



December 2016

e-update



PCWHF Conference 2016

Last month the 2016 annual PCWHF conference was held at St John's Hotel in Solihull. Thank you to all the attendees for joining us and to the speakers for the high quality of content presented. Lastly, thank you to our sponsors for their support.

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A word from the Chair

Last month we held the Primary Care Women's Health Forum 10th annual conference. Once again the educational content was comprised of issues relevant for our work in primary care and the excellent evaluations from the attendees have reflected the quality of the speakers and their presentations.

The conference for 2017 will be held at The Met Hotel, Leeds on Wednesday 8th November 2017. Further information will be available in the new year and we will send through details when it is available to register.

The 2017 PCWHF Best Practice award will also be available to enter. This is an opportunity for you to demonstrate changes you have made in your practice or projects you have been working on that have improved the care offered to women. It also allows others working in primary care to consider how these projects could be used in their own practices or federations.

The posters showing the 3 best practice award winners for this year are below. Congratulations to Veena, Fran and Marie for their hard work and for sharing their work.

> [Best Practice Award Posters](#)

Also during the conference this year a group of practitioners with a special interest have produced the attached 10 top tips for managing Polycystic Ovarian Syndrome in primary care. It is estimated that between 10 and 20% of women in the UK have this complex condition, which requires management of the short term symptoms and prevention of the long term health consequences. We hope that these simple top tips will be shared and used in primary care to improve the management of these women.

> [10 Top Tips](#)

This will be the last e-letter of 2016. On behalf of the board members of the Primary Care Women's Health Forum, I would like to take the opportunity to wish everyone a Merry Christmas and every success and happiness for 2017.

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

RELEVANT PAPERS

> [Missed Periods](#)

This paper written by Public Health from NHS Greater Glasgow and Clyde is a 'must read'. It is written for a Scottish audience but makes points relevant for women of fertile age wherever they are, to achieve 'better pregnancies, healthier parents and thriving babies the first time ...and every time.

The traffic light chart on page 33 is an excellent reminder for clinicians and women for the importance of good pre-conceptual care.

> [Best Practice for HRT](#)

The Editorial in the latest edition of the BJGP is written by Louise Newson, a PCWHF board member. Best Practice for HRT, unpicking the evidence is an excellent overview of the latest evidence and NICE guidance.

> [The Eclipse Study](#)

The British Journal of General Practice also includes the report of The Eclipse study. This 5 year study compares the use of usual medical management versus the levonorgestrel IUS for women with Heavy Menstrual Bleeding. The conclusion of this pragmatic study is that long-term symptom relief across both groups can be managed and that few women require surgical intervention to improve their problem.

As this study was performed in general practices in and around Birmingham, the results are really useful for us and applicable to our primary care patients.

> Retrospective Review using Cytology

Another interesting paper in this edition of the BJGP is a retrospective review using cytology in symptomatic young women as a diagnostic tool for identifying cervical cancer.

> HPV Study

The BMJ published the results of the HPV testing study from the Netherlands. This study uses HPV screening triage in women aged over 40 to extend the cytology screening interval beyond 5 years in HPV negative women.

> Guidelines in Practice

Guidelines in Practice have published a new resource for nurses which includes a publication of the PCWHF menopause guideline

GUIDELINES

> FSRH CEU guideline on Sexual and Reproductive Health for individuals with Inflammatory Bowel Disease

> RCOG Green Top Guideline on Management of Premenstrual Syndrome

> RCOG Green Top Guideline on Diagnosis and management of ectopic pregnancy

PATIENT INFORMATION LEAFLETS

RCOG patient information leaflets include:

> Acute PID

> Pain and bleeding in early pregnancy

> Skin conditions of the vulva

> Endometriosis

TIPS

Dr Val Godfree is a Consultant in Sexual & Reproductive Healthcare in Western Sussex Hospitals NHS Trust and has shared the following resources with us for use in our work.

This counseling chart is an excellent resource to use for counseling of all the available contraceptive methods.

> [Counseling Chart](#)

Like many of the deep implant removers she is keen to share the guidance to remind all Nexplanon inserters on the importance of using the correct insertion technique, in order to reduce the number of deep and incorrectly sited implants.

> [Nexplanon Guidance](#)

Congratulations to Helen Munro a Specialty Doctor in Contraception and Sexual Health, working for Whittington Health, who has recently completed the Diploma for GPSI gynae. Her attached commentary of the course and the benefits of this training may be helpful for any clinician who may be considering undertaking this.

> [Dilopma for GPSI Gynaecology](#)

Further details about the course can be obtained by contacting the course administrator at: pearl.jolly@nhs.net

Guidelines for nurses is free to access from the website and enables users to:

- keep up to date with over 130 clinical guideline summaries
- read feature articles written by nurses and covering hot topics including revalidation
- automatically record all features read using the CPD learning tracker
- receive a monthly Guidelines for Nurses Highlights email, which updates the audience on new content.

For those wanting to use an app, this is FREE to all UK-based nurses who register for free on the website first.

> [Guidelines for Nurses](#)

EVENTS

A One Day Update in Gynaecology annual conference.

The National Association for Premenstrual Syndrome (NAPS) Conference will provide you with a one day update in gynaecology, presentations from eminent speakers together with interactive workshops and discussion groups. The conference will be aimed at GPs, GP Registrars, Practice Nurses, GPwSI in women's health and Hospital Doctors.

Friday 12th May 2017

St John's Hotel, Solihull

Further information regarding registration will follow in the new year.



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