

# Nursing Focus

Women's Health

*Friday 26th November 2010*

20 Cavendish Square, London W1

*(RCN Building)*

We are delighted to present the next series of Nursing Focus meetings. Sessions have specific learning objectives relevant to Practice Nurses and are structured to allow ample time for questions, discussion and interaction.

## **Osteoporosis**

*Prof Gordana Prelevic. Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.*

## **Hormone Replacement Therapy & Post-Menopausal Osteoporosis**

*Prof Gordana Prelevic. Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.*

## **Contraception: Current Controversies**

*Dr Anne Szarewski. Margaret Pyke Centre. Clinical Consultant, Cancer Research UK.*

## **Cervical Screening & Cervical Cancer**

*Mr Narendra Pisal. Consultant Gynaecological Oncologist, Whittington Hospital.*

## **Sexual Health**

*Dr Nneka Nwokolo. Consultant in HIV and GU Medicine, Chelsea and Westminster Hospital.*

Speakers are recognised leaders in their fields. Course notes will be provided for each session, containing the information presented by the speakers.

Course fee: £155+VAT.

*Please also note that our future study days are as follows:*

## **Travel Health**

*Friday 25th February 2011*

Immunisations. Malaria. Fitness to travel and travel advice. Running the clinic.

## **Dermatology**

*Wednesday 6th April 2011*

Function of the skin. Wounds and Ulcers. Eczema. Lumps. Photodamage.

For further information on all courses please telephone Liz Banks or e-mail [admin@nursingfocus.org](mailto:admin@nursingfocus.org)

## **Nursing Focus**

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# Women's Health

Friday 26<sup>th</sup> November 2010

9.15 Registration and Coffee

9.45 Welcome

## 9.50 Session 1

**Prof Gordana Prelevic.** Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.

### Osteoporosis

- Epidemiology.
- Associated risk factors.
- Who to screen – is it worth it?
- Methods of detection. DEXA and Heel Scan.
- How to interpret a scan result and when to repeat.
- Treatment and prevention: Lifestyle factors. HRT. Vitamin D3 and calcium. Bisphosphonates. Raloxifene. Strontium.
- Steroids and osteoporosis. Prevention.
- Osteoporosis in men.

11.00 Coffee

## 11.15 Session 2

**Prof Gordana Prelevic.** Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.

### Hormone Replacement Therapy & Post-Menopausal

#### Osteoporosis

- Pros and cons of HRT: the evidence:
  - Breast cancer
  - DVT
  - Endometrial cancer
  - IHD
  - Osteoporosis
- Peri-menopausal symptoms – when to start HRT. When does a woman on the pill know she is menopausal?
- Use of blood tests in diagnosis and monitoring.
- Non-hormonal treatment.
- Hormonal treatment. Methods of delivery. Phyto-oestrogens. Progesterone creams. Gels.
- BP checks on HRT – why?
- How long to take HRT?
- When stopping – how fast do the benefits wane?

## 12.05 Session 3

**Dr Anne Szarewski.** Margaret Pyke Centre. Clinical Consultant, Cancer Research UK.

### Contraception: Current Controversies

#### The Pill

- Risk v. benefits. Cancer. DVT. Are newer pills safer?
- Which preparations for which patients? Treatment of side effects.
- Cerazette, the new progestogen only pill.
- Yasmin. Helpful for weight gain?

### Implants and Injectables

- New devices. Pros and cons.
- Depo Provera and osteoporosis.

### IUDs

- Recommendations for coil insertion and screening for infection.
- Gynefix, Nova T380 and Mirena.
- Post-coital contraception.

13.05 Lunch

## 14.05 Session 4

**Mr Narendra Pisal.** Consultant Gynaecological Oncologist, Whittington Hospital.

### Cervical Screening & Cervical Cancer

- Causes of cervical cancer.
- Associated and protective factors.
- Has the National Cervical Screening programme affected mortality?
- How do the current guidelines link in with the natural history of cervical cancer? Are they in need of change? Interval cancers.
- Liquid based cytology.
- Follow up of patient with mild/borderline changes and normal colposcopy.
- Treatment and prognosis of established cervical cancer. Use of radiotherapy and chemotherapy.

14.55 Tea

## 15.15 Session 5

**Dr Nneka Nwokolo.** Consultant in HIV and GU Medicine, Chelsea and Westminster Hospital.

### Sexual Health

#### Taking a sexual history.

- Talking to adolescents. Boundaries and privacy.
- Gillick - confidentiality and ethics.

#### Equipment and supplies needed

- Pelvic examination
- Swabs. Which swabs for which tests?
- Urine sampling.

#### Investigation and treatment of:

- The asymptomatic woman
- The symptomatic woman
- The asymptomatic man
- The symptomatic man

#### Treat or refer?

- What can be safely managed in the community?
- What should be referred to a GUM clinic?
- Contact tracing.

16.30 Close