

INVITATION

TO: GPs, PRACTICE NURSES, CLINICAL PHARMACISTS
& ALL PRIMARY CARE MEDICS

CONTRACEPTION TECHNOLOGY UPDATES CPD LIVE WEBINARS

JOHN GUILLEBAUD

EMERITUS PROFESSOR OF

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SATURDAY 15 MAY 2021 - PART 1 - £20 - 4 HOURS CPD

- AGENDA -

08.50-09:05 Registration and enter 'Waiting Room' of Microsoft Teams

09:15-10:30 Contraceptive Technology Update (as Learning Agenda below) - Session 1

10:45-11:00 Your written questions answered (live)

11:00-11:30 Comfort Break

11:30-12:45 Contraceptive Technology Update - Session 2

12:45-13:15 Prof answers more questions

The following subjects will be covered, during the presentation as time permits, otherwise by the supplementary Manual provided

World Population, Family Planning and Sustainability

"Family planning could bring more benefits to more people at less cost than any other single 'technology' now available to the human race" UNICEF, 1992

A. Some things to be "unlearned": that the COC taken by the 21/7 regimen is a good choice in contraception. Not so, that was/is suboptimal when pills missed. Continuous-use regimens have clear advantages – some obvious, some less so.

B. Things to learn:

Newest and newer methods: Nexplanon®, Essure®, Qlaira®, NuvaRing®, ellaOne®, Zoely®, Sayana®Press, Jaydess®, Kyleena®, Levosert®, Eloine®, the IUB® & VeraCept®.

Fresh angles on how to provide the old ones including:

- Taking a sexual history with both empathy and speed.
- WHO's advice for most 'medical' FP methods, to replace the majority of routine follow-ups by a truly "open house" policy.
- Quick starting and Bridging.
- The 'Proving not Pregnant Protocol' - for that common problem of recent UPSI plus amenorrhoea eg if late for DMPA injection.
- How to start progestogen-containing contraception after UPA (ellaOne®) for emergency contraception.
- Rediscovering copper, for emergency and long-term use.
- Tips for unscheduled bleeding with the various hormonal methods.
- Optimal use of the desogestrel POP: destined now to become 'OTC'.
- Contraception post partum.

C. The long-acting reversible contraceptives (LARCs) during/after Covid 19

D. Summary: messages from this session which may change your practice (or not, if you were already up to speed!)

Registration Fee: £20 per session (VAT inc). For our **BACS** details email info@gpforum.com

How to book: • E-mail info@gpforum.com • Website www.gpforum.com • Or complete the **registration form** below, along with a cheque made payable to GP Forum

Additional information: • The Webinar will be hosted via Microsoft Teams. • A CPD certificate of attendance will be issued on completion of the programme.



REGISTRATION FORM - CONTRACEPTION TECHNOLOGY UPDATES - LIVE WEBINARS

Booking (please tick): SATURDAY 15 MAY 2021, PART 1

SATURDAY 10 JULY 2021, PART 2

Complete in CAPITALS Name:

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Signed:

SATURDAY 10 JULY 2021 - PART 2 - £20 - 4 HOURS CPD

- AGENDA -

08.50-09:05 Registration and enter 'Waiting Room' of Microsoft Teams

09:15-10:30 Contraceptive Choices (as Learning Agenda below) - Session 1

10:45-11:00 Your written questions answered (live)

11:00-11:30 Comfort Break

11:30-12:45 Contraception Choices - Session 2

12:45-13:15 Prof answers more questions

The following subjects will be covered, during the presentation as time permits, otherwise by the supplementary Manual provided

Brief Recap: of some crucial content from Part 1, followed by:

Discussion of contraceptive choices:

- 1 when Quick-starting and Bridging, which are new prescribing norms
- 2 when there is no reliable LMP - *the Proving Not Pregnant Protocol*
- 3 at and after emergency contraception (Cu or hormonal)
- 4 for teenagers and 20s
- 5 after recent pregnancy of any gestation
- 6 during concurrent diseases, generally
- 7 during various 'dis-eases' including
 - problematic bleeding: the "D Check-list"
 - bleeding that is contraceptive method-induced
 - other menstrual disorders, including pain and PMS
- 8 with low and high body mass
- 9 in seborrhoea and acne
- 10 in migraine with aura
- 11 when there are potential drug interactions (by enzyme induction and more)
- 12 relating to pre- or peri-conception.
- 13 for women over 40 and peri-menopausally
- 14 when permanence is desired - male and female sterilization.

Summary: messages from this session which may change your practice (or not, if you were already up to speed!)