

## Top Tips



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<b>Subject</b>	<b>Women's Health</b>
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<b>Review Date</b>	12 months from release date
<b>Disclaimer</b>	These are intended only as good practice prompts. Use your clinical judgement
<b>Top Tip 1</b>	<b>PolyCystic Ovary Syndrome</b>
	Symptoms are improved by weight reduction Long-term consequences of metabolic syndrome Check <u>annual HbA1C</u> in: Caucasian women with BMI >30 and South Asian women with BMI > 25
<b>Top Tip 2</b>	<b>Fertility</b>
	94% of couples conceive within 2 years if having regular penetrative sexual intercourse Fertility is improved by achieving normal BMI and smoking cessation in both partners Refer for fertility advice when female partner has a BMI <30 Add semen analysis and day 2-5 FSH/oestradiol result to referral
<b>Top Tip 3</b>	<b>Prescribing for overactive bladder and urinary incontinence</b>
	1 <sup>st</sup> line Tolterodine 2mgs bd 2 <sup>nd</sup> line Trospium chloride XL 60mgs nocte 3 <sup>rd</sup> line Refer or Mirebegron MR 50mgs daily if contra-indications to antimuscarinic medication
<b>Top Tip 4</b>	<b>Delaying periods</b>
	Norethisterone has thrombotic potential. Take medroxyprogesterone acetate (MPA) at dose of 20mg nocte, starting 3 days before going on holiday or before the period is due to start and continue taking until returning from holiday when menstruation is not such a concern
<b>Discussion Points / Information</b>	<b>Abnormal Uterine Bleeding? Refer to pathways on SystemOne</b>
<b>Questions to</b>	<b>Clinical Top Tips</b> email: <a href="mailto:Top.Tips@bradford.nhs.uk">Top.Tips@bradford.nhs.uk</a>
<b>My CPD</b>	<i>Document the key points simply, reflect on what it means for me, so what?</i>
<b>My QI</b>	<i>Take action, then document a simple Quality Improvement for my next appraisal</i>