

June 2019 – Health & Wellbeing Briefing

Health & Wellbeing Committee



Looking after you locally



Instructions

- May 2019 – Take 10. Our focus was to encourage all staff to Take 10 minutes to understand their weight and know what to do if you are overweight or underweight, and try to achieve 10 minutes of activity every day to support a healthy BMI. Did you manage to go for a walk?
- June 2019 – Our focus is around Women's Health. The aim of this focus is to help remove the stigma around “taboo” subjects such as fertility and the menopause, provide staff with useful resources and really encourage women to not delay having their cervical screening test.



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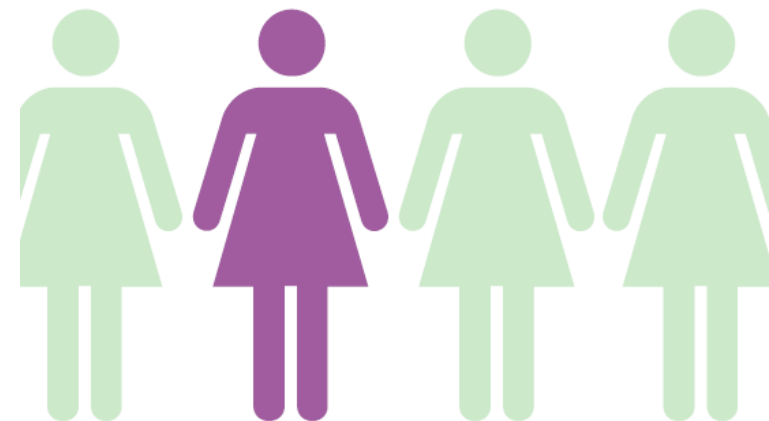
Creativity

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Women's Health

- At NCH&C **85.6%** of staff are female!
- Female health care workers comprise **70%** of the health workforce worldwide.
- While we hear so much about gender equality in the UK and worldwide, there are many issues affecting the health of women and girls which still remain “off-limits”. This stigma often causes women to ignore concerns about their health, while the fear of embarrassment can leave them suffering in silence. We must do more to address this and break down taboos surrounding women's health!



NB: We will be celebrating Men's Health for “**November**” later in the year!



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Women's Health – *NEW* Intranet Page

• Launching June 2019 there will be new intranet pages dedicated to Women's health, starting with a focus on 5 key areas:

- **Menstruation**
- **Fertility**
- **Pregnancy and Maternity**
- **The working parent**
- **Menopause**



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Cervical Screening Awareness Week 10th – 16th June

- Cancer of the cervix is almost 100% preventable with correct implementation and uptake NHS cervical screening programme (NHSCSP).
- Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to **75%** of instances of cervical cancer, **saving 5000 lives per year!**



A smear test lasts **5** minutes.

The impact of cervical cancer lasts a lifetime.

Attend your smear test.
Reduce your risk.

Jo's cervical cancer trust

Contact us:
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Cervical cancer survival

Causes/Risks	Signs & symptoms
<p>Predominantly lifestyle orientated.</p> <ul style="list-style-type: none"> • Human papillomavirus (HPV) -biggest risk factor present in 100% of cases. • Tobacco smoking and human immunodeficiency virus (HIV) type 1, can be linked to HPV infection. • Oestrogen-progestogen contraceptives and in utero exposure to diethylstilboestrol also have strong evidential links to cervical cancer. 	<p>1/4 through screening programme.</p> <p>1/3 routine of urgent GP attendances</p> <p>1/5 2-week wait referral route.</p> <p>Signs are:</p> <ul style="list-style-type: none"> -abnormal vaginal bleeding. -bleeding after sex. -vaginal discharge <p>Types:</p> <ul style="list-style-type: none"> -squamous -adeno carcinoma

•The mortality rate has dropped by 72% since the early 1970s, with 63% of women surviving cervical cancer for 10 or more years, with survival rates highest in patients under 40.



Resources

Macmillan's online community community.macmillan.org.uk

Cancer Research UK www.cancerresearchuk.org

RCN HPV, Cervical Screening and Cervical Cancer Practice Guidelines (in press 2017/8)

Cervical Screening Programme UK Overview (2017) www.gov.uk/guidance/cervical-screening-programme-overview

Supported by



For further information about Macmillan's work and services, visit macmillan.org.uk/professionals

Three Actions We Can All Take

- Get Tested!

- Please ensure yourselves and others have had their cervical screening. Please consult your GP for more information.

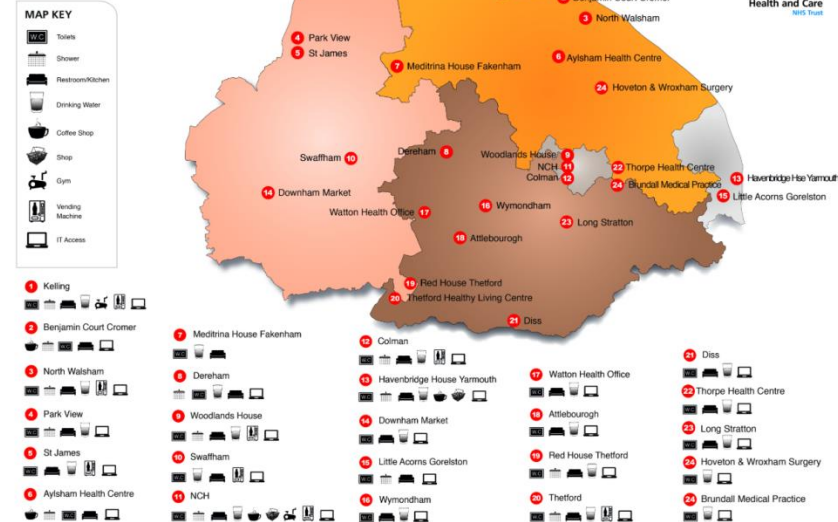
- Encourage Conversations

- Have conversations with family, friends and colleagues on some of the many issues affecting the health of women and girls. We want to reduce the stigma, stop women ignoring concerns about their health and eradicate embarrassment. Help break down the taboos surrounding women's health!

- Download the Facilities Map

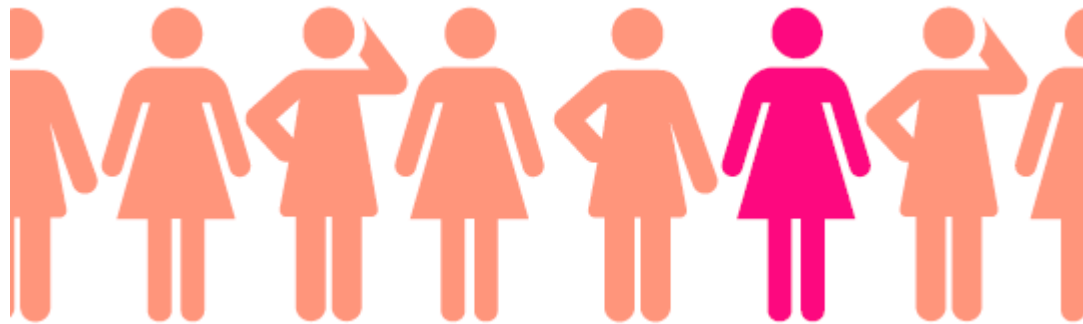
- <http://intranet/document/staff-facilities-map/>

NCH&C Staff Facilities Map



How is the Trust supporting you?

- [Women's Health Intranet Resources](#) – *this is full of internal and external resources and signposting to other information in the 5 areas of women's health*
- Menopause Guide to support managers and employees
- [Uniform & Dress Code Policy](#)
 - Summer adjustments to uniform May to September (inclusive)
 - Soon launching a portal for staff to purchase additional uniform (including lightweight uniforms) direct from the Trust supplier at Trust prices



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Team Challenge:

Talk to two people, MALE or FEMALE, family, friends or colleagues, about women's health and importance of Cervical Screening