

Educator

Cindy Farmer

Cindy is a Speciality Doctor in Sexual & reproductive health at Unity Sexual Health

The morning will be structured around case discussions, with Cindy happy to address questions that you bring with you on the day.

Possible areas for discussion include:

- Importance of family history when discussing contraception risks
- COCP in a woman with a history of migraine with aura
- Managing commonly reported side effects of COCP
- Investigating breakthrough bleeding for people on hormonal contraception and to what extent?
- Managing erratic bleeding with the POP, contraceptive injection or implant
- Prescribing contraceptives in obese patients
- Norethisterone to postpone menstruation
- Contraception in the peri-menopause

Programme

Timings are approximate

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.40	Part 1
10.40 – 11.00	Coffee
11.00 – 12.00	Part 2
12.00 – 12.30	Lunch

Afterwards, there is the option of staying for part of the afternoon in order to reflect on your learning with peers. This may be helpful for appraisal, and the time counts towards your CPD requirement for the year.

RCGP Curriculum area covered:
3.08 Sexual Health
Good Medical Practice Framework:
<p>1.1 Maintain your professional performance</p> <ul style="list-style-type: none"> • Keep knowledge and skills about your current work up to date • Participate in professional development and educational activities <p>1.2 Apply knowledge and experience to practice</p> <ul style="list-style-type: none"> - Provide effective treatments based on the best available evidence - Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

This is one of our **'Conversations'** programme in 2017-18. These courses are limited to 16 participants and are designed to be highly learner-centred. You are encouraged to bring cases and questions of personal interest and concern: these will be addressed by the educator and may be discussed in the group.

It is always useful for the educator to have had sight of cases/questions in advance of the session. Please email these to us beforehand, if you can. We appreciate that questions are often prompted by the session itself!

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be emailed to you after the course.

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We are very grateful to these sponsors for supporting this event. Please do visit their stand during the break.

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