



BFS STUDY WEEK
19-22 June 2017

**Nurse Study Day
e-PROGRAMME**

This event is paperless
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Millennium Gloucester Hotel, Kensington, London

www.bfsstudyweek.org.uk

@BritFertSoc @UKEmbryologists

FOREWORD

On behalf of the BFS I would like to welcome you all to *Study Week 2017*, which will be the largest one yet. Those of you who have been before will notice many changes. To accommodate our rapid growth, we have moved venue to the very pleasant Millennium Gloucester Hotel. To ensure that you have the latest up to date information and to make the event more 'green' and efficient we have gone 'paperless'.

We are delighted to have two new additional *Study Days* this year (*Fertility Nursing* and *PGD/PGS*) and there have been changes to some of the existing *Study Days* too, to ensure that you are getting the very best experience. I would like to thank the Speakers for taking time out of their busy schedules to come and teach at the event; as well as the sponsors who generously support our educational program.

I would particularly like to thank the delegates for coming, because you really make the event the success that it is. We hope that you all enjoy it and leave London with knowledge that will aid your personal development and the care of your patients. Please ask the speakers questions, we are here for you.

If you aren't already a BFS member, please consider joining and also, consider enrolling for the highly regarded *BFS Training Modules* that are linked to many of the *Study Days*. All the relevant details are on our website www.fertility.org.uk. Feel free to share your opinions on social media @BritFertSoc and @UKEmbryologists and do please complete the feedback form which will be sent to you after the event online, we want to know what you think.

Now, get ready, it's time to be educated!

All the very best wishes,



Kevin McEleny
Chair of Education and Training
British Fertility Society

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NURSE STUDY DAY PROGRAMME

CROMWELL ROOM 3

08.00 Registration, welcome refreshments, exhibition

09.00 Chairs' opening welcome *Eilis Moody & Carrie Lomax*

09.05 Making the most of your BFS membership *Carrie Lomax*

09.15 The role of the fertility nurse *Carrie Lomax*

09.45 Legal issues *James Lawford Davies*

10.30 Refreshments, exhibition and networking

11.00 Furthering your fertility nursing education *Jane Mutch*

11.30 Embryology *Paul Wilson*

12.30 Lunch, exhibition and networking

13.30 ART Stimulation Regimes *Val Peddie*

14.00 Afternoon Workshop:
From Idea to Dissemination: How Nurses Can Conduct Quality Improvement and Research Projects
Eleanor Stevenson

15.00 Refreshments, exhibition and networking

15.30 Case Studies, patient management, ethical and moral dilemmas *Carrie Lomax & Eilis Moody*

16.30 Questions from the day to the panel

17.00 Close of day and Networking

NURSE STUDY DAY ABSTRACTS AND BIOGRAPHIES

Making the most of your BFS membership

Carrie Lomax

Carrie Lomax is the Clinical Nurse Manager at the Bristol Centre for Reproductive Medicine, Southmead Hospital, Bristol, having worked in this field since 1992. Carrie has significant experience as a Fertility & Gynaecology Advanced Nurse Practitioner, developing the role of Advanced Nursing Practice within this area and has attained further qualifications including a diploma in Gynaecology, non-medical prescribing & has undertaken post graduate qualifications in Advanced Nursing Practice.

In addition to being secretary to the Senior Infertility Nurses Group, Carrie is also a Nurse Representative on the Executive Committee for the British Fertility Society. Carrie is committed to furthering Fertility Nurse Education & also hopes to encourage fertility nurses to share & present the advanced practice that fertility nurses have been providing for years.

The role of the fertility nurse

Carrie Lomax

Key Learning Points:

This presentation aims to improve the attendees understanding of:

1. What is the role of the fertility nurse?
2. What is advanced practice?
3. What qualifications are required to practice at an advanced level?

This presentation will give an overview of the differing roles of fertility nurses & how nurses can advance their own practice within fertility nursing.

Biography see above

Legal issues

James Lawford Davies

James Lawford-Davies is a Partner at Hempsons, London. He specialises in the law relating to reproductive and genetic technologies, human tissue and cells, and related research. James advises a large number of clinics and research centres licensed by the Human Fertilisation and Embryology Authority (HFEA) and has been involved in most of the leading cases relating to assisted reproduction and related research. James has advised widely on the regulatory and commercial issues relating to embryo and embryonic stem cell research, including cell nuclear replacement, human-animal hybrids research, import and export, and the implications of EU law. James is also an experienced litigator and has acted in matters at every level both in the UK and abroad. He is also an Honorary Lecturer in the Department of Biochemical Engineering at UCL.

Furthering your fertility nursing education

Jane Mutch

Key Learning Points:

1. To increase awareness of the options available for fertility nurses to expand their knowledge and skills.
2. To discuss the importance accountability and the role of the NMC for nurses working in advanced roles.
3. Credentialing recognising advanced level practice in nursing

The presentation is aimed at both experienced and inexperienced nurses working within the field of reproductive medicine with the intention of highlighting the options available for expanding knowledge and skills. The session will also cover the importance of accountability and the NMC code of practice, revalidation and credentialing advanced level practice. During the presentation we will discuss the potential to develop nurse led services and the benefit experienced fertility nurses bring to reproductive medicine services. We will also discuss the patients perspective on advanced fertility practice and how it can improve the quality of services provided. By then end of the session fertility nurses will hopefully have gained an increased awareness of how they can extend their own knowledge and skills in a way which is appropriate for them. The session will hopefully come to a close having instigated some lively discussion and debate with regards to the future of fertility nursing and the benefits and disadvantages of advanced fertility practice.

Jane Mutch qualified as a Registered General Nurse (RGN) in 1987, and has spent the last 22 years working within the field of Reproductive Medicine, about which she is passionate. Jane enjoyed the role of Matron for eight years but has recently changed her role to Lead Consultant Nurse, where her time is divided between clinical duties, fertility nurse education and nursing leadership. Jane is an honorary lecturer at Edge Hill University and has been involved in setting up and delivering the MSc in Advanced Fertility Practice. Jane is an integral part of the team at The Hewitt Fertility Centre and helps to plan and deliver the care that provides the best possible experience for patients using the service.

Embryology

Paul Wilson

Key Learning points:

This presentation aims to improve the attendees understanding of:

1. Laboratory processes during an IVF/ICSI cycle
2. How recent technologies are being used in the laboratory
3. How emerging technologies may help us improve success rates

This presentation will give an overview of the processes followed by laboratories to prepare gametes for treatment or storage, the creation of embryos and the standard methods used by embryologists to identifying embryos suitable for transfer or cryopreservation. The presentation will also discuss some of the latest technological advances within the field, including time-lapse microscopy

Paul Wilson has nearly 25 years of direct hands-on experience in IVF labs and is currently the Head of Embryology & Andrology at the Bristol Centre for Reproductive Medicine, having previously led the laboratory team as Laboratory Director and Person Responsible at the University of Bristol Centre for Reproductive Medicine. Paul has extensive experience in the delivery of clinical andrology & embryology services, including experience of laboratory design, quality management and the delivery of formal training to new Scientists entering the field. Paul's research interests include the optimisation of embryo cryopreservation processes and the timing of embryo transfer.

ART Stimulation Regimes

Val Peddie

Key Learning Points:

1. To understand the influence of controlled ovarian stimulation on the menstrual cycle
2. To understand patient selection & optimal stimulation schedule
3. Awareness of current evidence in relation to controlled ovarian stimulation schedules

GnRH-agonists have been used in fertility treatment since the 1980's; their aim being to temporarily suppress the pituitary function, prevent the LH surge (ovulation) and allow for greater control over ovarian stimulation. GnRH antagonists were introduced much later, and clinical application also prevents the LH surge by competing with the GnRH molecules at their binding sites in the pituitary. Compared to agonists, current evidence suggests that, the GnRH antagonist decreases the dose of FSH required for ovarian stimulation, yet slightly fewer eggs are retrieved, less embryos available on the day of transfer (on average), and slightly lower pregnancy rates achieved. Patient selection matched to stimulation regime is also important. Women considered low-responders may benefit from 'flare' scheduling when GnRH-agonists are used for only a few days in the follicular phase of the cycle. This presentation will describe the difference between agonist/antagonist preparations and how both prevent ovulation. It will also detail the pathophysiology, advantages and disadvantages of both, and finally discuss the current evidence in accordance with clinical practice.

Val Peddie's current role is SCN & Fertility Specialist at the Aberdeen Centre for Reproductive Medicine. She completed both her general nurse training (1986) and midwifery (1991) in Edinburgh, and has been involved in the field of fertility and reproductive medicine since 1993. She gained her BA (Hons) degree from Southbank University, London in 1997 and Masters in Medical Sciences from the University of Aberdeen in 2003; her thesis entitled 'Decision Making in IVF'. This led to an increased interest in Decision Making in Reproductive Medicine and Val has published widely in this area. Her more recent interest has been in the field of Fertility Preservation for young people diagnosed with cancer; contributing to the RCN guideline 'Fertility Preservation' (2017). Val is also passionate about career progression within Fertility Nursing and chaired the Royal College of Nursing (RCN) Fertility Nurse Forum from 2008-12, which led to the 'Education & Training Project' and publication of the Framework in 2013.

Afternoon Workshop

From Idea to Dissemination: How Nurses Can Conduct Quality Improvement and Research Projects

Eleanor Stevenson

Key Learning Points:

1. Understand difference between Research and Quality Improvement, and the relationship between them to improve health care
2. Explore how nurses can initiate research and/or quality improvement projects
3. Examine key components to dissemination: abstract and manuscript writing

In today's complex healthcare environment, nurses must continue to find ways to impact patient care directly but also reshape care environments in order to best use available resources. In the fertility clinical area, the role of the nurse within a dynamic healthcare setting is pivotal. Fertility nurses involved in direct patient care are in a unique position to design, implement, and disseminate findings about both research and quality improvement projects to help patient outcomes. This workshop will allow nurses to consider meaningful research and quality improvement projects that they can design and implement in their settings, and how to disseminate resulting project findings through abstract and manuscript writing.

Eleanor Stevenson PhD, RN, is an Associate Professor of Nursing at Duke University School of Nursing, Durham, NC. Her area of research focuses on the psychological stress women pregnant after IVF experience and the adaptive behaviors of men with severe MFI. Dr. Stevenson current vice-chair of ASRM-Nurse Professional Group, co-editor of Fertility and Assisted Reproductive Technology: Theory, Research, Policy and Practice for Health Care Practitioners, and is on the Editorial Board of Human Fertility. Her clinical career has included labor and delivery, mother-baby, family planning, and infertility services. She teaches in the DNP, MSN, and ABSN programs.