

Making sense of Women's health across their life course – publication launch.

Deb Panes - Endometriosis Nurse Practitioner, University Hospitals Bristol & Weston

- **Summary**

This presentation aims to inform the audience about the work we have done to create this document. It will identify why the document was developed and the clinical need that has been identified. It will cover the key topics within the document and how these can be useful for the non-specialist nurse in their everyday practice. It will focus on how useful this is as a digital tool and the links embedded within it to enable the practitioner to learn more about each topic. Hopefully it will inspire nurses to go away and access the document and share it in their networks.

- **Intended learning outcomes**

At the end of this session, participants should be able to: (E.g., identify, describe, explain...)

- 1 Participants should have an understanding of the reason why this document has been developed and the clinical need it aims to meet.
- 2 Participants should go away with an insight into the format of the document and how to use it in their clinical practice and improve standards of care.
- 3 Participants should be able to identify ways in which they can disseminate this document within their areas of practice and highlight its clinical use for non-specialist nurses.

- **Recommended reading list/references**

- 1 RCN Making Sense of Women's Health. Clinical Professional Resource. 2021
- 2 RCN Women's Health pocket guides. 2020
- 3 RCOG Better for Women. Improving the health and wellbeing of girls and women. 2019

Young women and heavy menstrual bleeding – Menstrual wellbeing publication

Katharine Gale - Consultant Nurse, North Bristol NHS Trust

- **Summary**

Menstruation is a natural process yet it is still often seen as taboo. Nurses, midwives & nursing associates have a key role in initiating discussions with girls & women around normal menstruation across their lifespan.

Katharine will be raising awareness of the menstrual conditions which affect young women to identify what's normal around menstrual wellbeing & what's not. She will identify the role of the practitioner in supporting women with menstrual conditions &

highlight when a referral may be required to improve their long term health. Finally Katharine will describe the treatment options available to young women.

- Intended learning outcomes

At the end of this session, participants should be able to: (E.g., identify, describe, explain...)

- 1 Explain to young women what's normal and what's not around menstrual wellbeing
- 2 Identify the menstrual conditions affecting young women
- 3 Describe the treatment options for young women with menstrual conditions

- **Recommended reading list/references**

- 1 RCN (2021) Making sense of women's health publication

New weblink to be added once available online

- 2 RCN (2020) Promoting Menstrual Wellbeing publication

<https://www.rcn.org.uk/clinical-topics/womens-health/promoting-menstrual-wellbeing>

- 3 Menstrual & Hormonal Dysfunction in Holloway, D. (2019) 'Nursing management of Women's Health', Springer, London. Pages 7 – 48

The 'middle years' and bladder and bowel care in childbirth

Ellie Stewart - Gynaecology matron and CNS Urogynaecology, West Suffolk NHS Foundation Trust

- **Summary**

The most common gynaecological conditions experienced during the 'middle years' will be briefly discussed and at the end of this session, participants should be able to

- **Intended learning outcomes,**

- 1 Describe the most common gynaecological conditions experienced by women in the 'middle years'
- 2 Have an increased awareness of the changes to bladder and bowel function during and after childbirth

- **Recommended reading list/references**

- 1 <https://www.rcn.org.uk/professional-development/publications/rcn-bladder-and-bowel-care-in-childbirth-uk-pub-009-553>

- 2 <https://www.ukcs.uk.net/UK-Pessary-Guideline-2021>

Menopause & beyond – Menopause & Mental health publication

Debra Holloway - Nurse Consultant, Guys and St Thomas NHS Foundation Trust

- **Summary**

This talk will highlight the publication around menopause and mental health and will look at the psychological symptoms that women can experience and how these can affect women including work, social and home life.

It will look at tips for managing these including HRT and alternative treatments

- **Intended learning outcomes**

- 1 Be aware of psychological symptoms of menopause
- 2 Be aware of the different treatment strategies that can be used to help women

Recommended reading list/references

- 1 <https://www.rcn.org.uk/clinical-topics/womens-health/menopause>
- 2 <https://thebms.org.uk/publications/overview/>

Women's Lived Experiences- Launch of PMS/PMDD Factsheet

Ruth Bailey - Advanced Nurse Practitioner, Sexual Health, HavensHealth, Primary Care

Emily Elson - Professional lead for lived experience practice and peer support

- **Summary**

This session provides an insight to the lived experience of a person struggling to live with Premenstrual dysmorphic disorder (PMDD) and launches the new RCN resource on PMS/PMDD to enable non-specialist nurses to support patients .

- **Intended learning outcomes**

- 1 Recognise the symptoms of PMS/PMDD and the impact that this has.
- 2 Describe 3 Nursing interventions that can support patients.
- 3 Identify practical resources to support clinical practice.

- **Recommended reading list/references**

- 1 Guidelines on Premenstrual Syndromes (2018) The National Association Premenstrual Syndromes (NAPS)

Available at: <http://www.pms.org.uk/app/uploads/2018/06/guidelinesfinal60210.pdf>

- 2 Promoting Menstrual Wellbeing (2019) Royal College of Nursing

Available at: <http://www.rcn.org.uk/Professional-development/publications/pub-007856>

3 NAPS Menstrual Diary.

Available at: <http://www.pms.org.uk/support/menstrual/diary>

The opportunities for nurses to transform the future Health of Women

Michael Neville - Director of Nursing and Quality, BPAS

- **Summary**

To understand and explain how nurses can promote themselves, the work that they do and the services they provide and share their successes with colleagues both nationally and internationally.

- **Intended learning outcomes**

- 1 Identify opportunities for sharing
- 2 Understand how to promote yourself or your service
- 3 Understand where opportunities exist for sharing your work

- **Recommended reading list/references**

- 1 <https://blogs.lse.ac.uk/impactofsocialsciences/2018/05/11/how-to-design-an-award-winning-conference-poster/>
- 2 <https://www.sciencedirect.com/science/article/abs/pii/S0263931912001378>