

Increasing interpregnancy interval: Improving postnatal contraception access in a deprived London Borough

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Our Project:

We performed a quality improvement project at North Middlesex University Hospital NHS Trust to improve access to contraception services to postnatal women in a deprived area of London.

Background:
Short interpregnancy interval increases risk of low birth weight, preterm birth and even stillbirth and neonatal death. Nationally its estimated that 1 in 13 women presenting for abortion or delivery have given birth within the last year.

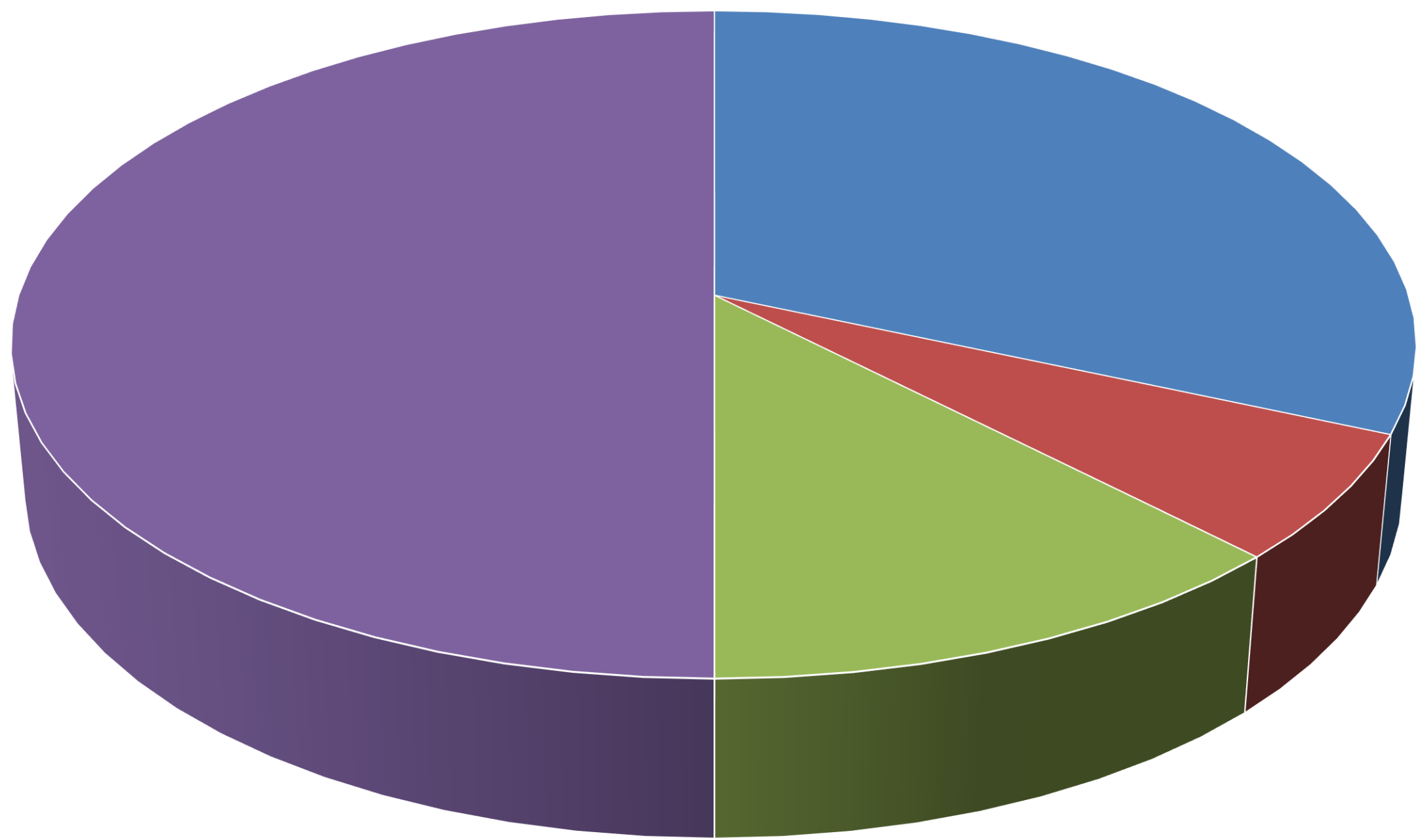
Retrospective audit revealed 10-15 women per annum with birth to birth interval < 1 year at our trust

Have We Made a Difference?

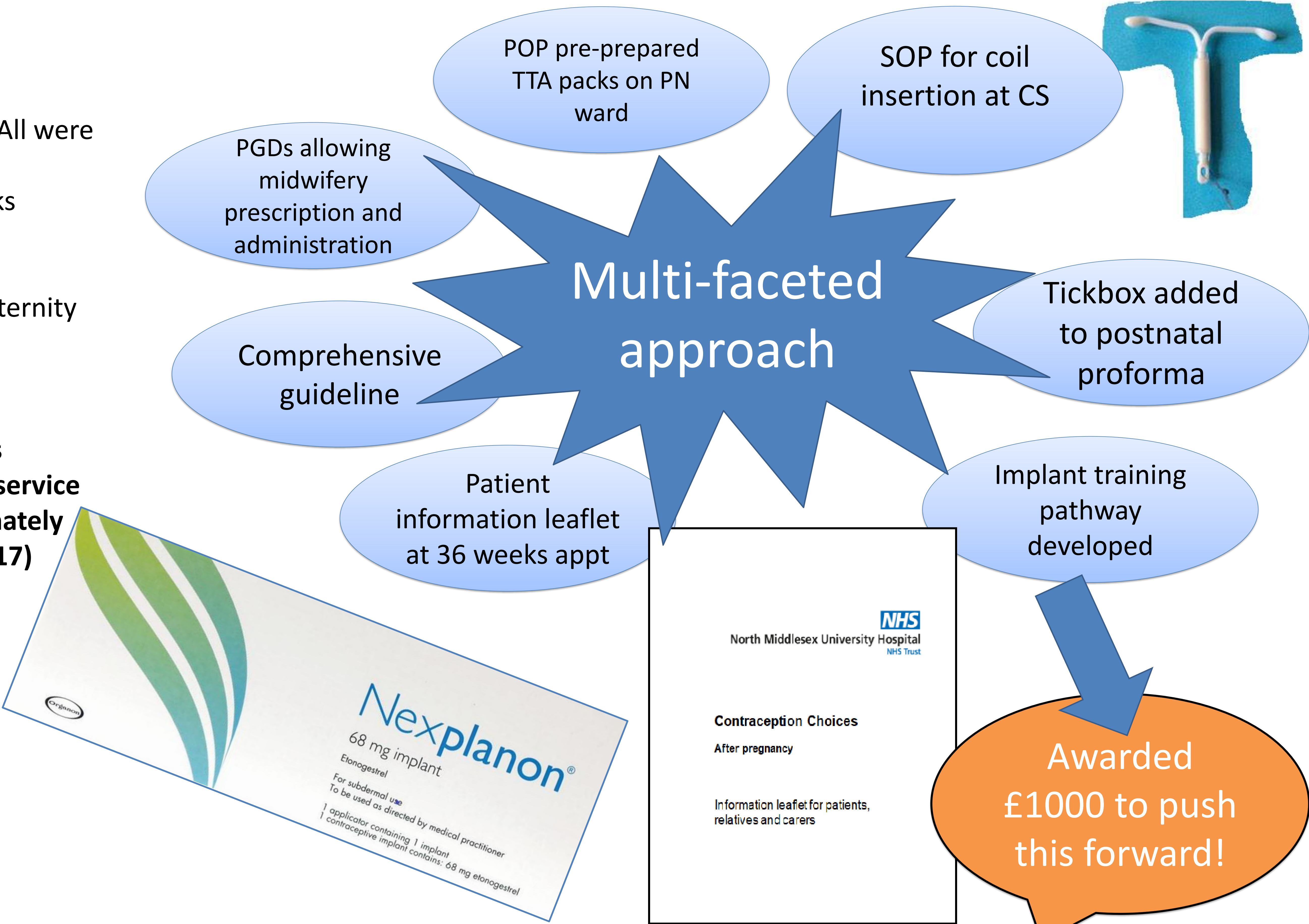
From Early 2020 to End of 2021

- 114 coils were inserted at caesarean section. All were given an EPAU FU
 - 57 (50%) were followed up at 6 weeks
 - 14% were incorrectly placed and
 - Expulsion rate 7%
- 536 POP TTA packs were dispensed on the maternity ward
- 102 implants have been inserted
- 752 women have been offered postnatal contraception, Many more have declined. **This equates to about 10% of women leaving our service with contraception (2021 deliveries approximately 3880; total deliveries April 2020-Dec 2021 6917)**

Coils sited at LSCS n=114



■ In place ■ Expulsion
■ Incorrectly placed ■ Lost to follow up



Our
values

We are
caring

We are
fair

We are
open