



e-update

FEATURE



PCWHF Conference 2018

The conference will be held on 7 November 2018 at The Park Royal, Warrington.

Registration is now open.

> [Book your place](#)

A WORD FROM THE CHAIR

The FSRH Emergency Contraception Guidance, <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/> updated in December 2017, reminds us that the consultation for women attending for advice after un-protected sexual intercourse should include three elements:

- Emergency contraception options
- Ongoing contraception
- Sexual health advice and testing

The majority of contraceptive care is provided in primary care and we may miss the opportunity to improve sexual health by testing for and managing sexually transmitted infections at the same time.

Vulvo-vaginal NAAT swabs (clinician taken or self-taken) are easy to do, highly acceptable to women and provide the most reliable results. Offering routine testing for HIV, syphilis (and hepatitis where indicated) also reduces the stigma of these tests, increasing uptake of testing and thereby improving outcomes and reducing the number of undiagnosed

infections.

The well-written article recently published in Guidelines in Practice by Dr Rebecca Mawson offers top tips on providing sexual and reproductive healthcare in primary care.

<https://www.guidelinesinpractice.co.uk/sexual-health/practical-implementation-tips-sexual-and-reproductive-health/453845.article>

It also reminds us of the excellent resource written by Neil Lazaro, free to download and referred to on the RCGP website.

<http://www.rcgp.org.uk/clinical-and-research/clinical-resources/sexually-transmitted-infections-in-primary-care.aspx>.

A few years ago I discussed the issue of primary care testing for vaginal discharge with a well-known and highly respected sexual health consultant. We were discussing the high numbers of tests performed which were time consuming and unnecessary. 'Triple swabs' are still performed too frequently and the results are often unreliable. His suggestion was that for the majority of women of reproductive age who present in primary care with **vaginal discharge only** (i.e. no menstrual/bleeding change and no dyspareunia), which is non-recurrent and who do not have a significant sexual history:

'Test for chlamydia and GC using vulvovaginal swab.

Perform the smear if due.

Then if she complains of itch with the discharge treat for candida.

If she complains of an offensive odour with the discharge treat for BV.

If she complains of both then treat for both.

And if it comes back or does not improve then examine and test.'

Pelvic and speculum examination and point of care pregnancy testing are **essential at the presenting visit** for those with pelvic pain, abnormal bleeding or any other symptoms of pelvic infection or pregnancy.

Other guidelines on STI management are available on the British Association for Sexual Health and HIV website: <http://www.bashh.org> and patient information has recently been updated on the excellent FPA Sexwise website: <https://sexwise.fpa.org.uk>

Dr Anne Connolly

Chair, Primary Care Women's Health Forum

The Open Access paper published in the new BMJ Sexual and Reproductive Health on "Contraception for adolescents with disabilities: taking control of periods, cycles and conditions", is an important read for all.

<http://srh.bmj.com/content/familyplanning/44/1/7.full.pdf>

Previous work on adolescent period problems include: The menstrual disorder of teenagers (MDOT) study: determining typical menstrual patterns and menstrual disturbance in a large population-based study of Australian teenagers published in 2009.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.2009.02407.x/full>

USEFUL RESOURCES

The handbook on sickle cell and thalassaemia includes guidance on prenatal screening. Found at:

<https://www.gov.uk/government/publications/handbook-for-sickle-cell-and-thalassaemia-screening#2017-12-21T16:14:39+00:00>

FSRH Clinical Effectiveness Unit (CEU) statement in response to the publication of the study on hormonal contraception and breast cancer risk:

<https://www.fsrh.org/standards-and-guidance/documents/fsrh-ceu-statement-study-hormonal-contraception-breast-cancer/>

SPOT Tool, which lists local authority spending including funding on sexual health services. For those involved in commissioning this is useful to use to compare your Local Authority spending:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/675836/SPO_T_Guidelines.pdf

The INTRA (Intrauterine contraception translating research into action) group is comprised of seven global experts with an interest in intrauterine contraception (IUC). The INTRA group has produced various counselling aids to help healthcare professionals when talking to women about IUC. Formation of the group and its ongoing work is supported and funded by Bayer. Further information about these resources can be found at: <https://www.womenshealthmatters.uk.com/>

The INTRA group has also produced a troubleshooting guide for assessing women using

intra-uterine contraception. This includes information on perforation, pain, lost threads, difficult placements etc. This guide is also useful for training. Please click below.

[Download INTRA Troubleshooting Guide](#)

Declarations of interest:

- PCWHF has received educational grants from pharmaceutical companies including Bayer.
- Anne Connolly has received funding for consultancy work and lecturing from Bayer.
- All other conflicts of interest are listed on the [ABPI Website](#) for information.

Useful Websites

The Vulval Pain Society website includes information and resources for everything you ever need to know about vulval pain as a clinician and a resource for patients.

<http://www.vulvalpainsociety.org>

The British Fibroid Trust produce information about fibroids, issues related to fibroids and the management options. Another useful resource for clinicians and our patients.

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

The Association of Breast Surgery has detailed information about treatment options including a section for patients.

<https://associationofbreastsurgery.org.uk/patients/>

TRAINING

MFSRH Training Preparation Course, Liverpool - Thursday 26th April 2018

[Download Information](#)

CONTACT

General Enquiries

Any comments, queries or for general information.

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Submissions

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

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Press

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