



May 2017

## e-update



### Conference 2017

This year's Primary Care Women's Health Forum conference will be held on Wednesday 8th November 2017 at The Met Hotel, Leeds. Registration will open shortly.

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### A word from the chair

Last month the RCGP published a statement on the issues related to the commissioning of sexual health services.

- > [Sexual and Reproductive Health: a time to act](#)

This excellent paper, which was presented to the Council meeting, supports the work that the PCWHF have been doing, raising concerns about reductions in contraceptive access as a result of the commissioning changes of the Health and Social Care Act 2012. Some of the information and cases included in the report were provided by PCWHF members. I apologise to our members who are not working in England but it is so important to get this right so that the same issues of fragmented commissioning do not become more widespread and affect the excellent work I know you are currently doing.

The last PCWHF survey was run 18 months ago and I continue to hear stories of primary care services being decommissioned and defunded. Many women are being expected to travel to distant SRH clinics and are being offered less choice of contraceptive methods dependent on age and postcode. This particularly reduces access for young women, those with young families, women without transport and for others who for social or cultural concerns find travelling difficult.

It is time to repeat the survey again to understand the current picture. Last time over 1000 of you responded to this. It will take 2-3 minutes to complete and the information we get from this is so important. Please respond again but please only complete the survey if you are working (GP or nurse) in primary care in England.

[Take the Survey](#)

If you have any other information to share, wherever you are working in the UK, please send these in an email to me at: [anne.connolly@bradford.nhs.uk](mailto:anne.connolly@bradford.nhs.uk). The information will be used in confidence unless you are contacted first to request permission to share.

Thanks for your support.

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

## USEFUL RESOURCES

Information for contraceptive use from FSRH CEU:

- > [Weight and contraception – does contraception cause weight gain and is the efficacy of contraception affected by weight?](#)
- > [FSRH guidance of women taking anticoagulants or antiplatelet medicines who request intrauterine contraception or subdermal implants](#)

## e-LEARNING

The RCGP are pleased to announce the launch of an e-Learning course on contraception.

> [RCGP e-Learning: Contraception](#)

Women discuss their contraceptive options with many different people: their partner, family and friends and professionals from a variety of backgrounds. Often women are incorrectly told that there are only a few forms of contraception that are suitable for them.

The aim of this course is to inform professionals so that they can give accurate information and dispel any myths the patient may have heard. It is not intended to form a comprehensive reference. Details about contraindications and risk factors would always need to be discussed with the prescribing professional.

Many thanks to our partnership with Public Health England and the Faculty of Sexual and Reproductive Healthcare and to everyone for your input and hard work on this course.

> [Infographic from BMS demonstrating the impact of menopausal symptoms on women and the numbers affected](#)

## RELEVANT PAPERS

> [Menstrual management of adolescents with learning difficulties](#)

This paper explains the impact of menarche and menstruation on young women with learning difficulties and offers advice about how to support and manage their concerns.

> [NICE Quality Standard for Osteoporosis](#)

## PATIENT INFORMATION

There are a selection of PIL available on the British Society of Urogynaecology website

> [Patient Information Leaflets](#)

Including patient information on:

> [Obesity and its effects on the pelvic floor & Obesity and the risk of gynaecological surgery](#)

> [An operation for anterior wall prolapse](#)

## WEBSITE

This useful website is run by a GP and gender specialist offering advice on gender issues, counseling and other issues.

> [Gender GP](#)

## TIPS

### Menstrual delay

At this time of year we get many requests for medication to delay periods for women going on holiday.

We have two main options:

Use of combined oral contraception with no break if the woman attends with sufficient time prior to her holiday to use this method AND she does not have any risks against use of oestrogen containing contraception.

Or we have used Norethisterone (NET) 5mgs tds starting a few days before the period is due and using until a period would be acceptable (usually when returning from the holiday).

Diana Mansour wrote a previous editorial on this issue in the Journal of FSRH in 2014 and a further paper in this latest edition.

> [BMJ Journals: Postponing menstruation: choices and concerns](#)

The concern raised is that although we have considered NET to be safe it does actually have a similar thrombotic potential to a 20mcg oestrogen containing pill if taken at the dose we prescribe.

I am aware of several women in Bradford who have used NET and suffered with VTE on their flight to their holiday so personally I have transferred my prescribing to use Medroxyprogesterone acetate (MPA) instead. This product has no thrombotic potential. The results are not as successful at producing amenorrhoea and I prescribe 20mgs nocte to start a few days before the period is due and to take continuously until returning from the holiday. This is off-license but following Diana's advice I do believe this is safer.

I am also aware that some clinicians are following this advice but using the UKMEC recommendations to decide whether to use NET (if they could use the COC) or MPA (if the use of COC is a UKMEC 3 or 4).

This is an opportunity to discuss with your practice and share this with your team for them to decide before the holiday season hits.

### Investigating urinary symptoms – recommendations to reduce costs

By Dr Rachael Viney

There is pressure on the NHS to reduce costs to meet the challenge of the NHS five year forward view of delivering an estimated £22billion of productivity improvements by 2020/21 and one opportunity to save money is to deliver care as per best practice guidelines.<sup>1</sup>

The Scottish Intercollegiate Guidelines Network (SIGN) produce guidelines for the management of suspected bacterial urinary tract infections (UTIs) in adults (SIGN 88) which provides recommendations based on current evidence for best practice in the diagnosis and management of adults with community acquired UTIs.<sup>2</sup>

By following the SIGN 88 guidelines for investigating lower urinary tract symptoms you can reduce the number of mid-stream urine (MSU) cultures your practice sends and make significant annual savings. See the poster 'Investigating urinary symptoms – interventions to reduce costs' for an example of the cost-saving achieved in an integrated sexual health service by following best-practice guidelines. Recommendations for reducing the number of MSU requests based on their experiences are:

- Sharing SIGN 88 guidelines amongst all clinical staff either through email or an educational event within the practice
- Displaying a laminated sheet with a summary of the SIGN 88 guidelines in each clinical room and beside each urinalysis machine.
- Auditing your compliance with the SIGN 88 guidelines and presenting these findings to clinical staff.

## References

1. Alderwick H, Robertson R, Appleby J, Dunn P, Maquire D. 2015. Better Value in the NHS: The Role of Changes in Clinical Practice, London: The King's Fund; available at [https://www.kingsfund.org.uk/sites/files/kf/field/field\\_publication\\_file/better-value-nhs-Kings-Fund-July%202015.pdf](https://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/better-value-nhs-Kings-Fund-July%202015.pdf) (last accessed 11 April 2017).
2. Scottish Intercollegiate Guidelines Network (SIGN). Management of suspected bacterial urinary infection in adults. Edinburgh: SIGN; 2012. (SIGN publication no. 88). [July 2012]. Available at <http://www.sign.ac.uk/pdf/sign88.pdf> (last accessed 11 April 2017).

### > Investigating urinary symptoms – interventions to reduce costs

The poster shows more information presented at the FSRH annual scientific meeting by Rachael and colleagues. This is an excellent example of quality, evidence based, care while considering cost efficiencies.

## Sayana Press demo kits

These are now available to order up to 5 for free

### > Medisa

These will help women and healthcare professionals to understand how to handle and activate the device. These devices contain water so the feel will be different to using the medicated device but it is a helpful teaching aid.

If you require more than five dummy devices it is possible to obtain more via the [etteam@pfizer.com](mailto:etteam@pfizer.com).

## EVENTS

### **SRH Update Conference**

Margaret Pyke Trust

The conference includes contributions from experts including the RCGP's former Chair, Clare Gerada, and Associate Professor and TV personality James Logan.

Thursday 6th July 2017

Royal College of Physicians, London

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