

Post Delivery Contraception at Bradford Teaching Hospitals NHS Foundation Trust

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Project Objective

In the UK, 1 in 3 pregnancies end in termination of pregnancy¹ and the **UNFPA estimates that nearly half of all pregnancies are unintended**². 1 in 13 women presenting for termination or delivery conceived <1 year from delivery³.

NICE and FSRH guidance recommends that **contraception after delivery should be offered and available from maternity services**.

At Bradford Teaching Hospitals NHS Foundation Trust (BTHFT), we aimed to implement this guidance **to provide comprehensive post-delivery contraception services**.

Design

Between 2020-2022, staff education and training was delivered and postnatal contraception (PNC) leaflets created. A postnatal contraception working group was formed between the hospital, Locala community contraception services. A local pathway was devised and funding secured for implant-insertion training. Coil at caesarean section was introduced, as well as availability of leaflets, progesterone-only pill (POP), condoms, Nexplanon (IMP) and depot medroxyprogesterone acetate (DMPA) on discharging wards.

In May 2022, 100 patient notes were audited at random.

Results

Counselling and uptake

Only 8% women had an antenatal discussion about contraception. Contraception was discussed with half the women opting for elective caesarean section.

Post delivery, contraception was discussed with 33% women prior to discharge.

28% women had a documented discussion in the community, but only 1 woman subsequently opted for contraception.

The overall uptake of any contraceptive method was 15%.

The most common methods were sterilisation (5%), POP (5%), condoms (3%) and Nexplanon (2%). Sub-analysis showed that women were more likely to have a discussion about contraception after caesarean section. 23% of women were undecided.

Postpartum Intrauterine Contraception (PPIUC)

In addition, a separate review was performed to review PPIUC rates, from 1/1/22-31/7/22 (7 months). During this time, **296 elective caesarean sections** were performed and **40 coils** were inserted =insertion rate **13.5%**

How does Bradford compare locally?

We have been collecting data from around the West Yorkshire region (Table 1). As shown, counselling and uptake could be improved.

We aim to increase counselling in antenatal clinics, introduce an aide-memoire on contraception when counselling for caesarean section and introduce patient group directions (PGDs) for POP and DMPA for midwives, as well as continue education sessions for all staff.

Conclusion

As a regional working group, crossing hospital and community boundaries, we have had a good experience of sharing education and training resources with the aim to improve PNC counselling and uptake in our hospitals.

We aim to re-audit in 1 year.

We hope to share this data with other trusts to get a national picture of PNC counselling and uptake. This will help to guide service provision for women in England. To support patient choice and control, as well as prevent unintended pregnancies, we strongly advocate the formation of an RCOG post delivery contraception guideline.

References

¹ Bexhell H, Guthrie K, Cleland K, et al. Unplanned pregnancy and contraceptive use in Hull and East Yorkshire. Contraception Published Online First: 28 October 2015.
² UNFPA Seeing the unseen: The case for action in the neglected crisis of unintended pregnancy. March 2022.
³ Heller R, Cameron S, Briggs R, et al. Postpartum contraception: a missed opportunity to prevent unintended pregnancy and short inter-pregnancy intervals. J Fam Plann Reprod Health Care 2016;42:93–98

West Yorkshire Hospital Trusts Postnatal Contraception (PNC) Comparison Audit Data			
	Bradford BTHFT 2022 (100 random women)	Calderdale CHFT 2022 (100 random women)	Leeds LTHT 2023 (100 women)
PNC provision	✓ Condoms ✓ POP ✓ DMPA ✓ IMP ✓ PPIUC ✓ Sterilisation	✓ POP ✓ DMPA ✓ Sterilisation ✓ (PPIUC introduced after baseline audit)	✓ Condoms ✓ POP ✓ DMPA ✓ IMP ✓ PPIUC ✓ Sterilisation
PNC counselling given <i>Antenatal (AN)</i> <i>Postnatal (PN)</i>	8% AN 33% PN	5% AN 82% PN	10% AN 98% PN
Uptake of PNC	15%	5%	8%
Women undecided	23%	Unknown	19%
Sterilisation rate	5%	2%	0%
Condom distribution rate	3%	0%	5%
PPIUC rate	13.5% (2022)	4.3% (2023)	Unknown
Table 1 West Yorkshire Hospital Trusts Postnatal contraception comparison audit data POP- progesterone only pill, DMPA- Depo Provera, IMP- implant (Nexplanon brand), PPIUC (postpartum intrauterine contraception) Authors: Howell, C & Winton, C (2023)			