

Editorial



Dear Friends,

Good news for the New Year!

It is a pleasure to announce that, within the next few weeks, we may have access to emergency contraception without a prescription throughout Europe. This is in keeping with the ESC aim: "To promote availability of all methods of contraception in the countries of Europe".

November 21st, 2014 - HRA Pharma announced that its emergency contraceptive, ellaOne® (ulipristal acetate 30mg), had been granted a positive opinion by the European Medicines Agency (EMA) Committee for Medicinal Products for Human Use (CHMP) for direct access from pharmacy without the need for a prescription. This is the first-ever recommendation of its type regarding an oral contraceptive product, which should apply in all EU member states in 2015, after a final endorsement by the European Commission.

January 7th, 2015 - ellaOne® received its final endorsement from the European Commission. I think we all should be very satisfied with this announcement; many ESC members were involved in the process of popularisation of emergency contraception in general and in familiarisation with ulipristal acetate in the community in particular. Well done and congratulations.

Best greetings
Medard

Membership 2015 & board representation



ESC membership and representation of your country on the Board

2015 will be an important year for your country representation on the Board. The reference point to count the number of paid-up members will be the end of the year (31 December 2015).

The number of paid-up members from your country (only within Europe) will be used to determine the level of representation on the Board (1 representative for 10 paid-up members and 2 representatives for 50 or more paid-up members). The membership status per country is available here: www.esrch.eu/membership/paid-members

We invite you to consider renewing your membership or becoming an ESC Member in 2015.

Information and a link to the online membership form can be found at:
[/www.esrch.eu/membership](http://www.esrch.eu/membership)

12th ESC Seminar



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12th ESC Seminar, Tel-Aviv, Israel, 2 to 4 September 2015

The seminar will revolve around its chosen theme of "Removing medical, social, cultural and religious barriers to effective and safe contraception."

The scientific programme has been divided into four plenary sessions on Medical, Social, Cultural and Religious Barriers; a free communication session and several workshops.

We are expecting mainly attendees from Israel and nearby Mediterranean countries. However, colleagues who work in the field of contraception from other European Countries are also warmly invited to come to Tel-Aviv.

Best wishes,

Daniel Seidman, Amos Ber, Arie Yeshaya

14th Congress / 2nd
Global Conference
of the ESC



Contraception from molecular biology
to social science and politics
Basel, Switzerland, 4-7 May 2016



14th Congress - 2nd Global Conference
of the European Society of
Contraception and Reproductive Health
www.eschr.eu/events/esc-events/2016

Info: ESC Central Office - info@eschr.eu - www.eschr.eu
Orga-Med Congress Office - OrgaMed@eschr.eu - 1740 Ternat - Belgium

14th ESC Congress / 2nd Global ESC Conference

Basel, Switzerland, 4 to 7 May 2016

Call for abstracts

Dear Colleagues,

Grüezi alle mitendand. A warm welcome to Basel to all of you.

The title of the Congress "From molecular biology to social science and politics" is the programme, a promise and a challenge. We want to respond to the multi-dimensional aspects of contraception and reproductive health in general because we firmly believe that one of the most important contributing factors to women's health is the right for all women everywhere on this globe:

- to decide when they want to have a child and to decide about the number of children they want by having access to contraceptive methods that fit their needs;
- to go through a safe and protected pregnancy and delivery by getting adequate obstetric care;
- to enjoy their sexual life and be protected from violence and abuse by securing sexual rights for women and access to sexual health care.

To 'make this dream come true' professionals of very different and distinct specialities have to work together, exchange ideas, discuss and take action. This Congress will provide the opportunity to create and maintain multidisciplinary networks between individuals, organisations and continents. Basel is a small but very cosmopolitan city in the heart of Europe bringing three countries together. You will find an international flair, an impressive old city along the River Rhine, many museums and historical places including a very old university. There are also many small pubs, brasseries and gourmet restaurants in which to enjoy the excellent food of the region. If you have one or two days free time famous tourist spots like the Black Forest in Germany, the Vosges in France and, of course, the Swiss lakes and mountains are nearby and easily accessible.

We invite all those involved in any aspect of contraception, sexual and reproductive health care to actively participate by submitting abstracts, either for oral or poster presentation through:

www.eschr.eu/events/esc-events/2016/abstract

Abstract submission deadline: 15 November 2015

We are looking forward to welcoming you to Basel in May 2016

Best wishes,

Johannes Bitzer, Congress President

Call for congress bids

Call for congress bids

This is a call to submit a bid to host and to organise the ESC Congress in the year 2020. Although it may look far away, we are aware that preparing a bid takes time and we would like to remind you that proposals for holding congresses should be presented 4 years ahead at the General Assembly.

Taking into account that the official bid for the Congress must be delivered to the Central Office not later than three months before the day of the appropriate General Assembly, the deadline to do so is 5 February 2016.

The Central Office will be happy to reply to any request for further information on how to prepare a bid.

Full information on how to submit a bid:

www.eschr.eu/about-esc/statutes-rules-policies/policies#Cfr_Rule_12_Guidelines_

XXI FIGO World Congress



XXI FIGO World Congress of Gynecology and Obstetrics, Vancouver, Canada, 4-9 October 2015

The ESC will have a special session at FIGO:

Session title: Hot topics in contraception

Chairpersons: G. Merki (Switzerland) and K. Gemzell-Danielsson (Sweden)

Is there still a need for permanent contraception? - R. Beerthuis (the Netherlands)

Contraception in young and nulliparous women - K. Gemzell-Danielsson (Sweden)

The aftermath of the progestogen controversy - J. Bitzer (Switzerland)

Potential benefits of contraceptive progestogens in neurological disease - G. Merki (Switzerland)

Course report Estonia



Granted Course - Improving the professional knowledge of contraception and contraception counselling skills of midwives in Estonia in the era of new legislation

Background: On the 1st of April 2010 the Estonian law of medical services was changed to enable midwives to work as independent professionals, including the right to independently prescribe certain medicines, including hormonal contraception. Therefore the need for additional education related to contraception is needed among Estonian midwives.

The two-day course was supported by a grant of 2000 euros from the European Society of Contraception and Reproductive Health (ESC) and by the Estonian Sexual Health Association (ESHA) for an amount of 1420 euros. The course took place in Tallinn, the capital of Estonia, on the 8th and 9th of May 2014. There were 30 participants from different parts of the country. Interest was higher, but the number of participants was limited to enable an interactive method of teaching. The participants were informed at the beginning and at the end of the course that the event was supported by a grant from the ESC.

The course gave an overview of different contraceptive methods, their usage in different phases of a woman's life and in different situations and the principles of contraception counselling. The facilitators of the course were psychologist Kaie Toomet, gynaecologists Dr Mairi Kaha and Dr Kai Haldre - all members of the ESHA.

The following topics were covered:

- Principles of sexual health counselling
- Overview of fertility and the methods to control fertility
- Introduction of the WHO Medical Eligibility Criteria for contraceptive use
- Combined hormonal contraception
- Progestogen-only pills
- Long-acting reversible contraception
- The choice of a contraceptive method after delivery, abortion and miscarriage
- Unwanted pregnancy, counselling, pregnancy termination
- Non-contraceptive effects of different contraceptive methods
- Contraception and adolescents; contraception and pre-menopause
- Emergency contraception

There were brief introductory lectures about each topic and thereafter the majority of the time the participants had either to solve and present cases or select (and justify) an answer to questions about a specific topic. Since the majority of the participants had some experience in contraceptive counselling, the interactive way of teaching where no-one could escape from actively contributing, was highly appreciated in the evaluation forms.

Kai Haldre
Estonian Sexual Health Association

IPPF Barometer Study



Barometer of Women's Access to Modern Contraception

Unintended pregnancies and barriers to modern contraception continue to be invisible and neglected problems in many European countries. In these circumstances, possession of the objective and comparative data related to these phenomena are essential both for policy makers as well as for the bodies involved in sexual and reproductive health of the European nations.

The European Network of the International Planned Parenthood Federation (IPPF EN) in 2013 undertook an overview on young women's access to modern contraceptive choice across EU members. The name of this activity is the Barometer of Women's Access to Modern Contraception. Initially the survey was carried out in ten EU countries (Bulgaria, Czech Republic, France, Germany, Italy, Lithuania, The Netherlands, Poland, Spain and Sweden). The second part of this survey was carried out in 2014 in six additional EU countries (Cyprus, Denmark, Finland, Ireland, Latvia and Romania).

Eight different policy areas and corresponding policy benchmarks have been identified and used as a reference to evaluate and rate each country's situation with regard to access to modern contraception choice:

- (1) Policy making and strategy
- (2) General awareness of SRH and modern contraception choice
- (3) Education on SRH and modern contraceptive choice for young people and young adults

- (4) Education and training of healthcare professionals and service providers
- (5) Provision of individualized counselling and quality services
- (6) Reimbursement schemes
- (7) Prevention and discrimination
- (8) Empowering women through access to modern contraceptive choice.

Methodology: An online multiple-choice questionnaire was developed with the aim of obtaining an overview of each country's performance in each of eight (mentioned above) benchmarks. Based on these questionnaires a group of experts jointly developed a scoring system, which aimed to reflect the weight and importance of every policy measure within each policy benchmark.

Conclusions: The survey demonstrated the unmet need for improved, equitable access to modern contraceptive methods, through consistent, targeted policies in a wide range interconnected areas. For each of the sixteen European countries examined, significant gaps were revealed regarding the approach to sexual and reproductive health and rights related policies. The overview of country specific benchmarks revealed large discrepancies between all surveyed countries. There are few countries receiving the highest scores (Germany, The Netherlands, Denmark, France, Sweden and Ireland) and the four countries with the lowest scores were: Czech Republic, Romania, Cyprus and Lithuania.

The complete ideas, aims, methodology and the results of this survey can be seen at www.ippfen.org/en and the ESC webpage.

Grants

Project or course grants

The ESC provides funding to support a project or course related to sexual and reproductive health within Europe. The available budget for applications received between 1 January and 30 June 2015 is 35,000 euros.

Deadline for this application period: 30 June 2015.

Info and application forms: www.esrh.eu/education/grants

ESC/FSRH Educational project

ESC/FSRH Educational project

The ESC and the FSRH have been exploring a possible collaboration that would aim to develop a Europe-wide, standardised approach to training and assessment in SRH.

Following our last meeting in November, it was decided that we needed to undertake a scoping exercise to review what already existed regarding contraceptive training and what was needed. To this end, ESC and FSRH agreed to joint fund an intern to undertake the work. Building on a questionnaire sent out last year, further information is currently being gathered. The joint group is due to meet on 28 February to discuss the results and agree the way forward.

Sarah Randall