



Support with the menopause, menstrual cycle problems and post-partum mental health issues: access to specialist support and variations of approach across Gateshead GP practices

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Oversight and Scrutiny Committee

Tuesday 12th March 2024

Recap on the Women's Health Strategy for England

The strategy identified seven priority areas related to specific conditions or areas of health where the call for evidence highlighted particular issues or opportunities:



Menstrual health and gynecological conditions



Fertility, pregnancy, pregnancy loss and post-natal support



Menopause



Mental health and wellbeing



Cancers



The health impacts of violence against women and girls



Healthy ageing and long-term conditions

What is a Women's Health Hub?

Definition

Women's Health Hubs bring together healthcare professionals and existing services to provide integrated women's health services in the community, centred on meeting women's needs across the life course. Hub models aim to improve access to and experiences of care, improve health outcomes for women, and reduce health inequalities.

Description of Women's Health Hubs

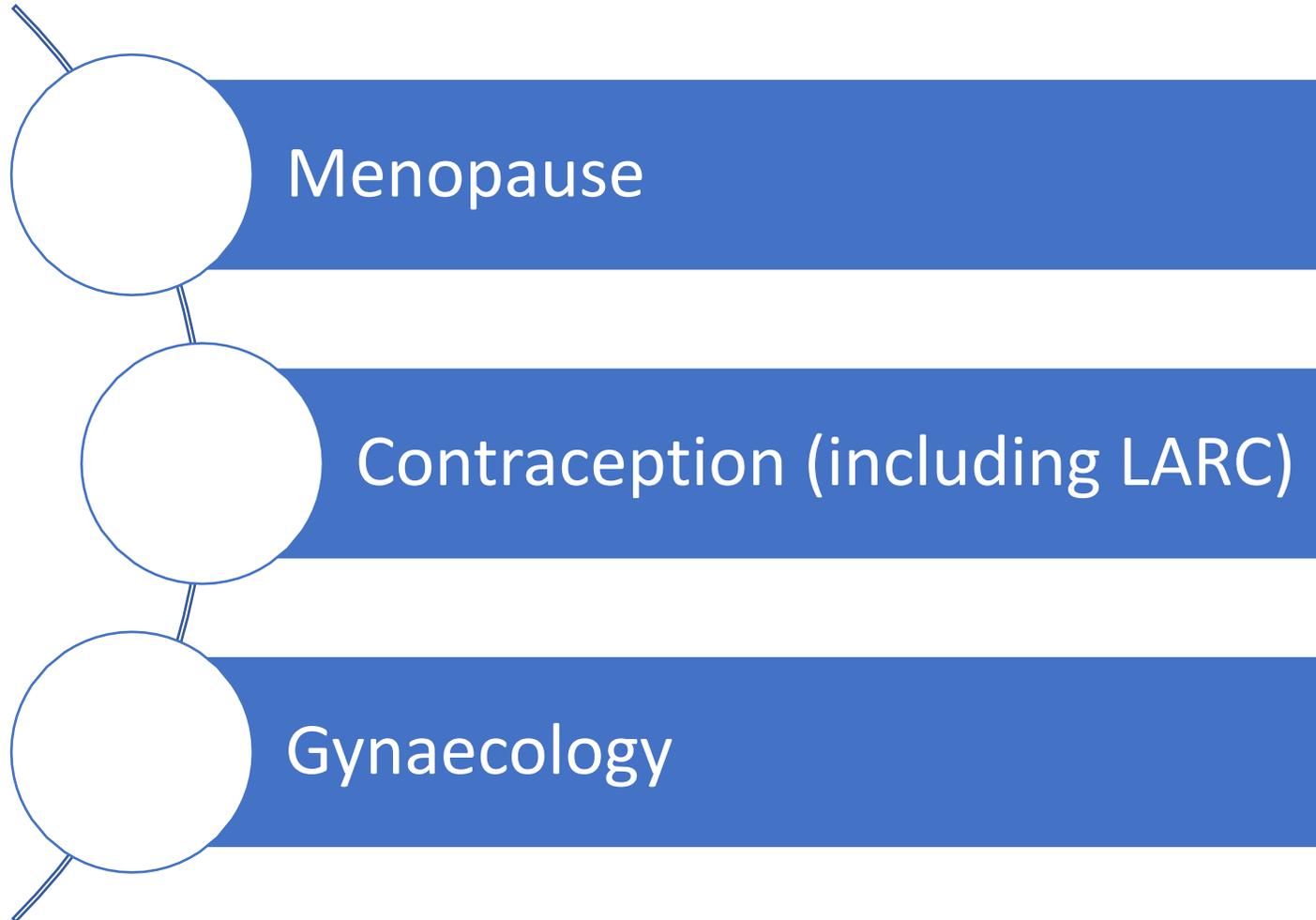
- Women's Health Hubs ('Hubs') are understood as a model of care working across a population footprint and are not necessarily a single physical place.
- Hub models address fragmentation in service delivery with the aim of improving access, experiences and outcomes.
- Hubs reflect the life course approach to women's health, where care is not limited to interventions for a single condition, but instead is wrapped around the needs of an individual woman, which in some cases may be multiple needs.

What Women's Health Hubs are not

As well as describing Women's Health Hubs, it is important to be clear what Hubs are not. They are not:

- a replacement for Primary Care, which should remain the first point of contact for most women seeking non-emergency healthcare, including for issues such as menstrual health or menopause
- a replacement for Secondary Care or Specialist Services where that is required. Similarly, Hubs are not Hospital Outpatient Services, as this would not align with the principle of bringing care closer to home for most women
- an additional barrier in the patient journey - Hubs should not delay referral for specialist and/or urgent care where required, for example referral into cancer pathways
- a duplication of existing services - Women's Health Hubs should not duplicate other local services, and rather could improve pathways into other services, for example Mental Health Services
- one size fits all - Hubs should be tailored to meet local population needs and system objectives

Gateshead Women's Health Hub: a model of care

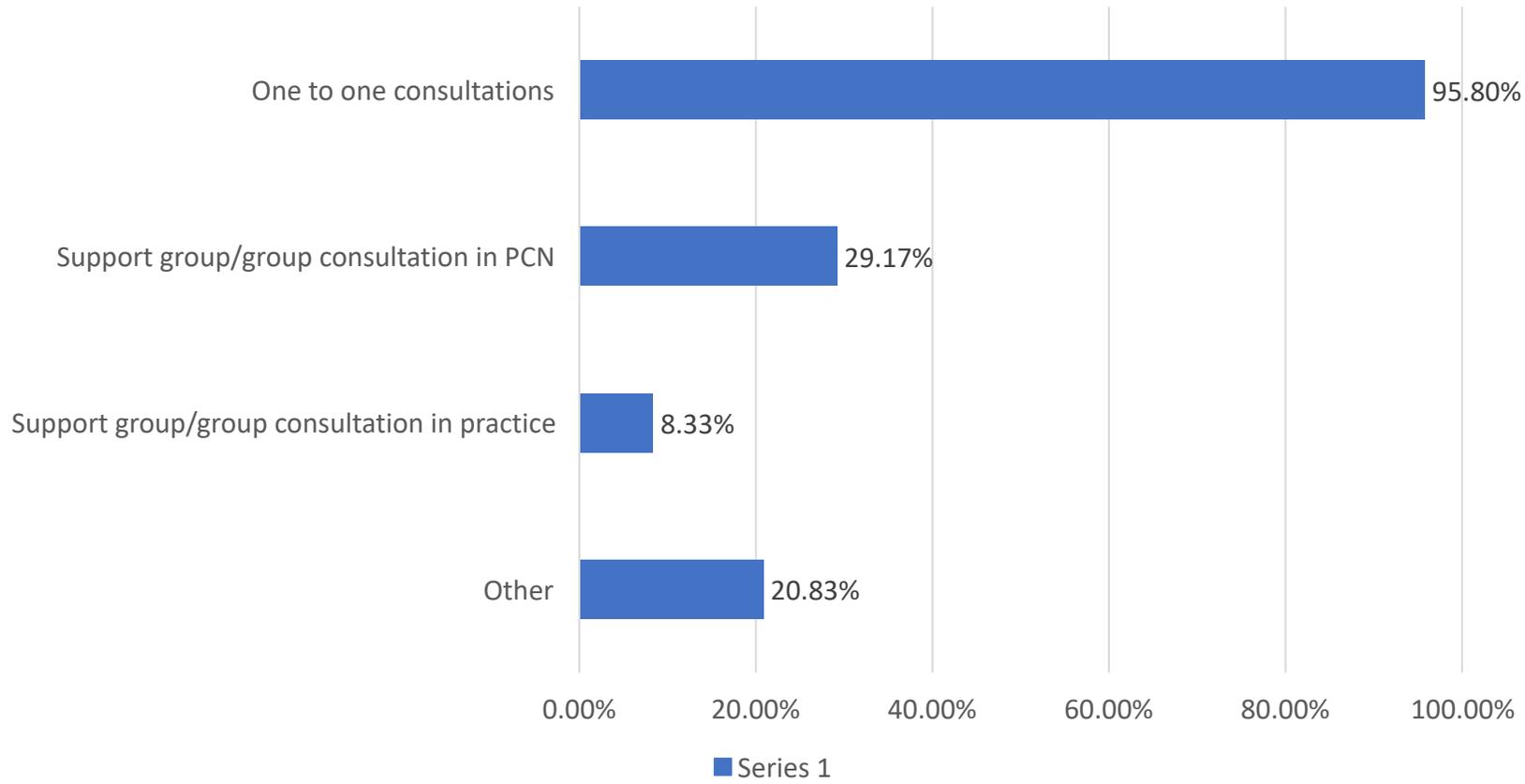


GP Practice Survey

- Survey undertaken February 2024
- This was part of the stakeholder engagement for the Gateshead Women's Health Hub model of care to support with identifying areas for improvement
- Survey shared with 28 GP Practices across Gateshead
- 21 GP practices responded to the survey
- We have only included the survey outputs relevant to OSC's request within this presentation

Menopause

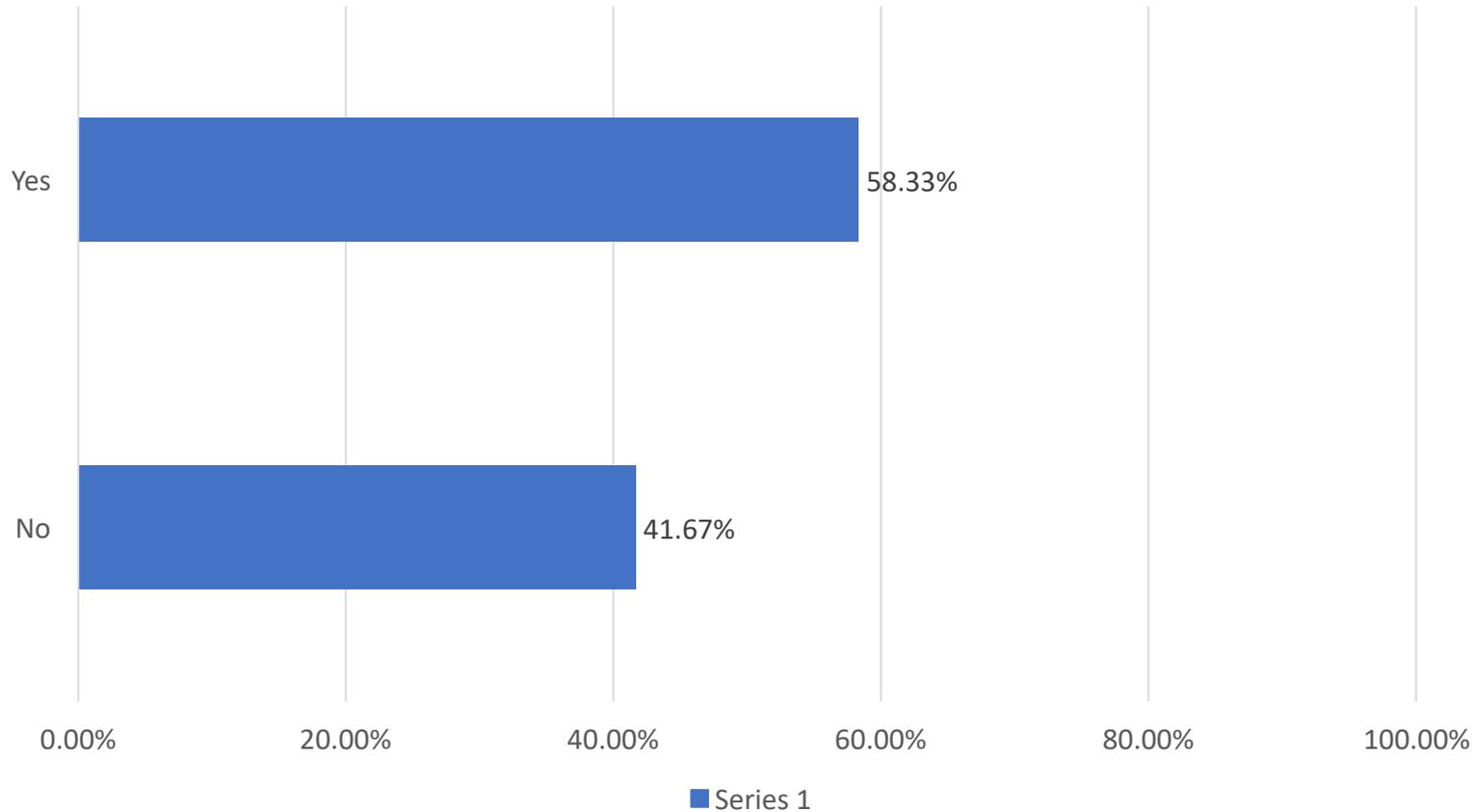
What menopause services do you offer to women in your practice/PCN?



Other = Menopause Cafes and IUD

Menopause

Do you offer pessary fitting in the practice?



Barriers – predominantly training but also funding/time

Comments that multiple practices will refer to the Sexual Health Clinics or to Secondary Care for this

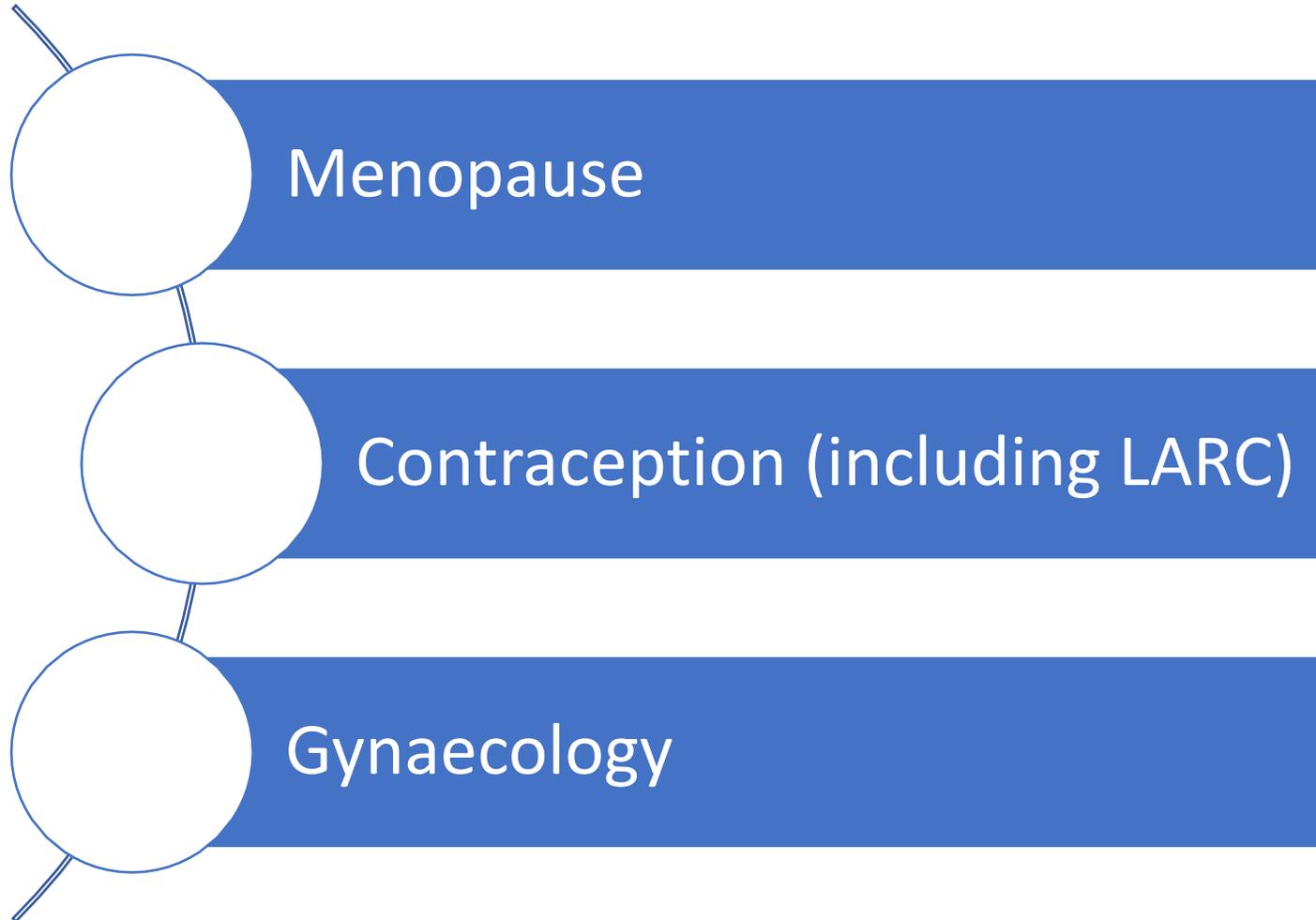
Perinatal Mental Health Services

Low to Moderate Need	Universal Services	Psychological Support	Moderate to Severe Need
	<ul style="list-style-type: none"> • Health visitors • Primary Care • Midwives • Community Support • Family Hubs 	<ul style="list-style-type: none"> • NHS Talking Therapies • Parent Infant mental health services 	
	Enhanced Support	Specialist Support	
	<ul style="list-style-type: none"> • Birth reflections • Bereavement Midwives • Perinatal Midwives • Obstetric Mental Health Clinics • Enhanced Health Visiting • Early Help • Pre-birth team 	<ul style="list-style-type: none"> • Maternal Mental Health Services • Specialist Community Perinatal Mental Health Team • Mother and Baby Unit 	

*in blue text are the elements available within Gateshead



Gateshead Women's Health Hub: making improvements together



Questions