

## Half Day Hot Topic: Troubleshooting contraception

FSRH Hot Topic Events are a series of half-day courses providing expert specialist clinical training and essential information. This event has been developed with the Faculty of Sexual and Reproductive Healthcare Events Committee.

Join us to address the challenges and solutions related to contraceptive methods. We'll explore and discuss various issues encountered in contraception, including effectiveness, accessibility, side effects, and patient experiences.

Our experts will share their insights on best practices and strategies to improve contraceptive awareness, access and education. Delegates will have the opportunity to gain a knowledge of contraception choices and to discuss concerns and experiences faced by patients.

This programme has been developed by leading experts, focused on practical tips and take-home messages. We have included plenty of time for Q&A.

**Date:** Saturday 21 October 2023

**Time:** 09:30 – 12:30

**Venue:** Delivered via Zoom

**Registration:** Doctors / GPs, nurses, midwives, pharmacists, physician associates – and other healthcare professional with an interest in SRH

### Learning outcomes:

- This course will enable delegates to evaluate treatment and consider management options for more complex cases such as overweight & obesity, difficult coil placements, LARC and contraception after pregnancy.
- Delegates will learn to identify common challenges and issues faced by patients using different contraceptive methods and explore practical solutions to address these challenges effectively.
- Consider diversity and inclusion when providing sexual and reproductive healthcare (to include sexuality, gender diversity, neurodiversity, ethnic background, ability).
- Enhance knowledge to be able to manage and mitigate side effects associated with various contraceptive methods, ensuring patients can address safety concerns effectively.

Time	Topic	Speaker
9:30 – 9:40 (10 minutes)	<b>Welcome and overview</b>	<b>Dr Maryam Nasri</b> , Community Sexual and Reproductive Healthcare consultant & GP & Vice President of Membership, FSRH
9:40 – 10:10 (30 minutes)	<b>Overweight, Obesity and Contraception - key points from the CEU</b>	<b>Claire Nicol</b> , Advanced SRH Nurse Practitioner, Deputy Director of the FSRH Clinical Effectiveness Unit
10:10 – 10:40 (30 minutes)	<b>Difficult IUD placements</b>	<b>Dr Zara Haider</b> , Consultant in Sexual and Reproductive Healthcare, Wolverton Centre, Kingston Hospital NHS Foundation Trust

<b>10:40 – 10:50</b> (10 minutes)	<b>Tea &amp; Coffee Break</b>	
<b>10:50 – 11:20</b> (30 minutes)	<b>Guidance for management of troublesome vaginal bleeding with progestogen-only long-acting reversible contraception (LARC).</b>	<b>Dr Jane Dickson</b> , Consultant in sexual and reproductive health in South-East Wales
<b>11:20 – 11:50</b> (30 minutes)	<b>Postnatal Contraception – why, when, what and how?</b>	<b>Dr Helen Sullivan</b> , Consultant Obstetrician and Gynaecologist, The Royal Wolverhampton NHS Trust
<b>11:50 – 12:25</b> (35 minutes)	<b>Q&amp;A with all speakers</b>	<b>All speakers</b>
<b>12:25 – 12:30</b> (5 minutes)	<b>Chairperson’s closing remarks</b>	<b>Dr Maryam Nasri</b>
<b>12:30</b>	<b>Close</b>	<b>Dr Maryam Nasri</b>

**Disclaimer: the programme content is accurate at the time of publishing and may be updated**

A certificate of attendance will be given should you join the event live.