

Initiation and evaluation of a Post-Delivery Contraception Service in North West London

Y Mulji, D Qureshi, C Cousins, G Matthews, E Mullins, L Regan
St Mary's Hospital, Imperial Healthcare NHS Trust, London

Introduction & Aims

BACKGROUND

- The RCOG best practice on family planning recommends commencing contraception prior to leaving the birth facility.
- Recent evidence highlights worsening of health inequalities due to difficulty in accessing Long Acting Reversible Contraception (LARC).

INTRODUCTION

- A service improvement project to provide women with Post-Delivery Contraception Service (PDCS) was instigated as part of a North West London regional initiative.

AIM

- The aim of the project is to scope and evaluate this service in a maternity trust in North West London.

Methods

DESIGN

Prospective audit using: Service-user questionnaires; Paper records; Telephone follow up

METHODS

1. **Patient awareness and demand for PDCS** | 1/12/19-30/01/20 : postnatal ward questionnaire

Improvements

- Multi-disciplinary training using FSRH e-learning and practical workshops
- Patient Information Leaflets and Guideline created
- All patients offered post-delivery contraception

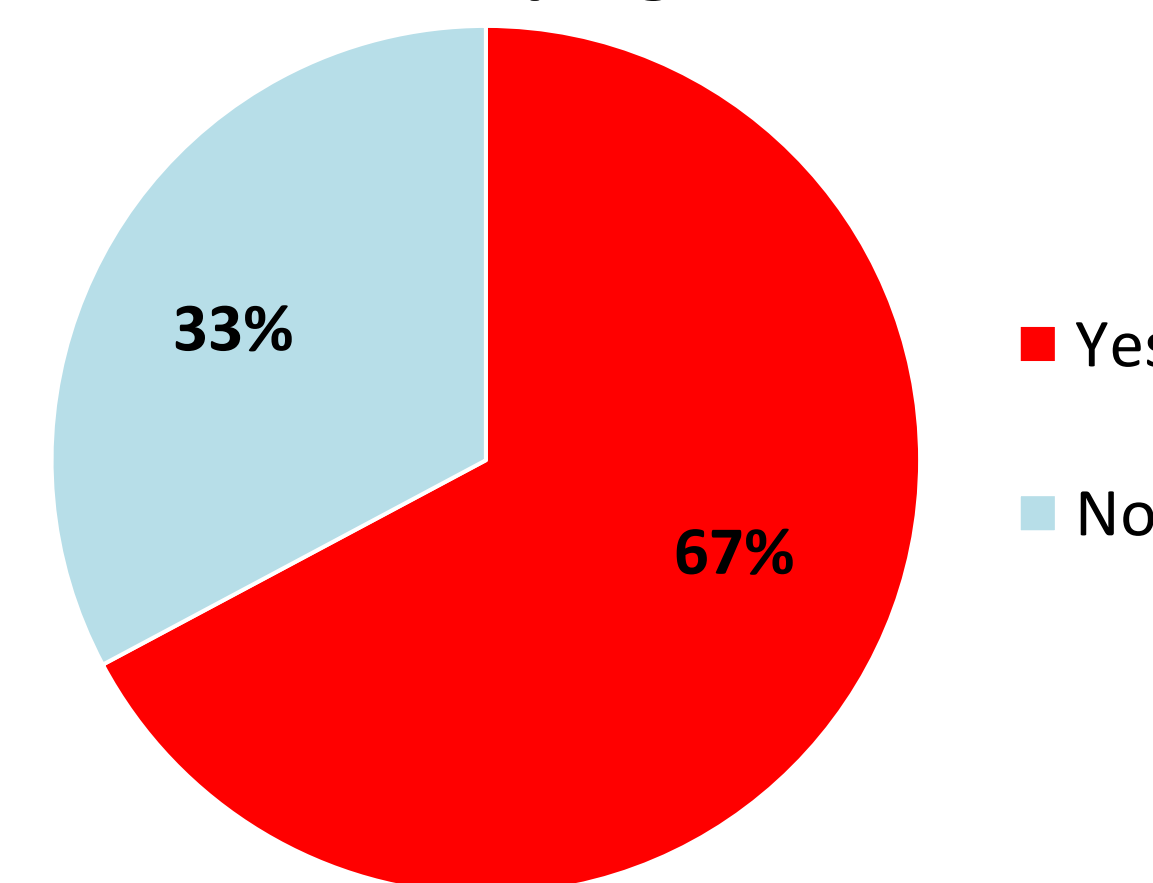
2. **Contraception uptake and service satisfaction:** Audit of patients discharged with post-delivery contraception to assess uptake | 1/5/20-30/6/20

3. **Adherence to contraception:** Patient follow up at 6 weeks, 6-months and 1-year after initiation of contraception to establish adherence, ongoing use of contraception and user satisfaction

Results

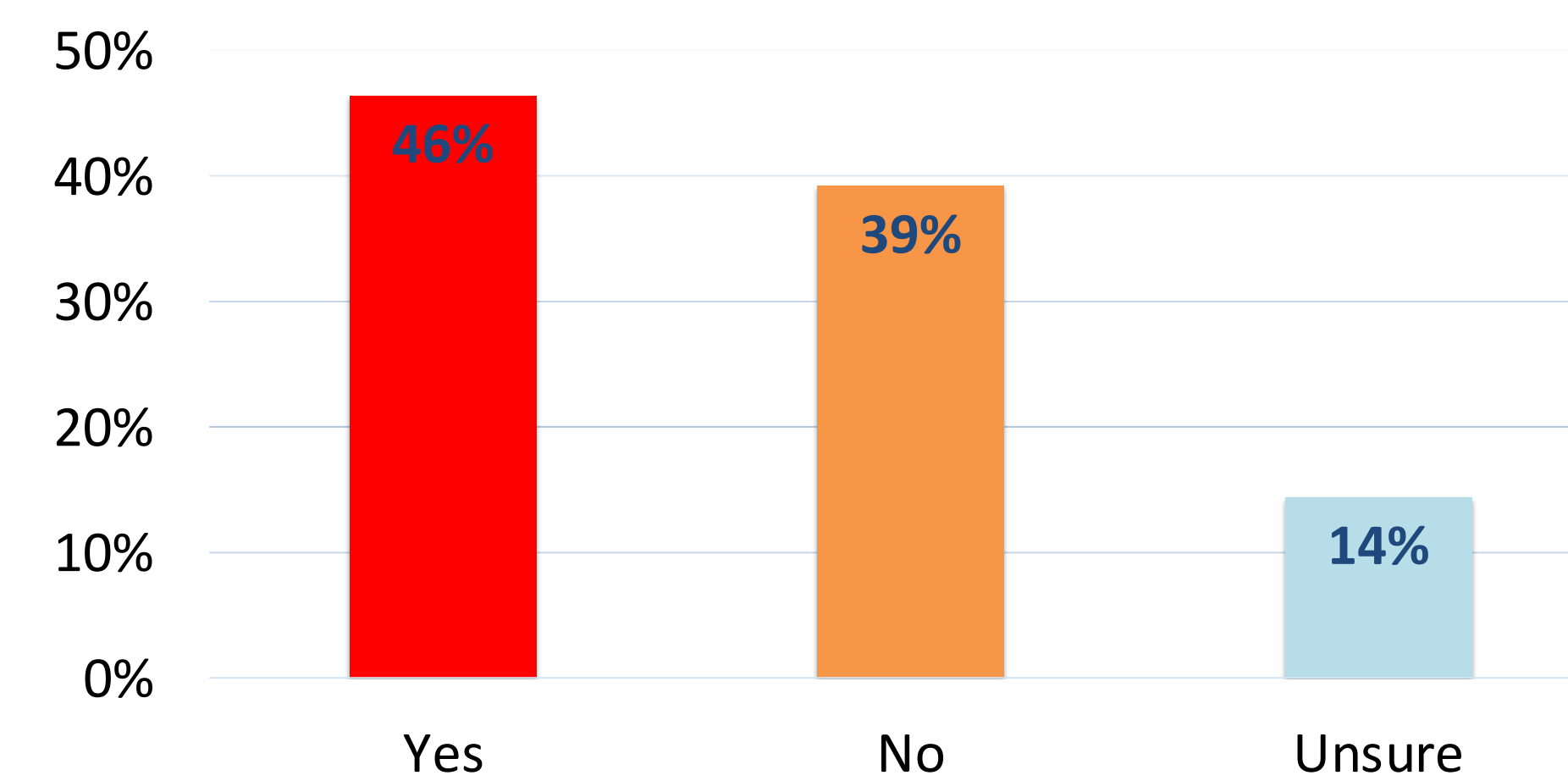
1. **Patient awareness and demand for PDCS:** 125 patients on postnatal ward

Planned pregnancies

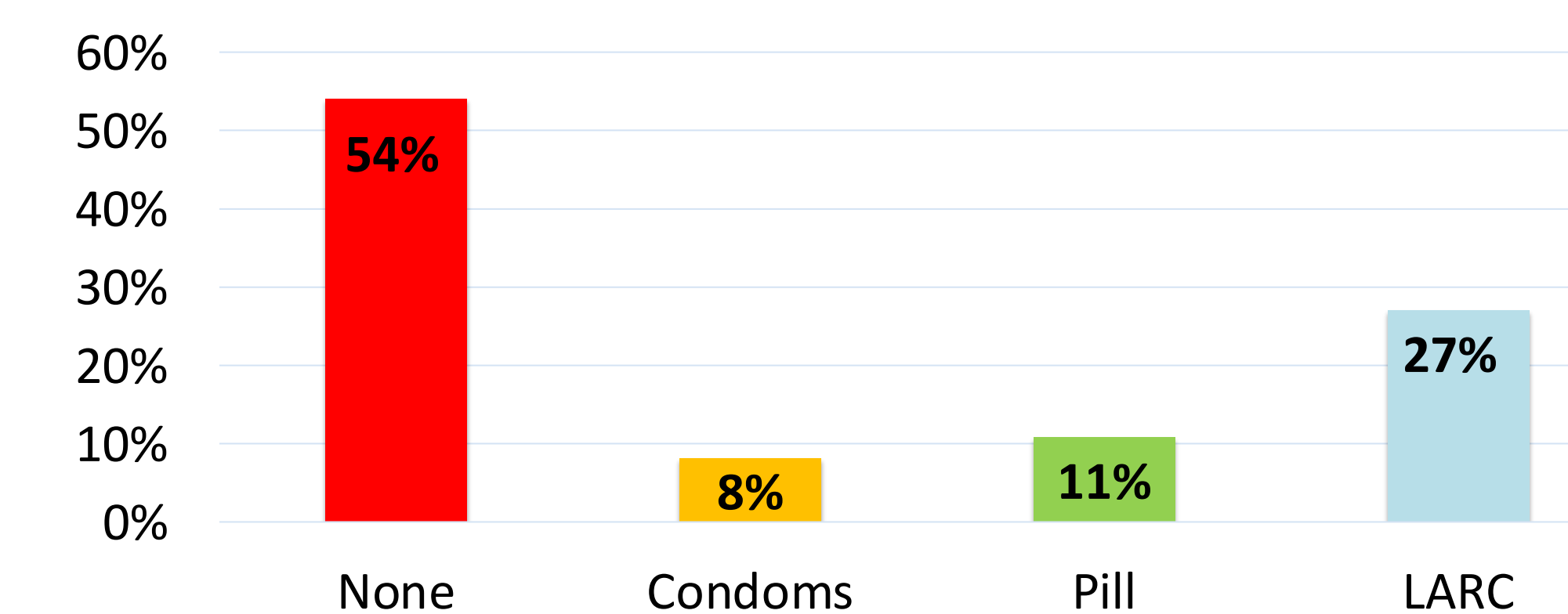


■ Yes
■ No

Demand for post-delivery contraception

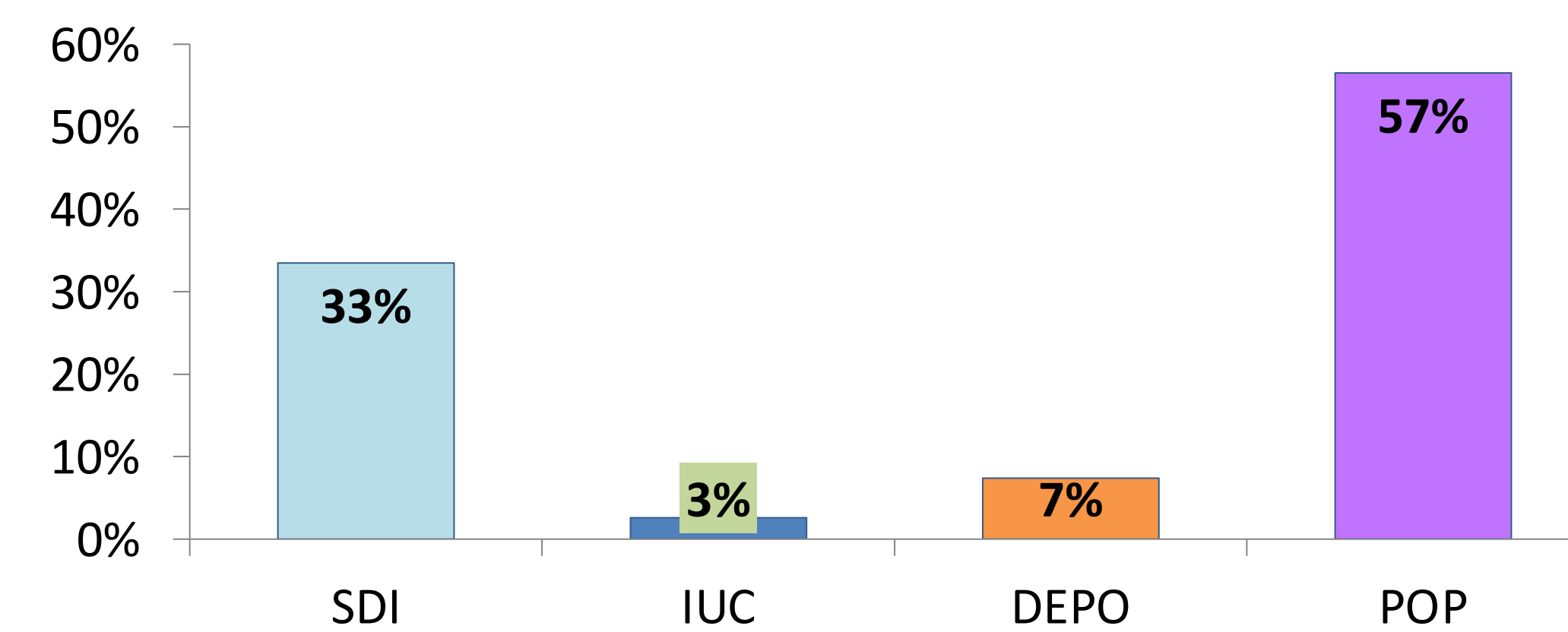


Uptake of contraception at 7 months in patients initially interested in immediate PFPF



2. **Contraception uptake and service satisfaction:** 126/473 (28%) of women initiated on contraception prior to discharge

Uptake of Contraception



Key:

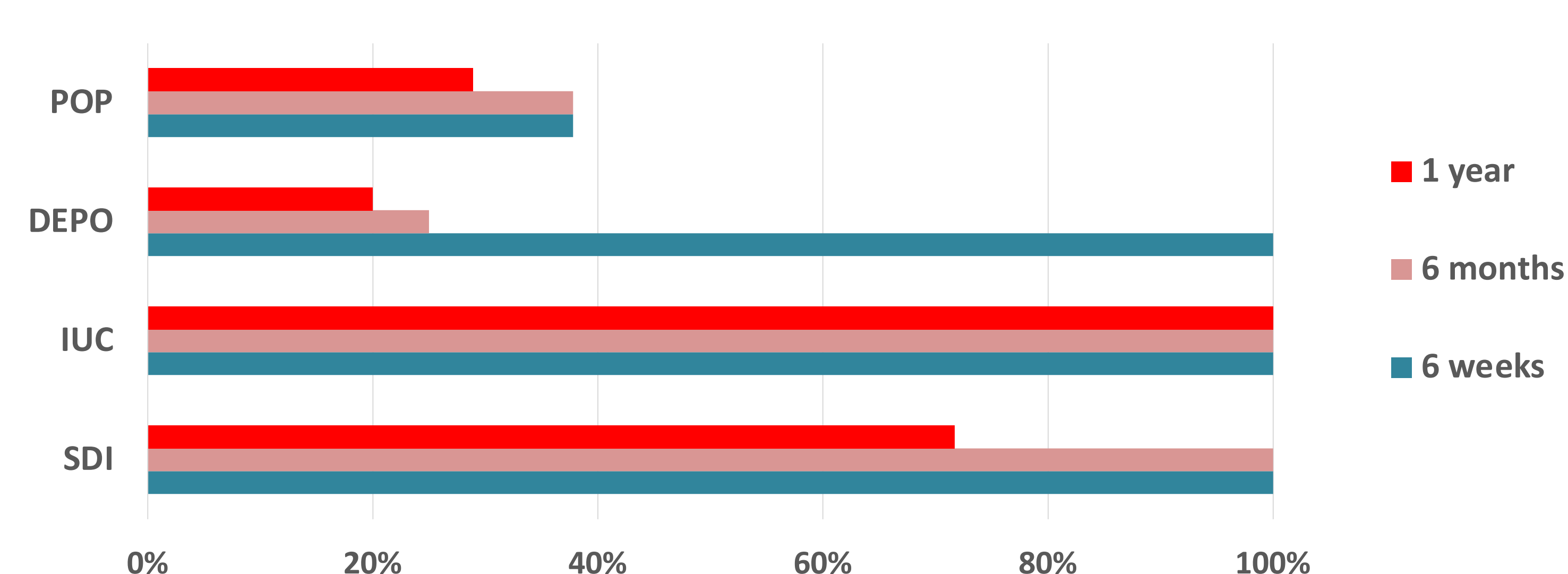
POP: Progesterone Only Pill
SDI: Sub Dermal Implant
Depo: Depo Provera
IUC: Intra-Uterine Contraception

Patient satisfaction

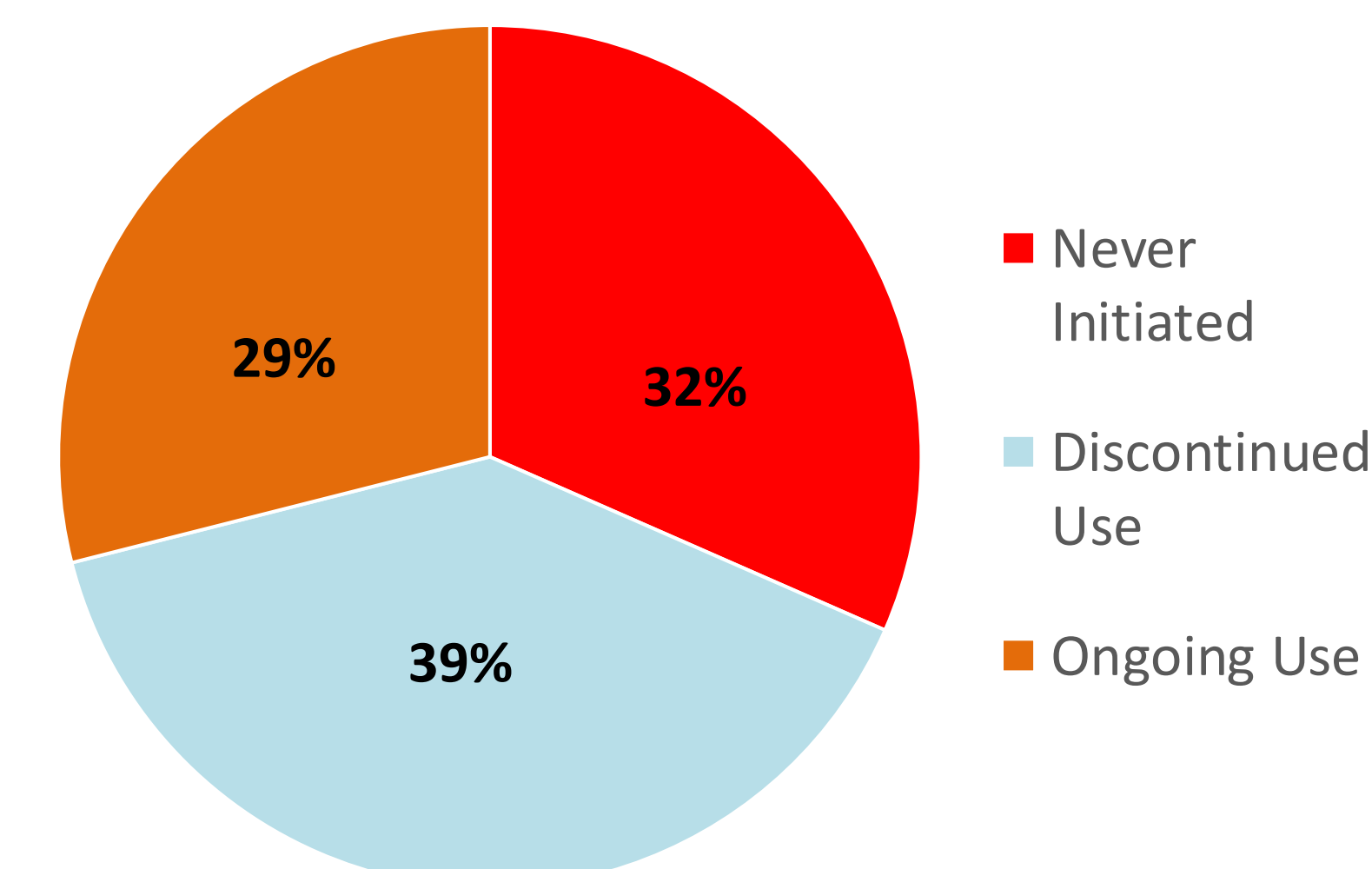
- 85% very satisfied
- 12% satisfied
- 1% fair
- 2% dissatisfied (side effects)

3. **Adherence to contraception:** The follow up rate at 1 year was 94/126 (75%)

Compliance with contraception at 6 weeks Vs 6 months Vs 1 year



Use of POP at 1 year Follow-up



Conclusions

BENEFITS

- Demonstrated demand for PDCS amongst women in maternity care
- 1 in 3 women discharged from birthing unit with contraception
- 97% patient satisfaction rate
- Increased compliance 1 year post birth for patients discharged on LARCs Vs POP or Depo

RECOMMENDATIONS

- Embed antenatal counselling for contraception options into routine maternity care
- Increase PDCS awareness amongst patients to empower decision making
- Amended Patient Information Leaflets and staff teaching sessions particularly regarding side effects and safety netting to improve LARC compliance.
- Ongoing service evaluation with Regional Quality Improvement Project



Contact

Yasmin Mulji

yasmin.mulji@nhs.net