

**FAMILY PLANNING
& CONTRACEPTION 2018**
SATURDAY MORNING STUDY DAYS
4 HOURS CPD FOR GPs & Nurses



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SHEFFIELD, NIAGARA POLICE TRAINING CENTRE, NIAGARA ROAD, S6 1LU - SATURDAY 29th SEPTEMBER 2018
WORCESTER RACECOURSE, PITCHCROFT, WORCESTER, WR1 3EJ - SATURDAY 10th NOVEMBER 2018

You are invited to attend the following Primary Care programmes. A Certificate of Attendance will be issued along with a Personal Development Plan summary form, which will be supplied for your portfolio. Lecture notes provided by the speaker will be available to download.

The programme covers the requirements of CPD for the Faculty of Sexual & Reproductive Health Care.

FORMAT: "Interactive Learning" with consideration of case cameos in small groups and ample time for discussion and questions with the speaker.

MASTERCLASS

"CONTRACEPTION TECHNOLOGY UPDATE"

4 HOURS CPD

After 60 years of the COC being given the wrong way, it is time to consign the 7-day Pill-free interval to 'History'.

Come and learn about this and many more new concepts in John Guillebaud's Masterclass on Contraception

[An unlearning as well as a learning experience]

Emeritus Professor John Guillebaud, University College London and Margaret Pyke Trust, London

8.45am Registration & Refreshments

The topics below will be addressed so far as time permits, all being supplemented in a Handout

9.30 am Lecture 1

1. **World Population, Family Planning and Sustainability** "Either we reduce our numbers voluntarily, or nature will do it for us brutally"

Maurice Strong, at the UN Environment Conference, Rio 1992

2. **New developments in UK Sexual and Reproductive Health (SRH) including Training for Practice Nurses and GPs through the Faculty of SRH**

3. **What's on the way out?** Some *methods* and some *practices* (like routine follow-ups) And what in contraception is new - or old news yet important, ripe for rediscovery?

4. **21st century Pill-prescribing:** 21/7 should be 'History'....The NORM to become, now, the continuous regimens: 365/0 & 84/4 (tricycling)

5. **NuvaRing, Qlaira, Zoely and Eloine = "Yasmin Lite"** – all to be welcomed, for selected cases

6. **Quick-starting & Bridging** - and the *Proving not Pregnant Protocol*

11.00am Refreshments

11.30am Lecture 2

7. **Progestogen-only pills & Contraception in Lactation**

8. **Case cameos**

9. **The LARCs – unapologetically promoted, AGAIN!**

10. **Intrauterine contraceptives (IUCs meaning IUDs & IUSs)** – the best of the best?

11. **Parenteral contraceptives** - Depo-Provera, Sayana Press, Nexplanon

12. **Hormonal EC & another plug for EC by Cu** - The protocol to use if progestogens follow ellaOne hormonal EC

- Cu has 10 x greater efficacy, quick-starting, & gives long-term option

13. **Sterilization – female and male**

14. **Diseases and drugs** which interact in contraception

15. **Contraception in Adolescence and Peri-menopausally**

Summary of the morning: 21 messages which may change your practice - or not, if you were already up to speed!

1.00pm Final Questions and Close

(Programme may be subject to change)

Registration fee: **£75** (VAT inc). The price includes refreshments and a certificate of attendance.

Please complete the registration form along with your cheque made payable to GP Forum and send to: GP Forum, PO Box 234, Chesterfield S45 9YS.

We look forward to your attendance at what is sure to be a very informative and enjoyable event.

DOCTOR & NURSE REGISTRATION FORM - FAMILY PLANNING & CONTRACEPTION SATURDAY MORNING - 2018

SHEFFIELD ☐
29th SEPTEMBER

DOCTOR ☐

NURSE ☐

WORCESTER ☐
10th NOVEMBER

Complete in CAPITALS Name:

In the interests of the economy
and the environment we would
prefer to respond to you by email.

Your email:

Surgery / P/Manager email:

Surgery Address:

..... Postcode: Tel:

CCG:

I enclose a cheque for **£75**. Cheque made payable to **GP FORUM**.

Please return to: GP FORUM, PO BOX 234, CHESTERFIELD S45 9YS

Signed: