



April 2017

## e-update



### PCWHF Conference 2017 - Date Announced

This year's Primary Care Women's Health Forum conference will be held on Wednesday 8th November 2017. Registration will open shortly.

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## A WORD FROM THE CHAIR

Last month the All-Party Parliamentary Group on Women's Health published the following report:

- > [Informed choice? Giving women control of their healthcare](#)

This report focuses on the concerns and management of women with fibroids and those with endometriosis. It is a concerning report as there are many women with these conditions who are not

being offered the information about their condition or about their treatment options. Many also feel that the health, social and psychological impact of their problems are not being considered sufficiently, with the consequence being that they are feeling out of control of their health. The report contains several recommendations for primary and secondary care.

Endometriosis affects around 10% of women. The classical symptoms of dysmenorrhoea can cause significant physical pain with the consequent social impact of time away from studies, work and social events and the under appreciated adverse psychological impact.

Long-term consequences of the condition, if untreated, include scarring, which produces chronic pain, dyspareunia and infertility, with 50% of women with infertility suffering from endometriosis.

Although there are classical text book descriptions of this condition, there are concerning delays in referral with the average reported to be 7.5 years. This delay in referral can be due to many factors including lack of recognition, lack of reporting, assumption that the pain is normal and concerns regarding the lack of a cure amongst others.

Endometriosis UK is a charity providing support services, information and a support network for women suffering with endometriosis. It has many resources to help clinicians and women understand the condition and the treatment options available to them.

> [Endometriosis UK](#)

Other helpful online resources for clinicians include:

> [The Clinical Knowledge Summary](#)

> [Patients Info - Endometriosis](#)

> [World Endometriosis Society](#)

> [Endometriosis leaflet](#)

The NICE guidance on endometriosis is in the development process. This should be helpful in providing evidence to support raising the profile of this condition, earlier diagnosis, management recommendations and support for the commissioning of services for endometriosis sufferers.

The PCWHF website is developing a site for resources for patients and clinicians which will include links to support groups including the Endometriosis UK, so that busy clinicians will be able to go to one site to find the resources.

### **Networking opportunity**

Many of our members will be involved in commissioning, particularly of maternity care. The PCWHF are keen to develop a network of Clinical Board members and GPs involved in clinical commissioning of maternity, women's and sexual health services to share ideas and plans for local commissioning of services and pathway developments.

If you are interested in joining this network please send your contact details to me at [anne.connolly@bradford.nhs.uk](mailto:anne.connolly@bradford.nhs.uk)

If you are not that person, but know who that is in your local CCG please can you forward this request to them.

We also continue to develop our network of who is delivering enhanced gynaecology services in primary care. If you are delivering or developing services please contact me at the above address.

On behalf of the PCWHF Board we hope you manage to have a restful time over the Easter holidays.

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

## GUIDELINES

> [FSRH CEU guidance on emergency contraception](#)

This is a 'must read' for anyone advising on emergency contraception.

This short presentation covers the relevant points to share with your clinical team.

> [FSRH CEU Guidance - Presentation](#)

## RELEVANT PAPERS

> [Cochrane Special Collection of systematic reviews on Breastfeeding](#)

This review has been developed to bring the best available evidence on effective care to the attention of decision makers, health professionals, advocacy groups, and women and families, and to support the implementation of evidence-informed policy and practice. The collection focuses on the reviews of support and care for breastfeeding women, including treatment of breastfeeding associated problems; health promotion and an enabling environment; and breastfeeding babies with additional needs.

> [Lifetime cancer risk and combined oral contraceptives: the Royal College of General Practitioners' Oral Contraception Study](#)

A further report from the General Practitioners Oral Contraception Study continues to demonstrate that the overall balance of cancer risk among past users of oral contraceptives is neutral with the increased risks of breast and cervical cancer balanced by the reduction in endometrial, ovarian and colorectal cancers that persist for at least 30 years.

> [Reliable and reversible male contraception?](#)

This paper is on the contraceptive efficacy of intravas injection of Vasalgel for adult male rhesus monkeys.

> [Judging confidentiality and safety](#)

A qualitative study published in the BJGP of how general practice clinicians document domestic violence in families with children.

## NEWS

> [PHE – report on physical activity – Everybody Active, Every Day, two years on](#)

This report includes some excellent infographics to download and advertise on your practice website or in the waiting area.

> [Contraception and Fertility Statistics](#)

The statistics for contraception and fertility rates for 2015 are published. This includes information for your local areas.

> [Screening pregnant women for GBS](#)

The latest recommendations from UK National Screening Committee (UK NSC) include the recommendation that we are not going to be including screening for group B streptococcus (GBS) in our pregnant women.

## PATIENT INFORMATION

> [Association for pelvic organ prolapse](#)

Useful information with advice about prevention of pelvic organ prolapse and advice on symptoms and treatment options.

Squeezy. This pelvic floor exercise app costs £2.99 and has been developed by NHS women's health physios as an aid to teach women how to do pelvic floor exercises and as a reminder and encouragement to do them on a regular basis.

## Women's Health in Primary Care

> [Women's Health in Primary Care](#)

With the help of many PCWHF members the Cambridge Press book, Women's Health in Primary Care has been published. This is comprised of 30 case-based chapters covering many frequently reported, and some not so frequently seen, conditions relevant for primary care.

A discount of 20% on the recommended price is available to PCWHF members if you use the code PCWHF at the checkout.

Thank you to all who contributed their time to writing for this book. Please note that none of us are receiving payment for our work.

## EVENTS

### **A One Day Update on Gynaecology Annual Conference**

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

#### **What to expect**

Those attending will join a number of expert sessions, about current affairs and topic areas in gynaecology. The practical workshops provide further opportunities to share best practice with other healthcare professionals. Delegates will also benefit from five hours of certified CPD.

Friday 12th May 2017

St John's Hotel, Solihull

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