



## e-update

### FEATURE



#### PCWHF Conference 2017

This year's conference will be held on 8 November 2017 at The Met Hotel, Leeds.

[> More information](#)

[> Registration](#)

### A WORD FROM THE CHAIR

As we know from our work in primary care, urinary incontinence (UI) is a common and distressing condition for women. In the UK, it is estimated that six million (40%) women aged over 40 years have clinically significant UI symptoms, one million (6.2%) are bothered by symptoms and 0.33 million (2.2%) find them socially disabling. UI has a negative impact on a woman's social, physical and psychological wellbeing; leading to embarrassment, low self-esteem and social isolation.

Surgery for stress UI and for prolapse has developed over the years with the aim of improving outcomes whilst reducing both surgical risk and the social impact of time away from home and the workplace. Developments included using the same principles of supporting tissues by use of mesh in hernia surgery in the anticipation that this would improve the outcomes of traditional surgical techniques for prolapse and pelvic floor support. But over the past few years there has been increasing concern about the use of trans-vaginal mesh implants as a number of women have experienced complications

including tape erosion and pain.

Although there are many published short-term studies supporting the use of transvaginal mesh, there is minimal data on the longer-term use so ongoing studies are looking at collaborating data and performing longer-term research.

The PROSPECT study, comparing the outcomes of prolapse repairs involving either non-absorbable synthetic mesh inlays (the mesh trial) or biological grafts (the graft trial) against standard repairs (native tissue without mesh or graft) in women having a primary anterior or posterior transvaginal repair, has recently been published in The Lancet.

#### > [The PROSPECT Study](#)

The primary focus of this study is based on patient reported outcomes (women's symptoms of prolapse) and their experience of adverse effects, in keeping with international recommendations.

The outcomes of the study have demonstrated that augmentation of a vaginal repair with mesh or graft material did not improve women's outcomes in terms of effectiveness, quality of life, adverse effects, or any other outcome in the short term, but more than one in ten women had a mesh complication. In the first two years after surgery the study demonstrated that women do not benefit from having the first prolapse repair (either standard anterior or posterior repair) reinforced with synthetic mesh or biological graft, either in terms of prolapse symptoms or anatomical cure.

The authors of the PROSPECT study recommend further follow up to identify any longer-term potential benefits and serious adverse effects of mesh or graft reinforcement in vaginal prolapse surgery.

In March 2017 the Scottish government published the Transvaginal mesh implants independent review: Final report on the use, safety and efficacy of implants in the treatment of stress urinary incontinence (SUI) and pelvic organ prolapse (POP).

#### > [Transvaginal mesh implants independent review: final report](#)

This important review resulted from growing public concern about the number of women experiencing serious complications following mesh surgery. This was following concerns that there was under-reporting of adverse events and a poor understanding as to why these complications had occurred.

The conclusions of the Independent Review identify the need for improved communication with women about their options for surgical treatment of SUI and POP.

A final recommendation, which is one that is a recurrent theme in women's healthcare, listening is a key part of good and compassionate healthcare.

In response to these studies and the ongoing confusion for women and for clinicians the RCOG and BSUG have recently published guidance for patients and clinicians on their websites to address some of these concerns. This guidance includes a number of resources to help support decision making by women and healthcare professionals about the use of mesh.

> [The RCOG: Patient Safety - Mesh](#)

The page also includes a list of the specialist units who have clinicians with the skills to see women who are experiencing mesh complications.

> [The BSUG: List of the specialist units](#)

Further information on the concerns has been published by NHS England. This includes a resource which aims to guide GPs on:

- Symptoms and complications that women may present with that may be caused by mesh implants
- Raise awareness of referral options
- Sign post to good quality patient information approved by the working group and its patient representatives

> [NHS England: Information for Health Professionals on Mesh Implants](#)

For patients who are wanting further information about their choices a useful information leaflet can be found on the BSUG website.

> [The BSUG: Patient leaflets](#)

NICE are expected to report further on the use of transvaginal mesh in 2019.

Menopause survey

Finally thanks to all who completed the short survey on menopause management we included in the last e-update. If you missed the survey please consider taking a few minutes to complete this.

[Take the survey](#)

These surveys provide valuable information to help us with understanding educational needs and where there are issues with local specialist support.

[> View the results so far for the menopause survey](#)

Dr Anne Connolly  
Chair, Primary Care Women's Health Forum

## NEWS

The RCGP report – Time to Act was published last week. Those of you who are RCGP members will have seen the report referred to it in the weekly news. This report contains many quotes from PCWHF members and continues to expose the concerns that those working in primary care in England have about the current commissioning fragmentation, funding cuts and the workload impact that this is having on overstretched services.

[> The RCGP: Sexual and reproductive health must not become the 'Cinderella' service of the NHS](#)

## RESOURCES

[> Pregnancy Sickness Support](#)

[> RCN Pocket guide to spotting MODERN SLAVERY](#)

[> NHSE Pocket guide for HCPs on FGM](#)

[> NHSE Pocket guide for HCPs on Child Sexual Exploitation](#)

PCWHF Guidance on diagnosis and management of Genito-urinary syndrome of menopause. Written by GP and menopause expert Louise Newson and GPSI gynaecology Carolyn Sadler.

[> PCWHF Guidance on Genito-urinary syndrome](#)

[> Myth buster - A nulliparous teenager should not have an intrauterine method of contraception](#)

Perinatal mental health e-Learning for health resources written by Dr Judy Shakespeare, the recently retired RCGP clinical champion in perinatal mental health.

[> e-Learning for Healthcare; Perinatal Mental Health](#)

[> Updated DoH information on FGM including e-Learning resource](#)

## PATIENT INFORMATION LEAFLETS

[> Endometriosis treatments](#)

[> Mental health in pregnancy](#)

[> Postnatal depression](#)

[> Online CBT courses – enjoy your baby and enjoy your bump](#)

[> NCT postnatal depression in Dads](#)

## OTHER PATIENT RESOURCES

[> Whooping cough in pregnancy poster](#)

[> Physical activity for pregnant women](#)

## PAPERS

> [Guidelines in Practice menopause article by Jane Davis, GPSI gynae and member of the NICE Menopause Quality Standard Committee](#)

> [Premya study results: Real world data of 1473 patients treated with ulipristal acetate for uterine fibroids](#)

## LOCAL STUDY DAYS

> [Gynaecology educational day at Frimley Park Hospital on 13th September 2017](#)

> [Fertility study day on 29th September 2017 in Watford](#)

To attend the study day, please contact [Herts Fertility](#)

## WEBINARS & EVENTS

### A series of six webinars

Myths & PMS

Date: Wednesday 13th September 2017 at 7pm

Speakers: Dr Carrie Sadler & Dr Caroline Cooper

Prescribing HRT in general practice

Date: Wednesday 4th October 2017 at 7pm

Speakers: Dr Sarah Gray & Dr Louise Newson

Cervical and vulval diseases

Date: Wednesday 1st November 2017 at 7pm

Speakers: Dr Anne Connolly & Dr Christine Corrin

Combined hormonal contraception

Date: Wednesday 6th December 2017 at 7pm

Speakers: Dr Paula Briggs & Dr Julie Oliver

The PCWHF are launching a new set of guidelines on urogenital atrophy by running two webinars.

Date: Tuesday 19th September 2017

Speaker: Dr Louise Newson

Date: Wednesday 11th October

Speakers: Dr Carrie Sadler & Dr Louise Newson

[Register for a webinar](#)

---

## Primary Care Women's Health Forum Conference

Wednesday 8 November 2017

The Met Hotel, Leeds

[> More information](#)

[> Registration](#)

## CONTACT

### General Enquiries

Any comments, queries or for general information.

[> email us](#)

---

### Submissions

If you have any work which you think could be of interest to our members, please submit it for review.

[> email us](#)

---

## Press

If you would like us to comment or have a story of interest, please get in touch.

[> email us](#)

---

## Sponsorship

We have a number of sponsorship opportunities available. Please contact us to discuss a package that suits you.

[> email us](#)

