Intra-Uterine Contraception

Many of us are promoting the use of intra-uterine contraception in nulliparous women. The recent paper in the Journal of Family Planning and Reproductive Healthcare provides further support for this practice confirming that the IUS in particular is effective and well tolerated in this cohort.

Intrauterine contraception in nulliparous women: a prospective survey

<http://jfprhc.bmj.com/content/42/1/36.full.pdf+html>

### Opportunity to advise on Contraception

#### PSP for contraception

<https://contraceptionpsp.com/about/>

The FSRH are working with the James Lind Alliance on a Contraception Priority Setting Partnership (PSP) which will create – by democratic consultation- a 'Top 10' priority list of research uncertainties, put together by patients, their partners and clinicians. The 'Top 10' will help guide researchers in answering questions that are equally important to all people affected by contraceptive care. It is an invaluable opportunity to work collaboratively with patients and clinicians to set pertinent research priorities which otherwise might have been overlooked by researchers themselves or the pharmaceutical industry.

The Faculty of Sexual and Reproductive Healthcare (FSRH) also believes that this project presents an ideal opportunity to raise the profile of contraceptive care across the UK and sexual and reproductive health as a medical speciality.

If you have any questions that you think need answering please complete the short survey monkey at <https://www.surveymonkey.co.uk/r/ContraceptionPSP>

## Other News

### Tips from our members

Tip from Julie Oliver, GPSI from Durham and PCWHF Board member

Pessary update - Bioteque ring and gellhorn pessaries are available on FP10 - you must type in bioteque to find them. But to avoid paying a £25 surcharge as a special you can order them directly from R&J medical supplies on <http://www.randjmedical.com/>

Tip from Katy Munro, Independent GP from Enfield specialising in chronic pain

[nationalmigrainecentre.org.uk](http://nationalmigrainecentre.org.uk)

The National Migraine Centre is a charity dedicated to combating migraines



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

[Unsubscribe from this newsletter](#)