



GIG
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Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Contraception

18 March 2024

13.00 – 14.00

Chaired by Dr Sarah Tamplin, GP CPD Lead for West Wales

Overview

An overview of the risks and benefits of hormonal and non-hormonal contraception across the lifespan, including young people age 15-24 and contraception in women over 40. This will include an introduction to LARC (Long Acting Reversible Contraception) and case-based scenarios. This webinar will also include an outline of common side-effects of contraception and signposting to guidelines and standards for women with complex contraception needs.

Learning outcomes

After attending this event, participants will be able to:

- Counsel women on the different types of available contraception
- Describe eligibility criteria for different contraception
- Identify the common side –effects of hormonal and non-hormonal contraception
- Navigate the guidelines and standards for complex contraception

Speaker: Polly Zipperlen RN, MSc, Registered Nurse Tutor, DFSRH, FRT. Senior Sexual Health Nurse, HDUHB.

Designed for: GPs. Other allied medical professionals are very welcome to attend.

Format: A presentation followed by the opportunity to direct questions to the expert speaker during the webinar.

To register for this webinar, please visit [Virtual Learning Events | CPD for General Practitioners \(heiw.wales\)](#)

This session will be recorded for quality improvement purposes, but you will be able to disable your camera during the session.

Revalidation Support Unit, Health Education and Improvement Wales,
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