



January 2017

e-update

Primary Care Women's Health Forum welcomes you to the first e-update of 2017

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A word from the Chair

At the end of last year, the latest MBRRACE – UK report; Saving Lives, Improving Mothers Care, was published. This report is a surveillance report of maternal deaths in the UK and Ireland and provides recommendations from the lessons learned to inform maternity care.

The website for NPEU includes the full report, a lay summary and an info-graphic.

- > [NPEU](#)

Although the majority of the care for pregnant women is undertaken by our local maternity teams, there are some useful learning points for those of us working in primary care to help reduce the, albeit small but very important, devastating ongoing number of maternal deaths in the UK.

Key point from the report and learning for primary care:

Heart disease is the leading cause of maternal death during or up to six weeks after the end of pregnancy. The enquiry found that in some instances diagnosis of heart disease in young women was overlooked and for others who knew they had heart disease, care was fragmented. Preventing women from dying from heart disease is essential to efforts to continue to reduce the number of women dying.

A lesson for us is to remember that many new arrivals to the UK, who have had their previous health care in a country where child health screening is not as well organised, require a basic cardiac assessment when they become pregnant to ensure they do not have a previously unrecognised heart condition.

General messages for our women from this report:

Get as healthy as possible before you become pregnant to avoid problems – this includes paying attention to your weight and smoking, and, for women who have medical and mental health conditions, making sure you are taking the medicines which are the best ones for you to take when you get pregnant. It is important that when you become pregnant you do not stop taking your medications without discussing this with your usual doctor.

A number of Royal Colleges and professional bodies have produced a series of educational resources “3Ps in a Pod”(pregnancy, postnatal and ‘pick up the problem’).

> [“3Ps in a Pod” resources](#)

This initiative highlights the key messages for care to prevent both cardiovascular and other indirect maternal deaths.

> [Poster and Educational Resources](#)

The MBRRACE report contains other information and info-graphics that are useful to consider and share with other clinicians in your practice including one of note that links to the UK Sepsis Trust Clinical Toolkit.

This toolkit uses the recommendations from the NICE guidance on recognition, diagnosis and early management of sepsis (National Institute for Health and Care Excellence 2016b), and includes a number of resources including one specifically for women in pregnancy.

> [UK Sepsis Trust Clinical Toolkit](#)

Suggested auditable points for general practice:

Are all your women attending clinics for long-term condition management advised about contraception and the need for ‘planning of the family’ on a regular basis?

Have all pregnant women who are new arrivals to the UK had a cardiac assessment to exclude a previously unrecognised cardiac defect?

Belated best wishes for 2017.

Anne Connolly

Chair of the Primary Care Women's Health Forum

GUIDELINES

> [New RCOG Green-Top guideline on the Management of Bladder Pain syndrome](#)

This is an often unrecognised and late diagnosed issue in primary care. This guideline is an excellent resource which should raise awareness and help improve the management of our women who suffer with this condition.

> [Oestrogen deficiency symptoms in postmenopausal women: conjugated oestrogens and bazedoxifene acetate. NICE Evidence Summary \(ES3\) published December 2016](#)

NICE 'Evidence summaries: new medicines' provide summaries of key evidence for selected new medicines, or for existing medicines with new indications or formulations, that are considered to be of significance to the NHS. The strengths and weaknesses of the relevant evidence are critically reviewed within this summary to provide useful information for those working on the managed entry of new medicines for the NHS, but this summary is not NICE guidance.

RELEVANT PAPERS

> [Change over time in women's views and experiences of maternity care in England, 1995–2014: A comparison using survey data](#)

> [The conservative \(non-pharmacological\) management of female urinary incontinence.](#)

REPORTS

> [Annual Report of the CMO 2015: Baby Boomers: Fit for the Future](#)

This year the Chief Medical Officer of England looks at the health of the 'baby boomer' generation (broadly, those born between 1945 and 1964).

She considers topics such as the impact of lifestyle choices on current and future health, mental health, sexual health, and screening and immunisation programmes.

Reports from the Advisory Group on Contraception and Family Planning Association published recently highlight the concerns about funding restrictions and access to a full choice of contraceptive methods for women.

> [Advisory Group on Contraception](#)

> [Family Planning Association](#)

Please consider how these are impacting on your local arrangements and please share any concerns with me at anne.connolly@bradford.nhs.uk.

On behalf of the PCWHF we need to collect this information so that we can continue to raise concerns about reduced choices for women because of funding cuts and changing priorities.

USEFUL RESOURCES

> [LARC booklet](#)

Anne Lashford a GP and FSRH trainer from Wiltshire has produced this LARC booklet for use in primary care.

This excellent resource contains all the information required to ensure your practice has the necessary equipment to insert and remove LARC devices. Thanks to Anne as she is happy for anyone to download this and use in your practice.

> [My Contraception Tool](#)

Produced by the FPA to help people decide which is the best contraceptive method for them.

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 in 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.

10% Early Bird Discount is available until the end of January

Why should I attend?

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 5 hours of certified CPD.

Friday 12th May 2017
St John's Hotel, Solihull
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