

RCN Women's Health Conference 2022

Resources and links discussed and shared at the event



RCN Publications

Launched today:

[RCN Making Sense of Women's Health guidance](#)

[RCN Premenstrual Syndrome \(PMS\) and Premenstrual Dysphoric Disorder \(PMDD\) factsheet](#)

Other publications/resources discussed at the conference:

[RCN Bladder and Bowel Care in Childbirth publication](#)

[RCN Promoting Menstrual wellbeing](#)

[RCN Menopause and Mental Health](#)

[RCN Woman's Health Pocket Guides](#)

[RCN women's health forum clinical topic on urogynaecology](#)

[RCN Premenstrual Syndromes and Premenstrual Dysphoric Disorder](#)

Non-RCN useful resources

[RCOG Life Course Approach - Why do we need women's health strategies?](#)

[Bloody Brilliant Wales – breaking the taboo of talking about period health](#)

[PCOS \(NICE, 2018\)](#)

[NHS Pelvic floor exercises](#)

There are various apps available that can aid the pelvic floor muscles. The [Squeezy app](#) is one recommended by the NHS.

[Jo's Trust: Cervical screening for trans/non binary people](#)

[Info for the Transgender, Non-binary and Intersex Communities around gynaecology cancers](#)

[National Association for Premenstrual Syndromes \(NAPS\)](#)

[Menstrual Diary tool](#)

Breakout session – useful links

Early pregnancy

[RCN Clinical Nurse Specialist in Early Pregnancy Care](#)

[NICE Guidelines: Ectopic pregnancy and miscarriage: diagnosis and initial management](#)

[Clinical Nurse Specialist Standards in Early Pregnancy Care Impact Assessment Report](#)

Abnormal bleeding

[NICE Guidelines: Heavy menstrual bleeding: assessment and management](#)

[NICE Endorsed resource – Shared decision making aid for heavy menstrual bleeding](#)