

Quality improvement work on postnatal contraception in NHS Fife Maternity in 2019-21

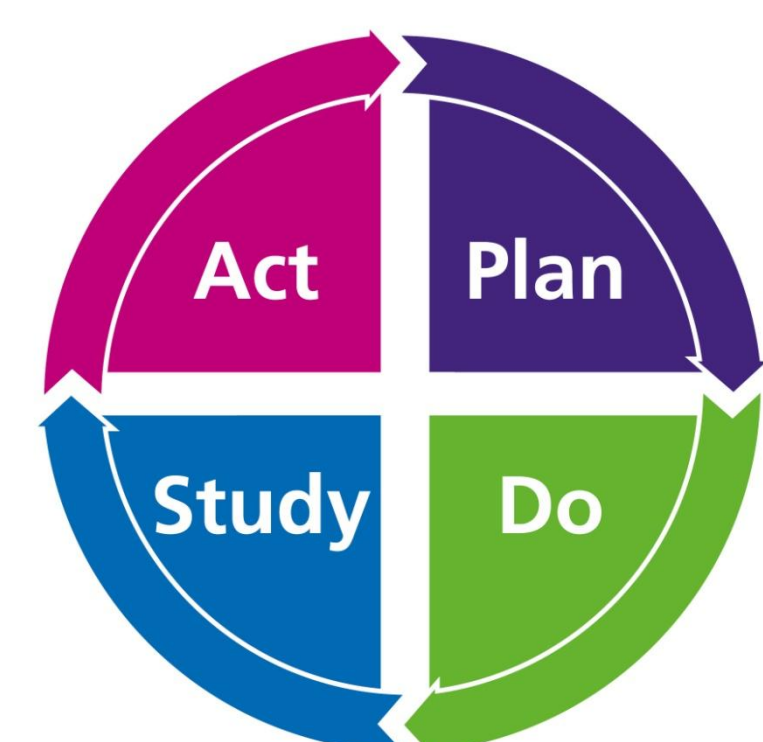
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Background:

Postnatal contraception is a key component of the Scottish Women's Health Plan for improving maternal health.

We used a variety of QI approaches to improve uptake of postnatal contraception from the NHS Fife Maternity ward.

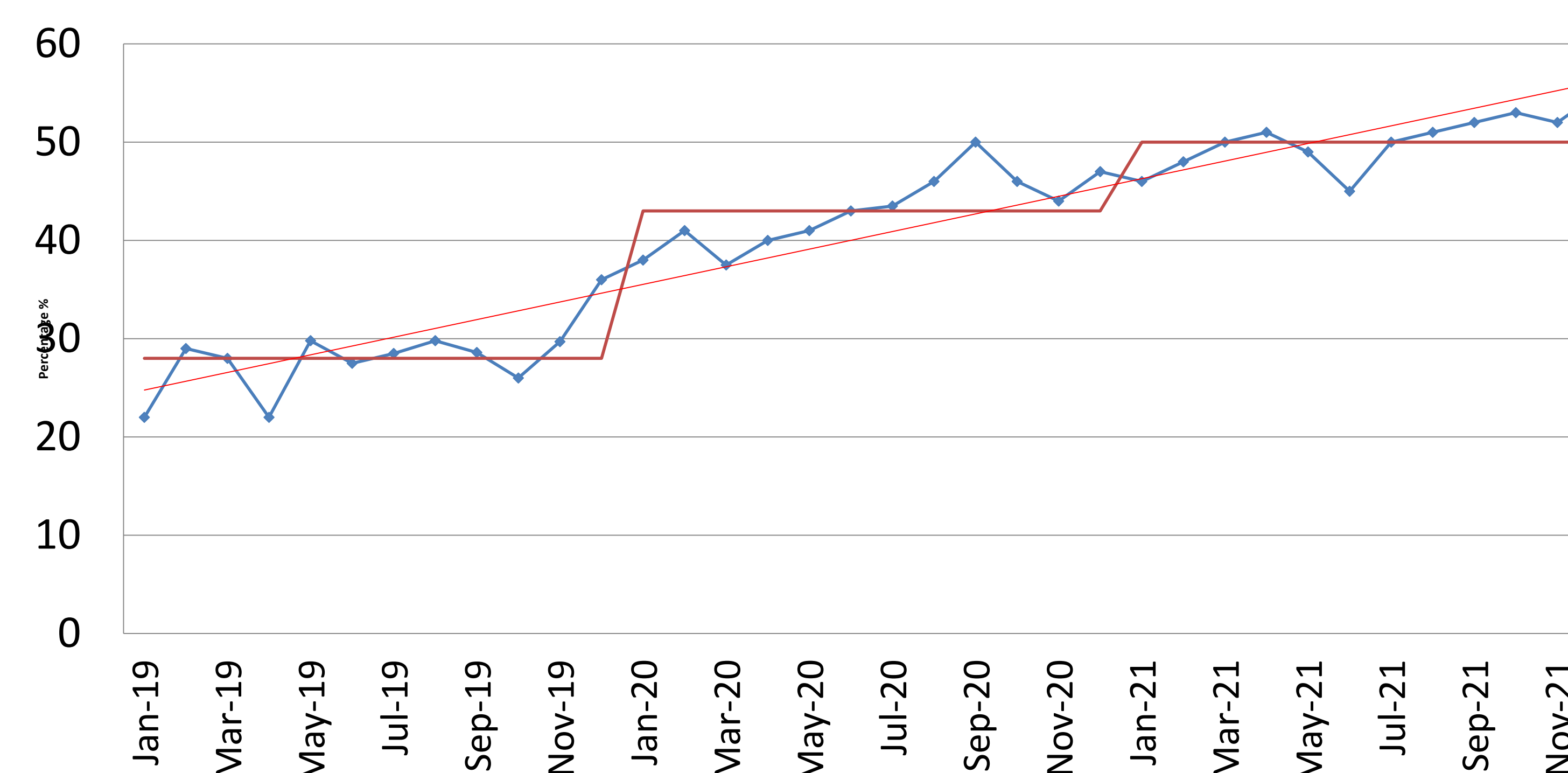


Methods: We carried out unit data review, a scoping questionnaire with patients, interviews with staff leading to process mapping and empathy mapping, multiple PDSAs and service evaluation.

Changes: staff were given training and “quick check” guides; patients had extra conversations and more information; videos and posters were used to raise awareness and there were grab boxes for LARC.



Proportion of patients with postnatal contraception 2019-21



Results: Staff increased knowledge and skills. Number of discussions on PNC increased to 90% and proportion of patients receiving PNC before discharge was up to 56%. **Conclusions:** QI methods helped us to undertake change in a healthcare setting. A combination of qualitative and quantitative methods enabled us to design person-centred processes and improve outcomes.