



e-update

A WORD FROM THE CHAIR

The Primary Care Women's Health Forum have agreed the following 10 top tips on endometriosis for primary care clinicians following an educational workshop comprised of primary care practitioners with an interest in women's health, representation from Endometriosis UK and an expert patient.

Please share these with your colleagues so that we can transform the care and support of women with endometriosis through earlier diagnosis and improved primary care management.

1. There will be as many women in your surgery with endometriosis as there are with diabetes, asthma or back pain.
2. A three month menstrual diary found online or as an app is a good diagnostic tool (also note cyclical bowel/urinary symptoms).
3. Appreciate the impact of symptoms on her psychological and social wellbeing.
4. Perform abdominal +/- pelvic and speculum examination and sexual health screening as appropriate.
5. Ultrasound scan (USS) is recommended to exclude endometriomas (warn patient a transvaginal scan is best) BUT a normal result does not exclude endometriosis.
6. Commence simple analgesia or COC/desogestrel at first visit (choice of treatment dependent on imminent fertility requirements).
7. On review recommend continuous hormonal treatment and sign-post to Endometriosis UK for patient support.

8. Consider referral to secondary care if symptoms change or continue, or for patient choice.
9. Longer term concerns include managing fertility issues and chronic pain where indicated.
10. Following surgical treatment (pelvic clearance) consider use of continuous HRT or tibolone for 12 months before changing to oestrogen only.

[Download as PDF](#)

Further resources for management of endometriosis include:

NICE guideline on endometriosis: diagnosis and management.

> www.nice.org.uk/guidance/NG73

A useful visual summary published in the BMJ.

> http://www.bmj.com/content/bmj/suppl/2017/09/06/bmj.j3935.DC1/endometriosis_pathway_v28_web.pdf

An article published in Guidelines in Practice.

> https://www.guidelines.co.uk/womens-health/endometriosis-diagnosis-and-management/453662.article?utm_source=MGP%20Ltd&utm_medium=email&utm_campaign=8896688_November%202017%20Guidelines%20App%20email&dm_i=HEZ,5AOQ8,7SZHKC,KFM3B,1

Many patient and clinician educational resources on the Endometriosis UK charity website.

> <https://www.endometriosis-uk.org>

PCWHF Annual Conference

The PCWHF annual conference was held in Leeds this year and the feedback from attendees has confirmed the success of the day. Thanks to all speakers who gave up their time for free to share their expertise. A special recognition and thanks to Paula Briggs for her hard work in supporting the organisation of the conference and for volunteering to be conference chair with the challenge of keeping so many speakers to time.

Plans are progressing already for next year's conference. We will announce the date and venue early in 2018.

As this is the last eletter of the year, on behalf of the Primary Care Women's Health Forum directors I would like to thank all members for your ongoing support and hard work to improve the care of your patients during 2017.

Dr Anne Connolly

Chair, Primary Care Women's Health Forum

ONLINE LEARNING

Cervical screening training online

At last - an opportunity to do cervical sample taker update training online. Newly launched, free to access, e-learning developed and published by PHE.

> <https://phescreening.blog.gov.uk/2017/10/23/cervical-sample-taker-update-training-e-learning-launch/>

New online resource

Online resource providing an overview of the issue of modern slavery aimed at helping all healthcare staff recognise the signs that someone has been trafficked, and to take appropriate action with confidence.

> <https://www.e-lfh.org.uk/programmes/modern-slavery/>

RECENT GUIDELINES & RECOMMENDATIONS

The BMS have published a useful fact sheet on the management of menopausal women with migraine.

> <https://thebms.org.uk/publications/factsheets/migraine-and-hrt>

BASHH statement on treatment of chlamydia infection in pregnancy.

> <https://www.bashhguidelines.org/media/1151/ceg-statement-antibiotics-in-pregnancy.pdf>

Useful articles

HRT and cardiovascular disease – article written by Louise Newson, the PCWHF West Midlands Regional Director.

> <https://www.pccj.eu/browse/editorial/item/4968-hrt-and-cardiovascular-disease.html>

Guideline in Practice article on emergency contraception

> https://www.guidelines.co.uk/womens-health/emergency-contraception-faculty-of-sexual-and-reproductive-healthcare/453699.article?utm_source=MGP%20Ltd&utm_medium=email&utm_campaign=8896688_November%202017%20Guidelines%20App%20email&dm_i=HEZ,5AOQ8,7SZHKC,KFM3B,1

Review of the FSRH guidelines on contraception for women aged over 40

> <http://www.rcgp.org.uk/clinical-and-research/clinical-news/2017/october/contraception.aspx>

Useful websites

There is a new page on the Eve appeal charity website which is an information resource for patients (and their clinicians) to help them understand what their risks are, whether genetic testing is an option, what the implications are for the individual and their family, and how to assess one's own risk.

> <https://eveappeal.org.uk/inherited-risks/>

The Brook website contains information for the under 25s including sections on contraception, STIs, relationships, gender etc.

> <https://www.brook.org.uk/shop/category/resources>

The FPA Sexwise website has been launched and includes information and resources on contraception, STIs, unplanned pregnancy and advice on where to get help.

> <https://sexwise.fpa.org.uk/>

Diabetes, contraception and pregnancy

> https://diabetes-resources-production.s3-eu-west-1.amazonaws.com/diabetes-storage/2017-08/0655C%20GP%20Information%20Prescriptions_Pregnancy_v6.pdf

List of named units being able to see and treat women with mesh related problems.

> <http://bsug.org.uk/budcms/includes/kcfinder/upload/files/2016-09-16%20units%20with%20completed%20returns-v3.pdf>

Other information for clinicians

The Institute of Psychosexual Medicine (IPM) are running several introductory courses throughout Scotland in 2018. These courses consist of 12 hours of seminar style training split into two, three or four sessions. Courses are open to doctors and allied healthcare professionals who would like to gain experience in helping patients with sexual problems. For more information please see the training section of the IPM website

> <http://www.ipm.org.uk>

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.

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Sponsorship

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

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