



The voice of nursing in the UK

May 2020

Dear Members

RE: Wellbeing of the members of the Women's Health forum during COVID-19

During this unprecedented global pandemic, we have come so far over the last couple of months. As a profession we have shown our true dedication to improving patient care, our ability to step up, embrace change and adapt to a new norm.

Whilst everyone is being told to stay at home, what to do if they are unwell. We are all working very differently whilst we embrace new technologies to limit face to face contact which has led to rapid changes to the latest guidance produced by the Royal College's and Speciality Societies. We've put together a list of resources to detail the latest guidance on working during COVID-19.

The RCN is keen to reflect how coronavirus is having an impact on different nursing specialities. We are hearing from our forum members that women's health services have a restriction on non-urgent activity along with a dramatic drop in suspected cancer referrals. Many of you may have ceased your normal role and responsibilities whilst some may have been redeployed.

We would like to hear how Coronavirus is affecting you and your services?

Many of us are realising that COVID-19 is not going away as quickly as it came, and we could be managing the impact for many months. Some of you might be realising what has been expected of us in the past is so different to what can be expected of us right now.

During this uncertainty, it is understandable that many of us may be feeling overwhelmed, emotional and physically exhausted and a need to express some strong emotions at times. Being honest about how the crisis is affecting us, not just as nurses but as human beings is important to ensure we get the help and support we each need.

Therefore, whilst you are caring for your patients, colleagues and families. **We want to ask you how can we support you to keep doing what you need to do?**

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Top Tips from the Forum committee:

- Focusing on your basic needs: rest, rehydrate and refuel <https://www.rcn.org.uk/professional-development/publications/pub-006703>
- Mindfulness <https://www.rcn.org.uk/healthy-workplace/healthy-you/time-and-space>
<https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

Why not let us know what your top tips are for thriving during COVID-19? So we can share your advice and support each other.

Let's stay connected so if you haven't already joined, why not reach out to us on our Facebook page **'RCN Women's Health Forum'**.

Please stay safe and keep well.

Best wishes

Katharine

Katharine Gale, Chair of the RCN Women's Health Forum

Further support and information

- RCN: COVID-19 resources www.rcn.org.uk/covid-19
- RCN: COVID -19 (Coronavirus) and your mental health <https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>
- Upskill training for redeployed https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_45016_45612&programmeld=45016

Changes to women' health services during COVID-19:

- Changes to early medical abortions
<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-09-coronavirus-covid-19-infection-and-abortion-care.pdf>
- FRSH advice for women –
<https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/>

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- FRSH provision of Long acting reversible contraception –
<https://www.fsrh.org/news/fsrh-provision-larc-during-covid-19/>
- Guidance for management of abnormal uterine bleeding (AUB) can be found in the BSGE guidelines –
<https://www.bsge.org.uk/guidelines/>
- RCN on remote prescribing –
<https://www.rcn.org.uk/clinical-topics/medicines-management/covid-19-remote-prescribing>
- Early pregnancy care rationing -
<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-21-guidance-for-rationalising-early-pregnancy-services-in-the-evolving-coronavirus-covid-19-pandemic.pdf>
- Guidelines for vaginal pessaries -
<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-09-bsug-guidance-on-management-of-urogynaecological-conditions-and-vaginal-pessary-use-during-the-covid-19-pandemic.pdf>
- Guidance for Colposcopy - <https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-17-colposcopy-guidance-during-covid-19-pandemic.pdf>
- BMS update on HRT shortages –
<https://thebms.org.uk/2020/04/british-menopause-society-further-update-on-hrt-supply-shortages-17th-april-2020/>
- Caring for women with gynaecological cancer -
<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-21-bgcs-framework-for-care-of-patients-with-gynaecological-cancer-during-the-covid-19-pandemic.pdf>
- Women’s health in Primary Care –
<https://pcwhf.co.uk/?s=Covid-19>
- COVID-19 infection in pregnancy -
<https://www.rcog.org.uk/globalassets/documents/guidelines/2020-04-17-coronavirus-covid-19-infection-in-pregnancy.pdf>
- Support for victims of Domestic Violence -
<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

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