

# UKCPA

CLINICAL PHARMACY ASSOCIATION

## UKCPA Women's Health Group Masterclass Programme:

### **Women's Health: Mind and body**

Friday 22nd June 2018

Roben's Suite, Floor 29,  
Guy's Hospital, London



## OVERVIEW

The day will focus on issues related to the management of mental health in the pregnant and postnatal population and its implications for the newborn. Part of the day will also focus on certain gynaecological conditions such as heavy menstrual bleeding disorders, early pregnancy loss and hormone replacement therapy.

The primary aims of this masterclass are to:

- Inform and better equip pharmacists involved in the care of women with mental health issues during pregnancy and the postnatal period, and the care of babies born to them whilst on psychotropic medication.
- Provide knowledge and skills to optimise the pharmaceutical care of non-pregnant women presenting with heavy menstrual bleeding.
- Provide knowledge on the medical management of miscarriage and termination of pregnancy.
- Provide knowledge and skills to optimise hormone replacement therapy in a variety of gynaecologically related conditions.

Attending this event will help you advance your professional practice and could be used as evidence in your RPS Faculty and GPhC revalidation portfolio.

## SPEAKERS

**Nicky Moya**, Directorate Pharmacist Neonatal and Women's Services, Portsmouth Hospitals NHS Trust

**Christina Nurmahi**, Women & Newborn Care Group Lead Pharmacist, University Hospital Southampton NHS Foundation Trust

**Claudia Tye**, Clinical Nurse Specialist, Endometriosis and Gynaecology, Guy's and St Thomas' NHS Foundation Trust

**Jude Hamilton**, Consultant Gynaecologist, Guy's and St Thomas' NHS Foundation Trust

**Dr Joanne Spoor**s, Consultant Perinatal Psychiatrist, Hampshire, Portsmouth, Isle of Wight and Farnham Perinatal Mental Health Service

**Sian Gaze**, Highly Specialist Pharmacist – Neonates, Guy's and St Thomas' NHS Foundation Trust

**Dr Nuttan Tanna**, Consultant Pharmacist Women's Health and Older People, London Northwest Healthcare NHS Trust

## PROGRAMME

Time	Session title	Speaker	Format
0915 to 0945	<i>Registration and refreshments</i>		
0945 to 1000	<b>Welcome</b>	Nicky Moya	
1000 to 1040	<b>Session 1 Heavy menstrual bleeding: causes and management</b>	Speaker TBC	Presentation
1040 to 1110	<b>Session 2 Endometriosis</b>	Claudia Tye	Presentation
1110 to 1130	<i>Refreshment break</i>		
1130 to 1210	<b>Session 3 HRT – suitable treatment choice</b>	Nuttan Tanna	Presentation and case study
1210 to 1250	<b>Session 4 Medical management of early pregnancy loss</b>	Jude Hamilton	Presentation
1250 to 1330	<i>Lunch break</i>	n/a	n/a
1330 to 1415	<b>Session 5 Mental health and pregnancy</b>	Joanne Spoors	Presentation
1415 to 1500	<b>Session 6 Psychotropic drug management</b>	Joanne Spoors	Presentation and case study
1500 to 1520	<i>Refreshment break</i>	n/a	n/a
1520 to 1600	<b>Session 7 Mental health and the implications for the newborn</b>	Sian Gaze	Presentation
1600 to 1630	<b>Open Forum – What’s new in UKCPA Women’s Health, plus open floor for questions from the audience</b>	Christina Nurmahi	Feedback on UKCPA Women’s Health Group future plans, projects
1630 to 16.45	<b>Evaluation and Close</b>	Nicky Moya	n/a

The learning outcomes for this event are met by means of lectures, small group discussions and case studies.

## LEARNING OUTCOMES

At the end of this event, participants should be able to:

- Discuss the risks and benefits of antipsychotic and antidepressant use during pregnancy.

### Heavy Menstrual Bleeding

- Describe the most common causes of heavy menstrual bleeding and discuss the pharmaceutical and surgical management options available.
- Medical Management of Miscarriage and Termination of Pregnancy
- Discuss the pharmacological interventions available for medical management of miscarriage and termination of pregnancy.

### Hormone Replacement Therapy

- Describe the various scenarios where HRT may be required and discuss the pharmacological management options available for these conditions, e.g. natural menopause, premature ovarian insufficiency, surgical menopause (post-hysterectomy), endometriosis, reduced libido, etc.

## **Mental Health and Pregnancy**

- Describe the impact of pregnancy on mental health, including likely changes to pre-existing mental illness with ongoing pregnancy, postnatal depression and 'baby blues'.
- Discuss the management of the most common forms of mental illness, and the risks associated with the use of psychotropic drugs during pregnancy and breastfeeding; includes awareness of changes to medication that may be required in women planning a pregnancy, during pregnancy and in the postnatal period.
- Outline and discuss the most commonly used psychotropic drugs and factors to consider when deciding on starting, changing or stopping treatment e.g. gestation of pregnancy, breastfeeding, discontinuation symptoms in women, neonatal adaptation syndrome in baby, rapid tranquillisation, use with neuromodulatory treatments (e.g. ECT); have awareness of drug monitoring requirements in the mother and the neonate.
- Describe how to counsel patients on the benefits, risk and harms of treatments for mental health problems in pregnancy and the postnatal period, including the risks of stopping or changing a treatment suddenly.
- Outline the national concerns surrounding mental health in pregnancy e.g. MBRRACE-UK report 2015, Maternal Mental Health – Women's Voices, Feb 2017; discuss what is the role of the pharmacist in all of this.
- Describe the risk to babies born to women who have taken medication for mental disorders (psychotropic medication) during pregnancy and discuss the neonatal interventions that may be required following delivery.

## **Fees:**

UKCPA Members:       £130.00

Non-Members:       £199.00

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