

A Life Course approach to Women's Health Research

Dr C Helen Munro

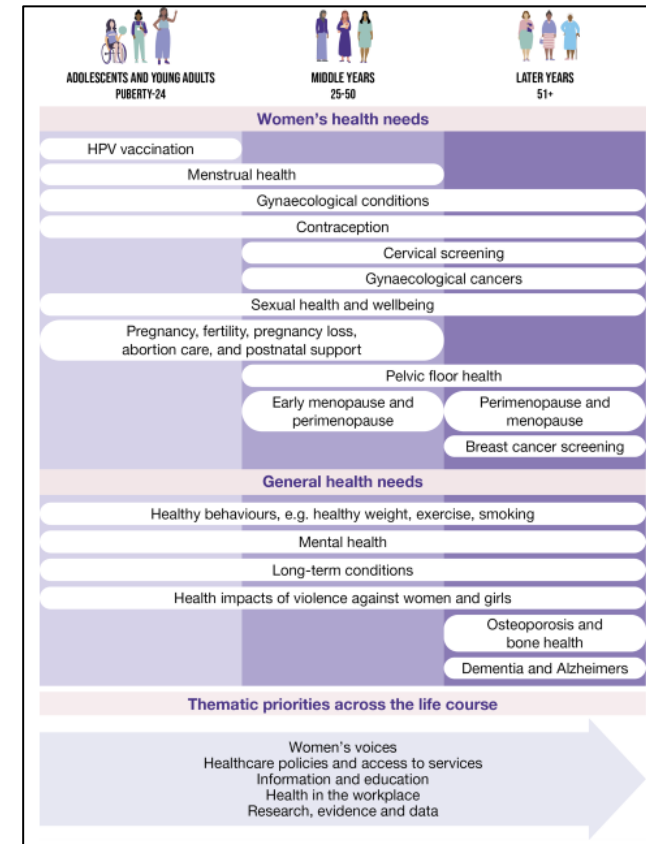
Hywel Dda University Health Board

Research Time Award

1 April 2023 to 31 March 2026

Introduction

- 20 years as a doctor
- Consultant in Community Sexual and Reproductive Healthcare, Lead Menopause Service, FSRH VP, Quality
- MSc in Public Health, LSHTM 2008-2009
- 2022 0.1WTE Research Role, HDUHB
- Supported to apply for Research Time Award



[Women's Health Strategy for England - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Achievements – NIHR PRU

- NIHR Reproductive Health PRU.
(£3million, 01/01/24- 31/12/2026)
- Set-up as part of the Women's Health Strategy
- Co-applicant role (5%) to co-lead the 'Menstrual Health and Menopause' theme of work.
- <https://www.nihr.ac.uk/news/nihr-awards-over-100-million-to-new-policy-research-units/34031>

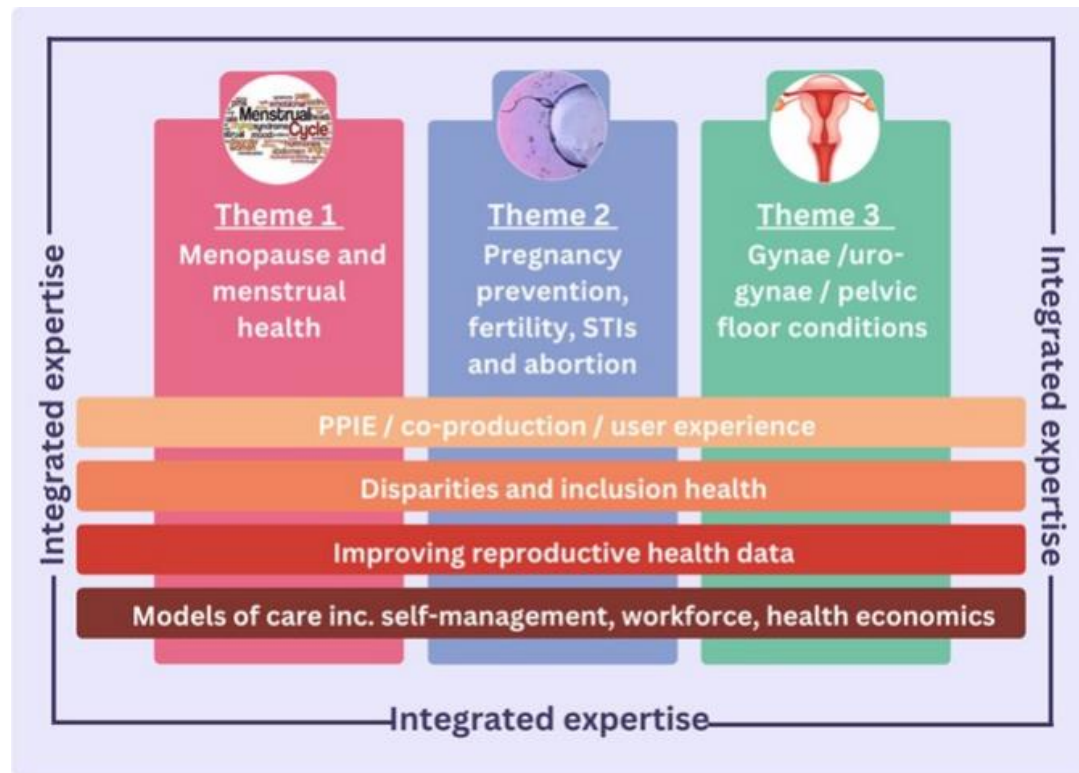
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Achievements- Reproductive Health PRU



- To provide high-quality research to help policymakers make evidence-informed decisions about reproductive health.
- Support the DHSC requests for evidence summaries and new research
- Co-production of outputs with experts by experience
- Opportunities to share and support ongoing research in Women's Health in Wales because of my involvement in this PRU with significant cross-over between the women's health policy in England and Wales.

Achievements- CONNECT

- CONNECT Study NIHR (£1 million, 24 months) [The CONNECT study - University of Birmingham](#)
- This research project aims to understand the impact of remote consultations in sexual and reproductive health services on health inequalities
- Co-develop recommendations for the provision of inclusive and patient led consultations.
- Co-applicant (5%) leading on data collection from Wales



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Achievements- ESTEEM

- Joint lead applicant (15%) with Prof. Mike Robling on ESTEEM: Evaluating the clinical and cost-effectiveness S of Testosterone E to improve Menopause-related quality of life
- NIHR Health Technology Assessment (HTA) Programme, 22/170
- 51 month multi-centre, double-blind RCT (£2.6 million)
- Stage 2 application reached



Achievements- HPV Self-Sampling

- Bevan Exemplar Cohort 8
- Project: to develop and pilot a shared decision making tool to support HPV self-sampling
- July 2023 HDUHB patient survey 4,624 respondents
 - 81% heard of HPV
 - 43% NOT aware HPV was part of cervical screening
 - 64% would choose HPV self-sample at home

Comisiwn Bevan Commission



HPV self sampling: survey results

- Key barriers to accessing cervical smear test currently
 - Embarrassment
 - Uncomfortable, painful
 - Disability prevents access
 - Work/life/family prevent attending
- Creating a SDM tool to help
 - Understand the purpose of the test
 - Build confidence in the test accuracy
 - Improve communication about screening
 - Offer choice
- Qualitative piece or work on responses
- Create a series of short videos to field test

“Would prefer a doctor doing a comprehensive test”

“Worried incase I did it incorrectly”

“Prefer to know that sample has been taken by a professional”

“I would like to do it every year if the self-test was available”

“I’d do both- you can’t be too safe”

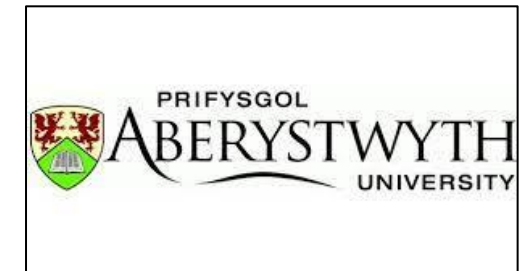
Next Steps- HPV self-sampling

- NIHR 23/106: The use of HPV self-sampling within the cervical screening programme
- UK wide application; England, Wales and Scotland
- PI for Wales bringing a team together to design a study, implement within current screening programme



Next Steps- Other Projects

- Working with Swansea University and SAIL databank
- The peri-menopause and menopause and cardiovascular risk
- Patient survey initially
- Working with Aberystwyth University Department of Life Science
- Longitudinal Study looking at impact of Hormone Replacement Therapy and Physical Activity during the peri-menopause and menopause



Future Plans

- Building resilience: Health and Care Research Wales Research for Patient and Public Benefit (RfPPB) Wales Application; “Understanding the experiences of those having a contraceptive intra-uterine device (IUD) fitted to co-produce effective decision support tools to reduce pain” . Plan to re-submit in 2024
- Continue to build networks across Wales to support Women’s Health Research

Questions

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