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## Trainer Information

**Dr Ruth Reakes** is a Specialty doctor who has been working in the Sexual Health Clinic in Reading for 18 years, having previously worked in just the contraception service when her 5 children were small. She was invited to join the sexual health clinic in order to bring contraceptive skills in the days when these services were not integrated. She became a qualified implant and coil fitter in 2011 and a Faculty Registered Trainer in 2013. She was the Regional Training Advisor for the Oxford Region for 6 years until the post was closed 3 years ago. She has been the Contraceptive Lead in the clinic since 2017.

## Booking Information

To book a place/s email

[bookings@networkforpractices.co.uk](mailto:bookings@networkforpractices.co.uk)

*Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.*

# Contraception Update

**Date:** 3<sup>rd</sup> July 2025  
**Times:** 0930 - 1600  
**Venue:** Zoom Online Platform  
**Places available:** 15

**Fee/s:**

<b>NfP Members</b>	<b>£105</b>
<b>Non-Members</b>	<b>£150</b>

**This workshop is suitable for:** for Health Professionals who already have a FP Cert or experience in this clinical area

## Learning Outcomes / Workshop Objectives

- To help maintain awareness of developments in and up to date of information about contraceptive issues and current prescribing
- Demonstrate a critical understanding of key reproductive and sexual health issues in the contraceptive consultation
- Allows discussion of relevant practice problems and their solutions.
- Develop an awareness of how attitudes and values may affect practice
- Raised awareness of ongoing development of practice and professional accountability within the contraceptive field

## Agenda

- Introductions
- Safeguarding principles
- Combined Hormonal Contraception (CHC) Update
- Drospirenone-Containing Progestogen-Only Pill (POP)
- Progestogen Methods – Comprehensive Review and Breast Cancer Risks
- Intrauterine Contraception (IUC) – Focus on Mirena Licence Change
- Emergency Contraception – An Overview
- Local Anaesthetic (LA) Techniques for IUC Fitting
- Case Studies and Practical Applications

**Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH**

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