

**Pennine GP Learning Group**

**Minutes of meeting**

**Date: 12th April 2017**

**Topic: FSRH March 2017 Emergency Contraception Guidelines, Discussion regarding BBC documentary - Obesity: How prejudiced is the NHS?**

**Members present:** Dr Rukhsana Hussain, Dr Emma Cole, Dr Ainie Chaudhry, Dr Ann Holmes

**1. Dr Hussain presented a summary of the recently updated FSRH Emergency Contraception Guidelines**

We learned that EllaOne (UPA-EC) can be offered more than once in a cycle now as opposed to previous advice. We also learned that UKMEC 2016 does not list any contraindications to the use of oral EC methods and so we can feel comfortable in prescribing them to any woman who requests it within the recommended time periods.

Both oral EC methods do not affect pregnancy and so can be safely offered if there has been a previous UPSI in the cycle.

We also learned that EllaOne can be affected by progestogen use 7 days prior and 5 days after. This may affect our choice of which EC pill to use for individual women. Dr Hussain admitted that she couldn't recall ever prescribing EllaOne but after reviewing the guidelines feels that she is more comfortable about knowing when it would be appropriate to prescribe it over Levonelle (LNG-EC)

The guidelines also recommended that if we are referring onwards for a copper IUD insertion then we should prescribe an oral EC pill at the time in case the IUD cannot be inserted or the woman changes her mind.

The group agreed that they had all learned something new from the review.

**2. Dr Cole raised a discussion regarding a recent documentary regarding obesity and public health and prejudice in the NHS. It was highlighted that many CCGs are cutting back funding for bariatric surgery due to lack of GP knowledge regarding the cost savings made by, for example, improved diabetes control in patients who undergo the procedure.**

The discussion followed on to talking about the implications of lack of funds in the NHS and closure of services which were previously available such as Noah's ark for young people counselling in the Calderdale area.

Dr Holmes mentioned she had referred a young man to "Time 2 Talk" as there was nothing else available in the area. This is a service provided by Relate for young people aged 5-25 who are suffering with worries or feeling unhappy or anxious due to difficulties in their family, school or personal lives.

The rest of the group had not heard of this service so we were grateful that there was an alternative service available to signpost affected young people to. We did not like having to refer to CAMHS which has a very long waiting list and often was not the most appropriate service for young people suffering with short term issues and needing short term support.

3. Dr Hussain asked the group regarding whether they had diagnosed any patients with b12 deficiency since the last meeting . Dr Cole and Dr Chaudhry admitted that they were more aware of testing indications and had tested for IF antibodies which they may not have done before the presentation. We updated Dr Holmes briefly regarding issues with the b12 assay.

### **Action Plan**

1. The next meeting will be on Weds 10th May 2017 and there will be no meeting in June due to Dr Hussain taking a break for the month of Ramadan. Meetings will resume again in July.

2. Dr Hussain will email the minutes of the meeting to those who attended and also upload the presentation and minutes to the website.