

## DISCUSSION POINTS/FACULTY AWARDS

### Discussion Points for Contraception for Women Aged Over 40 Years

The following discussion points have been developed by the FFPRHC Education Committee.

#### Discussion Points

- 1 A 42-year-old woman with a recent history of a thrombotic stroke requires long-term effective contraception. Describe her contraceptive options.
- 2 A 46-year-old local licensee, a smoker of  $\geq 15$  cigarettes per day, with a family history of osteoporosis, has been a contented user of Depo-Provera<sup>®</sup> for 15 years. She is reluctant to make any changes to either her lifestyle or her contraception method. What are the important issues to discuss?
- 3 A 46-year-old woman presents to you with a positive pregnancy test. She is distraught. She had not thought that she needed to use contraception since she had not had any periods for 6 months. Outline your discussions with her regarding her options. What are the recommendations for stopping contraception at the menopause?

### The Janssen-Cilag Travelling Scholarship

This scholarship, established in memory of Dr Ann Horler, continues to be sponsored by Janssen-Cilag. The purpose of the scholarship is to enable the successful candidate to travel to any country, subject to approval by the selection committee, in order to gain experience that will be applicable to his or her daily work. Those eligible to apply are Diplomates and Members of the Faculty of Family Planning and Reproductive Health Care of the Royal College of Obstetricians and Gynaecologists, who are based in the British Isles and currently working in family planning.

Once the successful scholar is announced at the AGM usually held in May, Janssen-Cilag will arrange presentation of the sponsorship, **the value of which is £2500**, enabling the scholar to make his or her own travelling arrangements. It is expected that the successful candidate will travel before March of the following year and give a report to the annual symposium of the Faculty in that year. This report may be published at a later date in the *Journal of Family Planning and Reproductive Health Care*. Those wishing to apply for the scholarship are asked to submit a typewritten summary of the proposed project, to include:

- Details of the places, organisations and individuals to be visited, with dates;
- Aims, objectives, benefits and how the experience will assist them in their daily work on their return; and
- A brief curriculum vitae with details of their current post.

Applications should be signed and dated and returned to the Secretary, Faculty of Family Planning and Reproductive Health Care, RCOG, 27 Sussex Place, Regent's Park, London NW1 4RG, UK by 7 April annually.

### The 4-0-8 Sheffield Fund

In 2001 the 4-0-8 Young People's Consultation Centre Ltd, Sheffield, UK made a significant donation to the Faculty of Family Planning and Reproductive Health Care (FFPRHC) for the purpose of funding training for health care professionals who had limited funding for attending training meetings. Any person working in the field of reproductive and sexual health care within the UK may apply. Approximately £1000 will be allocated every 3 months, either as a single award or divided between the successful applicants.

For details on how to apply to the 4-0-8 Sheffield Fund visit the Faculty website at [www.ffprhc.org.uk](http://www.ffprhc.org.uk). For an application form apply to: Chair of the Education Committee, Faculty of Family Planning and Reproductive Health Care of the RCOG, 27 Sussex Place, Regent's Park, London NW1 4RG, UK. Closing date: 6 months prior to the event for which funding is applied for.

### The David Bromham Annual Memorial Award

Details of this award, and a downloadable application form, are available on the Faculty website at [www.ffprhc.org.uk](http://www.ffprhc.org.uk) (see under sponsorship/awards). Completed submissions for this award must be received at the Faculty office by 10 April annually.