



**Primary Care  
Women's Health  
Forum**

Primary Care Women's Health Forum

**e-update**

Issue 36: March 2016



### Conference 2016

Registration for our 2016 conference is now live!

[More Information](#)

## News

### Primary Care Women's Health Forum

Those of us who watch Eastenders were absorbed over the past few months with an excellent portrayal of postnatal psychosis and the 'hidden' nature of this concerning problem. It was riveting, and extremely upsetting, to watch Stacey become psychotic and to observe the impact this had on the relationship with friends, family and her baby.

The CMO in her Annual report, *The health of the 51%: women*, focuses on perinatal mental health in chapter 7, see attached, with the infographic demonstrating the significance and extent of the concern.

# Perinatal mental health



**1 in 5 women**

DEVELOP A MENTAL ILLNESS DURING PREGNANCY OR IN THE YEAR AFTER BIRTH

**£8.1 billion**

THE DIRECT AND INDIRECT COSTS OF PERINATAL MENTAL ILLNESS FOR EACH ANNUAL COHORT OF BIRTHS IN THE UK

## BARRIERS TO BETTER OUTCOMES IN PERINATAL MENTAL HEALTH



The findings of the 2015 MBRRACE report, the Confidential Enquiry into Maternal Deaths, found that almost a quarter of deaths in women between six weeks and one year after pregnancy resulted from mental-health related causes, with the concerning statistic of one in seven women dying of suicide.

# Key messages



from the report 2015



## Mental health matters

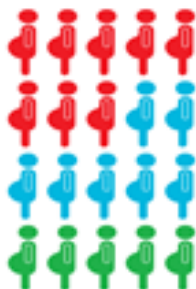


Almost **a quarter** of women who died between six weeks and one year after pregnancy died from **mental-health related causes**



**1 in 7** women died by **Suicide**

## Specialist perinatal mental health care matters\*



If the women who died by suicide became ill today:

- **40%** would not be able to get any specialist perinatal mental health care.
- Only **25%** would get the highest standard of care.

## It's OK to tell

The mind changes as well as the body during and after pregnancy.

### Women who report:

- New thoughts of violent self harm
- Sudden onset or rapidly worsening mental symptoms
- Persistent feelings of estrangement from their baby



**need urgent referral to a specialist perinatal mental health team**

In February we saw the publication of the antenatal and postnatal mental health NICE quality standard (QS115).

The top lines of this:

- Don't prescribe valproate for women of child bearing age
- Severely mentally ill (SMI) women of child bearing age need information at review about mental health problems and the effect of any treatment on pregnancy
- SMI women who are pregnant need information about mental health problems and the effect of treatment on their pregnancy

- ALL women should be asked during pregnancy and in the post natal period about emotional wellbeing at EVERY review
- Women during pregnancy or in the post natal period suspected of having a mental health problem should have a comprehensive mental health assessment
- Women referred for psychological therapy whether pregnant or post natal should have treatment within 6 weeks
- Specialist MDT community services and inpatient psychiatric mother and baby units must be available during pregnancy and the post natal period

For full guidance see [link](#)

Judy Shakespeare, the RCGP Clinical Champion for perinatal mental health, has been working tirelessly to raise the profile of this devastating problem and has published an excellent guide on the RCGP website. *Practical implications for primary care of the NICE guideline CG192 Antenatal and postnatal mental health*

<http://www.rcgp.org.uk/clinical-and-research/a-to-z-clinical-resources/-/media/Files/CIRC/Perinatal-Mental-Health/RCGP-Ten-Top-Tips-Nice-Guidance-June-2015.ashx>

A useful clinical knowledge summary can be found [here](#)

Anne Connolly

Chair of the Primary Care Women's Health Forum.

## Letters From Members

### March is Ovarian Cancer Month - Letter from Dr Hilary Morrison

#### **Dr Morrison is a lay representative, Target Ovarian Cancer GP Advisory Board**

Having been a GP trainer in the West Midlands for almost 30 years and a programme director for eight, I know that for GPs and trainees, diagnosing ovarian cancer early in patients can be a real challenge. I'm also aware that trainees experience of ovarian cancer can be limited if they do not do an obs and gynae post as part of their VTS.

I am a member of Target Ovarian Cancer's GP Advisory Board chaired by Dr Nigel Sparrow. One of our main aims is to educate GPs to recognise early symptoms of the disease. As you are aware, the role of the GP in early diagnosis of ovarian cancer is crucial, but diagnosis is not always easy.

As part of this work, Target Ovarian Cancer commissioned the development of two eLearning modules. The modules are free to access and provide an excellent

opportunity for GP trainees and trainers to update their knowledge of the signs and symptoms of ovarian cancer and also how to manage patients with a family history of ovarian and breast cancer. So far over 34 per cent of GPs have completed one or more of the modules.

**Bloating and other abdominal symptoms: could it be ovarian cancer?** in association with RCGP eLearning [www.targetovariancancer.org.uk/rcgp](http://www.targetovariancancer.org.uk/rcgp)

**Key questions on ovarian and breast cancer genetics** in association with Pulse Learning [www.targetovariancancer.org.uk/familytraining](http://www.targetovariancancer.org.uk/familytraining)

Recent figures show an encouraging decrease in the percentage of women diagnosed with ovarian cancer following an emergency admission (from 32 per cent to 26 per cent), and an increase in the number diagnosed following referral via the two week wait pathway. Suggesting that increasing GP awareness of early symptoms is making a difference.

Thank you for support..

## 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



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.

**MEDA**

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

[More Information](#)

[Book Now](#)

## Menopause Training



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](#)

## Useful Papers & Guidelines

### Recent Papers

#### National Maternity review

The National Maternity review: *BETTER BIRTHS, Improving outcomes of maternity services in England* has been published. The vision of the report is to make maternity services safer, personalised and more family friendly.

To access the review, please click [here](#).

You can also read the FSRH's response to the review [here](#).

### Recent Guidelines

#### Green-top Guideline No. 67

RCOG/BSGE Joint Guideline | February 2016. Management of Endometrial Hyperplasia.

[https://www.rcog.org.uk/globalassets/documents/guidelines/green-top-guidelines/gtg\\_67\\_endometrial\\_hyperplasia.pdf](https://www.rcog.org.uk/globalassets/documents/guidelines/green-top-guidelines/gtg_67_endometrial_hyperplasia.pdf)

RCOG Greentop guideline: Management of genital herpes in pregnancy 2014.

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/genital-herpes/>

Guidelines on chronic pelvic pain – European Association of Urology

[http://uroweb.org/wp-content/uploads/26-Chronic-Pelvic-Pain\\_LR.pdf](http://uroweb.org/wp-content/uploads/26-Chronic-Pelvic-Pain_LR.pdf)

Guideline article on herpes virus infection may be accessed [here](#)

## Patient Information

RCOG Patient Information on Ovarian Cancer

RCOG patient information on ovarian cancer <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/gynaecology/pi-ovarian-cancer.pdf>

#### Useful advice from Louise Newson

Our new board member – Louise Newson, GP and media doctor from Solihull, has updated and written many useful patient leaflets for patient.info, including this one on premature ovarian insufficiency: <http://patient.info/pdf/29169.pdf#>

#### Zika Virus

Updated travel advice for pregnant women is available [here](#).

#### Useful Website

The herpes virus association has a very useful website [www.herples.org.uk](http://www.herples.org.uk)

## Other News

#### Request for help from PCWHF Member

Uma Marthi GPSI gynae and trustee of Endometriosis UK is working on a priority setting partnership with the James Lind Alliance. This project aims to identify and prioritise uncertainties, or 'unanswered research questions', about endometriosis. This will help to ensure that those who fund health research are aware of what really matters to both women with endometriosis and health care providers.

Uma would like you to take part in an anonymous online survey that allows you to submit your top unanswered research questions. She would also like to hear from women who have/had endometriosis, a carer/partner/child/friend/parent/employer of a woman who has endometriosis, or a medical doctor, nurse or professional allied to medicine with clinical experience of caring for women with endometriosis.

The survey is found [here](#).

#### Bradford epilepsy and contraception pathway

You can view this helpful pathway [here](#).

#### Cost of Constipation Report

Coloplast have recently released a report into the effect of constipation on the NHS which you can view [here](#).





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

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