

Contraceptive Technology Update 2020: Part 1 WEBINAR

Saturday 18th July 2020

All Delegates will receive

- A set of supplementary course notes
- A certificate for your appraisal portfolio

**Course Accredited for
 3 hours CPD**

This is the first of 2 presentations.
 This is a stand-alone event. Delegates will benefit from attending either or both sessions.

Introducing your speaker

Professor John Guillebaud
 Emeritus Professor of Family Planning
 University College London.

Meet the Speaker ...

**John Guillebaud - pronounced in 2 syllables
 "Gil-boe" [a Huguenot name]**

is Emeritus Professor of Family Planning and Reproductive Health, University College London (personal Chair since 1992, the world's first in this specialty) and ex Medical Director, Margaret Pyke Centre for Study and Training in Family Planning.

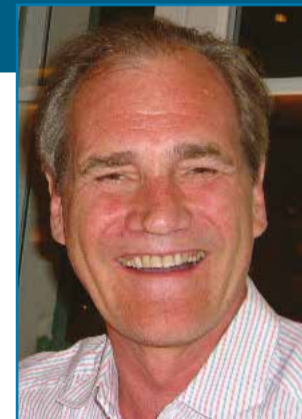
He was born at Buye, Burundi, brought up in Rwanda, Uganda and Kenya, and continues to support sexual and reproductive healthcare professionals in Africa. He features intermittently in the media and also consults, as requested, both internationally and nationally, advising inter alia on the regular Guidance documents issued by the Faculty of Sexual and Reproductive Health.

As well as procedures for women he has performed c 5000 vasectomies - latterly by the favoured 'No-scalpel' technique - and had one himself, remarking that he may have toyed with the idea but didn't do his own! He is author/co-author of over 300 publications on environmental sustainability, climate change, reproductive health and population, contraception for women and for men, and of nine books available in 10 languages including Bulgarian, Malay and Japanese. "Contraception Today" and "Contraception: Your Questions Answered" (now co-authored with Professor Anne MacGregor) are available in very recent editions, and he contributed to the "Oxford Handbook of Reproductive Medicine and Family Planning" and "Contraception: a Casebook from Menarche to Menopause."

His choice of contraception for both genders as his specialty, leading to higher degrees in both surgery and gynaecology, was made while he was still a medical student, prompted by a lecture from the Biologist Dr Colin Bertram. Ever since, his vision has been that humankind's collective environmental footprint is exacerbated by the number of feet - i.e. the number of humans doing the consuming and polluting, on our uniquely life-supporting but finite planet. This factor, one of only 3, in humanity's environmental impact must be addressed, always wisely and compassionately, through voluntary rights-based family planning made accessible to all. Along with among others Sir David Attenborough he is a Patron of and Adviser to www.populationmatters.org; and his website is www.ecotimecapsule.com.

His activism regarding climate change is best summed up in the slogan: "*the greenest energy of all is the energy you do not use - at all*". This is obvious from his lifetime enthusiasm for cycling, for its fun, convenience and zero emissions; and less obviously but no less importantly from his strong advocacy to reduce the number of climate changERS on the planet through the neglected climate intervention of voluntary family planning.

John now spends an increasing amount of time and energy with his grandchildren living next door, enjoying the same extended household and shared garden. He warns that, although large audiences are still coming, 2020 is expected to be the final year of his interactive presentations "in a city near you".



Your Learning Agenda ...

Contraceptive Technology Update 2020: Part 1

The following will be covered, during the presentation as time permits, otherwise by the supplementary Manual provided

World Population, Family Planning and Sustainability

“Family planning could bring more benefits to more people at less cost than any other single ‘technology’ now available to the human race” - UNICEF’s words, 28 years ago.

A. Some things to be “unlearned”: that the COC taken by the 21/7 regimen is a good choice in contraception. Not so, that was always suboptimal. Continuous-use regimens have advantages – some obvious, some less so.

B. Things to learn:

New and newish methods: Nexplanon®, Essure®, Qlaira®, NuvaRing®, ellaOne®, Zoely®, Sayana®Press, Jaydess®, Kyleena®, Levosert®, Eloine®, the IUB® & VeraCept®.

Fresh angles on how to provide the old ones including:

- ▶ Taking a sexual history with both empathy and speed.
- ▶ WHO’s advice for most ‘medical’ FP methods, to replace the majority of routine follow-ups by a truly “open house” policy.
- ▶ Quick starting and Bridging.
- ▶ The ‘Proving not Pregnant Protocol’ - for that common problem of recent UPSI plus amenorrhoea e.g. if late for DMPA injection.
- ▶ How to start progestogen-containing contraception after UPA (ellaOne®) for EC.
- ▶ Rediscovering copper, for emergency and long-term use.
- ▶ Tips for unscheduled bleeding with the various hormonal methods.
- ▶ Optimal use of the desogestrel POP.
- ▶ Contraception after pregnancy.

C. Update on the LARCs:

- ▶ Intrauterine contraceptives: IUDs, IUSs, the IUB
- ▶ Subdermal implants
- ▶ Injectables

C. Summary: messages from this session which may change your practice (or not, if you were already up to speed!)

Programme ...

9.30 - 10.45am	Contraceptive Technology Update: Session 1
10.45 - 11.00am	Break and Promotional Presentation TBC
11.00 - 11.30am	Prof answers your Questions
11.30 - 12.30pm	Contraceptive Technology Update: Session 2
12.30pm	Webinar Ends

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