

## Update Day

**Highland Council Chambers  
Glenurquhart Road  
Inverness**

**Friday 27<sup>th</sup> March 2026  
9:00am - 5:00pm**

**Fee: £80 in person, £60 virtual  
(6.5 CPD points)**

<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
8:45	Registration	
9:00	Welcome	Dr Hame Lata, HSH Service Clinical Director
9:10	Highland Sexual Health Service Update	Dr Hame Lata, HSH Service Clinical Director
9:20	HIV Update	ANP Hayley Shepherd
9:40	Vaccination, Prevention and PrEP	Christina Rowantree, Health Advisor
10:10	BASHH Guideline Updates	Dr Bridie Howe, Consultant GUM/HIV
10:40	Break	
11:00	Small Group Work Sessions: <ol style="list-style-type: none"> <li>1. STI Screening and Counselling</li> <li>2. Herpes</li> <li>3. Emergency Contraception</li> <li>4. Post-Partum Contraception</li> </ol>	Fiona MacKinnon, Health Advisor and Rebecca Douglas, Sexual Health Nurse Charley Newman and Claire Watt, Nurse Practitioners Karen Carson, Charge Nurse and Mairi MacSween, Nurse Practitioner Kimberley MacInnes, Lead Nurse and Karen Marnoch, Nurse Practitioner
13:00	Lunch (provided)	
13:45	Welcome Back	
13:50	Gender Service	Dr Claire Stewart, Consultant GUM/HIV and Gender Medic and RJ Lupin, Gender Nurse

<b>14:40</b>	<b>Intra-uterine Devices (Coils)</b>	<b>Dr Laura Lawson, Specialist Doctor</b>
<b>15:10</b>	<b>Break</b>	
<b>15:30</b>	<b>CoSRH Guidance Update – What’s New</b>	<b>Dr Caitlin Whittaker, Specialty Doctor</b>
<b>16:00</b>	<b>Menopause After Cancer</b>	<b>Dr Hame Lata, SRH Consultant and Menopause Specialist</b>
<b>16:40</b>	<b>Question and Answer Session</b>	<b>All</b>
<b>17:00</b>	<b>Feedback and Close</b>	



Meeting sponsors have had no input into the clinical content of the meeting.