

# RCN Women's Health Conference 2024

Advancing Excellence: Empowering Nurses in  
Women's Health



Tuesday 10 December 2024

RCN HQ, London

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# Welcome letter

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Dear Colleague,

On behalf of the Royal College of Nursing (RCN) and the RCN's Women's Health Forum, welcome to the RCN Women's Health Conference.

We trust that you will find the conference stimulating and informative and that you'll have an opportunity to network with colleagues during the course of the event. We hope you will go away feeling inspired and invigorated and armed with information to share with colleagues in your workplace.

The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are included in the conference pack and the framework for reflection can be found on the reverse. You are encouraged to contribute attendance at RCN events towards your framework for reflection which can be included in your portfolio.

You will receive an email with a link to the online conference evaluation. We'd be grateful if you would complete this as soon as possible and within seven days of the conference. Your comments and feedback are invaluable in helping us plan future RCN conferences.

RCN staff and committee members are also on hand to answer any queries you may have regarding your membership. Or if you're a non-member, they can inform you of the many benefits of joining the RCN. As a member, you can join any number of the RCN Forums. Forums have active Facebook groups that provide you with the opportunity to connect with colleagues and keep up to date on current practice related issues.

The RCN has professional forums across the diverse nursing arena and RCN members can join as many of these forums as they wish. With 202105 forum members, forum membership is set to continue to rise. Forums are a huge area of influence and direction for the RCN and are a valuable opportunity to network with colleagues around the UK and be involved in:

- consultation responses
- conferences, events and workshops
- forum-led publications.

We'd like to thank you for supporting this conference and look forward to welcoming you back to future RCN events. A full listing of future events can be found on page 26 of your conference programme.

With best wishes,  
Michael Nevill, RCN Women's Health Forum Committee; Clinical Director,  
National Unplanned Pregnancy Advisory Service (NUPAS)

## Programme at a glance

09.30	<b>Registration, networking and refreshments</b>
10.00	<b>Chair's opening remarks</b> Michael Nevill, RCN Women's Health Forum Committee; Clinical Director, National Unplanned Pregnancy Advisory Service (NUPAS)
10.15	<b>Keynote: Navigating pathways: My career journey of growth and discovery</b> Simphiwe Sesane, Medical Educator, Exeltis UK, Founder and CEO: Black Nurses & Midwives UK
10.45	<b>Capturing patient feedback and using it to improve healthcare services</b> Dr Gwenne McIntosh, Head of Health Sciences, University of Stirling
11.15	<b>Refreshments, exhibition viewing and networking</b>
11.45	<b>What's new in contraception: exploring the latest developments and trends</b> Ruth Bailey QN, Women's Health Forum Chair; Advanced Nurse Practitioner Sexual Health, Primary Care, FSRH Council Nurse Member
12.05	<b>Contemporary issues in abortion care: Navigating challenges and improving practice</b> Charlotte Glynn, RCN Women's Health Forum Committee; Lead Nurse at the British Pregnancy Advisory Service
12.25	<b>Conference Address from Dame Lesley Regan, Women's Health Ambassador for England</b> Dame Lesley Regan, Women's Health Ambassador for England
12.45	<b>Lunch and exhibition viewing</b>
13.45	<b>Advances in gynaecological cancers</b> Esther Kuria, RCN Women's Health Forum Committee; Interim Lead CNS Gynaecology
14.15	<b><i>Developments in urogynaecology: advances in diagnosis and treatment'</i></b> Ellie Stewart, Gynaecology Matron and Clinical Nurse Specialist in Urogynaecology
14.45	<b>Refreshments, exhibition viewing and networking</b>
15.15	<b>Live debate: Should women with menstrual conditions receive up to 3 days of paid leave monthly?</b> Speaking FOR – Emma Cox, CEO, Endometriosis UK Speaking AGAINST - Tori Heppell, Aneria Health
16.00	<b>Closing remarks</b> Ruth Bailey QN, Women's Health Forum Chair; Advanced Nurse Practitioner Sexual Health, Primary Care, FSRH Council Nurse Member
16.10	<b>Conference close</b>

# General information

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## **Conference enquiries**

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

## **Delegate Badges**

For security purposes, participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

## **Programme**

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

## **Exhibition**

There is an exhibition running alongside this event. These exhibitors have chosen to exhibit at this conference as they feel their products and/or services may be of interest to you. The exhibition also supports the conference, therefore please take the time to go and visit each exhibition stand during the exhibition viewing times.

## **Receipts**

If you require a receipt or have any queries relating to your registration or payment for this event, please contact staff on the registration desk at the event. Alternatively, receipts are also available by contacting RCN Event Registrations direct on 029 2054 6460 between 9.00am and 4.30pm Monday to Friday.

## **Specific requirements**

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

## **Electronic devices**

Out of courtesy to others, delegates are requested to switch off or set to silent all electronic devices during conference sessions.

## **Liability**

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attendance at this event.

## **Continuing Professional Development**

The Royal College of Nursing believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised Royal College of Nursing certificates of attendance have been issued to all participants. This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.

### **Free information at your fingertips**

The Royal College of Nursing offers a number of FREE online resources with all the latest information and guidance on particular nursing practice issues such as: clinical guidelines, patient safety and eHealth. Visit <http://www.rcn.org.uk/development/practice> for more information.

### **Media partner**

RCNi is the premier provider of innovative and creative information solutions for the whole nursing team and associated health professionals. With 11 nursing journals, including Nursing Standard, RCNi provide health professionals with the latest developments impacting nursing, including changes in policy, practice and research. RCNi also offer a range of digital products including RCNi Learning, an interactive online resource of CPD training modules, and the RCNi Portfolio, an online store and tracking system to help you with revalidation.



### **National conference partner**

LV= General Insurance, one of the UK's largest personal lines insurers, pride themselves in putting customers at the heart of all they do. RCN members can benefit from exclusive\* discounts and savings on a range of LV= insurance products, including Car and Home insurance, for a quote and more information visit [LV.com/RCN](http://LV.com/RCN).

\*Exclusive RCN member discount vs general public prices on [lv.com](http://lv.com) and through the call centre



# Acknowledgement and thanks

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## RCN Women's Health Forum Committee

Ruth Bailey QN – Chair Women's Health Forum Chair; Advanced Nurse Practitioner  
Sexual Health, Primary Care, FSRH Council Nurse Member

Emma Ayling - Gynaecology Matron, The Rosie Hospital, Cambridge University Hospitals

Charlotte Glynn - Lead Nurse, British Pregnancy Advisory Service

Esther Kuria - Nurse Consultant Gynaecology, Guys & St Thomas NHS Foundation Trust

Victoria Heppell - Early pregnancy Nurse Specialist & Sonographer, Oxford University  
Hospitals NHS Foundation Trust

Debra Holloway FRCN - Retired Nurse Consultant and RCN Fellow

Michael Nevill - Clinical Director, National Unplanned Pregnancy Advisory Service  
(NUPAS)

Dr Wendy Norton - RCN Fellow

Debra Holloway - RCN Fellow

## Events management team

Liz Savage Corporate Events Organiser, RCN Events

Sarah Stephenson Events & Marketing Administrator, RCN Events

Will Tomlin IT Audio Visual Engineer

## [BSACP](#)

The British Society of Abortion Care Providers (BSACP) is a multi-professional organisation formed to promote best practice, education, training and research in abortion care. The aim of the BSACP is to improve the standard of abortion care in the United Kingdom of Great Britain and Northern Ireland, its Crown Dependencies and Overseas Territories.

Link to the website: <https://bsacp.org.uk/>

# Plenary speaker abstracts

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**Mrs Simphiwe Sesane - Medical Educator, Exeltis UK, Founder and CEO: Black Nurses & Midwives UK**

**Talk title: Keynote: Navigating pathways: My career journey of growth and discovery**

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## Summary

This talk is about navigating my career journey in Nursing and how I developed my passion for Women's health. I will also share some challenges I have encountered along the way and how I discovered my love for education, supporting and mentoring others which led me to founding my Organisation Black Nurses & Midwives UK.

## Learning outcomes

1. Describe some of the reasons why women's health is important and why the great work must continue in order to make positive change.
2. Describe some of the challenges faced by Black patients when accessing services.
3. Describe how community mentoring can make a difference in career development and progression.

## Recommended reading list

1. MBRRACE-UK Report (2024) *Saving Lives, Improving Mothers' Care 2024 – Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2020-22*. Accessed from: [Saving Lives, Improving Mothers' Care 2024 - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2020-22 | MBRRACE-UK | NPEU](#) (Accessed on: 30<sup>th</sup> November 2024).
2. Information Analysis Directorate (2024) *Health Inequalities Annual Report 2024*. Accessed from: [Health Inequalities Annual Report 2024](#) (Accessed on: 30<sup>th</sup> November 2024).
3. NHS England (2023) *NHS Workforce Race Equality Standard (WRES) 2022 data analysis report for NHS trusts*. Accessed from: [NHS England » NHS Workforce Race Equality Standard \(WRES\) 2022 data analysis report for NHS trusts](#). (Accessed on: 30<sup>th</sup> November 2024).

## Biography

Simphiwe Sesane is a Nurse Consultant/Medical Educator, a Faculty of Sexual and Reproductive Health (FSRH) and Bayer Trainer. She is also the Founder and CEO of Black Nurses & Midwives UK.

From 2012 to date, Simphiwe has worked as a Nurse in Sexual and Reproductive Health & HIV Services, with a passion for Women's Health. From 2016, she has been active in Health Advocacy, Education and Clinical Research.

She has a special interest in Contraception, Menopause, Black maternal health and improving Sexual and Reproductive Health access for marginalised and vulnerable groups.

Simphiwe prides herself with the ability to empower individuals with choice.



### **Summary**

Nurses use patient feedback to guide person-centred care or to inform healthcare decisions. Feedback from people who use services is central to understanding, evaluating and improving their healthcare experiences. This presentation will provide an overview of the strategies available to capture patient feedback and offer guidance on how nurses can make use of feedback to promote healthcare improvement.

### **Learning outcomes**

1. To identify the purpose and value of gathering feedback from people who use services and their families.
2. To describe the range of strategies that can be used to gather feedback from people who use services and their families.
3. To outline the role that nurses have in the collection, analysis and evaluation of feedback to improve healthcare quality.

### **Recommended reading list**

1. McIntosh, G. L., Hibberd, C., & McGregor, S. (2024) Capturing Patient Feedback to Improve Healthcare Services. *Nursing Standard* 39 (8) pp 62-67. Doi: 10.7748/ns.2024.e12274
2. Robertson C, Hibberd C, Shepherd A & Johnston G (2024) How a National Organization Works in Partnership with People Who Have Lived Experience in Mental Health Improvement Programs: Protocol for an Exploratory Case Study. *JMIR Research Protocols*, 13, p. e51779. <https://doi.org/10.2196/51779>
3. Flott KM, Graham C, Darzi A et al (2017) Can we use patient-reported feedback to drive change? The challenges of using patient-reported feedback and how they might be addressed. *BMJ Quality and Safety*. 26, 6, 502–507. doi: 10.1136/bmjqs-2016-005223

### **Biography**

Gwenne is an experienced lecturer and mental health nurse with a keen interest in co-production in education and research. Gwenne's research includes the impact of co-production in nurse education from a student and family carer perspective, the impact of trauma informed education on student mental health nurses practice, and her PhD investigated the perspectives of male caregivers of a spouse with dementia and their views of accessing support services.

Gwenne McIntosh is a Senior Fellow of Higher Education Academy (SFHEA); MSc Nursing and Applied Education; PgCert Teaching and Learning in Higher Education; BSc Advanced Practice and an NMC registered RMN.

**Charlotte Glynn - Lead Nurse, British Pregnancy Advisory Service (BPAS)**

**Talk title: Contemporary issues in abortion care: Navigating challenges and improving practice**

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### **Summary**

The development of the role of nurses and midwives in abortion care is progressing at speed but is limited in England, Scotland and Wales due to legislation. Decriminalisation is a main focus of abortion care providers and pro-choice activists, to ensure abortion is treated as the healthcare procedure it is and not a piece of legislation resulting in the inappropriate punishment of women. The issues of decriminalisation and the increased involvement of nurses and midwives in abortion care are closely linked, and this session will summarise the past, present and future of nurses and midwives when it comes to abortion care.

### **Learning outcomes**

1. The role of nurses and midwives in the abortion care
2. How the role of nurses and midwives in abortion care can develop currently
3. How the role of nurses and midwives could develop further if abortion was decriminalised

### **Recommended reading list**

1. The role of nurses and midwives in the provision of abortion care: A scoping review <https://doi.org/10.1111/jocn.15218>
2. Vacuum aspiration for induced abortion could be safely and legally performed by nurses and midwives <https://doi.org/10.1136/jfprhc-2016-101542>
3. Nurse practitioners on 'the leading edge' of medication abortion care: A feminist qualitative approach <https://doi.org/10.1111/jan.15487>

### **Biography**

Charlotte is a Lead Nurse for BPAS Telemedical Hub Doncaster. Her background is in sexual health and contraception, and she has been working in abortion care for the last 3 years. Her special interests are early medical abortion, non-medical prescribing, LARC fitting, the role of research and audit in SRH, and the care of vulnerable people and communities. She is a committee member of the RCN Women's Health Forum Committee and was awarded Forum Member of the Year Award 2024.

### **Summary**

Gynaecological malignancies account for approximately 11% of newly diagnosed cancers both nationally and globally, cervical, endometrial, and ovarian cancers rank among the most common cancers. Cervical and ovarian cancers, in particular, are notable causes of death worldwide. While most endometrial cancers are diagnosed at early stages, mortality rates have been increasing since 1997. The presentation will look at some of the pathways & innovative treatments in use and their impact on the nursing workforce.

### **Learning outcomes**

1. To gain knowledge & understanding of cancer in context in the UK
2. To describe the cancer pathways for gynaecological cancers
3. To discuss some of the latest innovations and services in gynaecology cancer management

### **Recommended reading list**

1. M. Wilson et al (2024) Recent Therapeutic Advances in Gynecologic Oncology: A Review <https://www.mdpi.com/journal/cancers>
2. JY Lee et al (2023) Hyperthermic Intraperitoneal Chemotherapy After Interval Cytoreductive Surgery for Patients with Advanced-Stage Ovarian Cancer Who Had Received Neoadjuvant Chemotherapy. *JAMA Surg.* 2023;158(11):1133-1140. doi:10.1001/jamasurg.2023.3944
3. Robotic Surgery in Gynaecology (Scientific Impact Paper No. 71 2022)- <https://www.rcog.org.uk/guidance/browse-all-guidance/scientific-impact-papers/robotic-surgery-in-gynaecology-scientific-impact-paper-no-71>
4. A. Gompel (2023) Menopause hormone treatment after cancer, Climacteric: <https://doi.org/10.1080/13697137.2023.2176216>
5. T.Deli, M.Orosz & A. Jakab (2023) Hormone Replacement Therapy in Cancer Survivors – Review of the Literature, Pathology & Oncology Research <https://doi.org/10.1007/s12253-018-00569-x>

### **Biography**

Esther Kuria is a nurse, midwife, sonographer, accredited advanced nurse practitioner and independent prescriber with 30 years' experience in Nursing of which 20 have been in Women's Health. Esther's current position of Nurse consultant allows her the opportunity to work in a multidisciplinary team whose responsibilities include development and implementation of patient care pathways.

Esther is a Fellow of the Higher Education Academy (FHEA) & an alumna of the NHS Leadership Academy. Esther sits in the Women's Health Forum Committee of the Royal College of Nursing and is a Member of the British Gynaecological Cancer Society, British Menopause Society and Kenyan Nurses & Midwives Association UK.

**Ellie Stewart - Gynaecology Matron and Clinical Nurse Specialist in Urogynaecology**  
**Talk title: Developments in urogynaecology: advances in diagnosis and treatment**

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**Summary**

Information not available at time of print.

**Learning outcomes**

1. To have a better understanding of pessary use for pelvic organ prolapse
2. To have an awareness of GIRFT and its implications for urogynaecology as a sub specialism
3. To be aware of the PPHS services and the importance of asking pregnant people about their pelvic floor issues which pregnant and post delivery

**Recommended reading list**

1. <https://www.ukcs.uk.net/UK-Pessary-Guideline-2021>
2. Maternity and gynaecology - Getting It Right First Time - GIRFT
3. NHS England » Implementation guidance: Perinatal Pelvic Health Services

**Biography**

Ellie trained as a registered nurse at St Bartholomews Hospital in London in 1993. Since qualifying she has nursed predominantly in the fields of urology and gynaecology. She has a keen interest in women's health.

She worked at Guys and St Thomas NHS Foundation Trust as a clinical nurse specialist (CNS) in Urogynaecology for 15 years gaining significant experience in this area during that time. She is a nurse prescriber, undertakes independent urodynamics, runs the third-degree tear service, provides pessary fitting and support to those presenting with pelvic floor dysfunction. She also provides a link with the maternity department and local perinatal pelvic health service. Ellie writes for the nursing press and speaks regularly on courses and education sessions nationally and internationally.

Ellie currently works as a CNS in Urogynaecology and has taken on the role of gynaecology matron at the West Suffolk NHS Foundation Trust in Bury St Edmunds Suffolk.

**Emma Cox - Chief Executive, Endometriosis UK**

**Talk title: Speaking for in live debate: Should women with menstrual conditions receive up to 3 days of paid leave monthly?**

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**Summary**

Information not available at time of print.

**Biography**

Emma joined Endometriosis UK as Chief Executive in February 2016 and has overseen a sustained period of growth and development for the organisation, including awareness raising, new campaigns, and building key relationships with healthcare practitioners, researchers, and policy influencers. Emma's background is as a strategic change management specialist with over 20 years' experience gained working in volunteering, membership organisations including Diabetes UK, NUS and the Chartered Quality Institute. Emma has an MSc in Organisational Behaviour and an MBA.

# Exhibitors

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The Royal College of Nursing would like to thank the following organisations for supporting this event.

Exhibitors

We look forward to being joined by our exhibitors at the RCN Women's Health Conference:

[Gedeon Richter](#)

[NHS Blood and Transplant](#)

[Aneria Health](#)

[RCN Women's Health Forum](#)

The RCN welcomes sponsorship from the health care industry to deliver educational initiatives and events for the nursing profession. Financial support is accepted where there is clear alignment in objectives and strong grounds that the collaboration will add value to the RCN's educational offer.

The RCN works to ensure that all commercial activity is ethical, mutually beneficial and complies with the Bribery Act and relevant codes of practice e.g. Association of British Pharmaceutical Industries and Association of British Healthcare Industries.

Sponsorship or exhibition led activity does not imply endorsement by the RCN of any products and services displayed by the sponsors or exhibitors at an RCN event.

## Future RCN Events

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Date	Event	Location
11 December	RCN Equity, Diversity and Inclusion Conference	RCN HQ, London
7 February	RCN Diabetes Conference	RCN HQ, London
7 March	RCN Pain and Palliative Care Conference	RCN HQ, London
22 March	RCN and NaTHNaC 8 <sup>th</sup> Joint Travel Health Conference	Online
29 March	RCN Critical Care and Flight Nursing Forum Conference	RCN HQ, London
31 March – 1 April	RCN Education Forum Conference	Glasgow
6 June	RCN Acute Care Symposium	RCN HQ, London