



Setting up a Postnatal Contraception, PNC, Service in a District General Hospital

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Background

Short pregnancy intervals less than 18 months are linked to preterm births, SGA and perinatal morbidity. Fertility returns from 21 days postpartum and since the Covid-19 pandemic, access to contraception in GP and Sexual Health services have reduced. In April 2020, the FSRH, RCOG, and RCM, launched recommendations for women to access PNC in maternity units in support of Better Births. For every £1 spent on contraception, £11 pounds is saved in the NHS reduced healthcare costs (Kings Fund, 2014). Out of 22 Trusts in the UK offering PNC only 7 have secured reliable funding.

We set out to establish a functional PNC at ENHT, which has a birth rate of about 5000 per annum. Here is our journey to a successful Launch and recognition of the Lister Hospital Postnatal Contraception Service in December 2024.

Results



Making PNC an option to promote equity and equality across local hospitals in region.

Contraceptive counselling discussed ideally by 34-36 weeks

Availability of PIL

Staff training: FSRH Online Course/F2F

Delivery of chosen method

POP

Depot injection/DMPA

Implant

IUD, or CS or within 48hrs of birth

Method

Surveys: postpartum patients and staff

Audit: TOP clinic

Creation of Resources: Patient information leaflet, PIL/infographics/Qrcodes/SOPs/guidelines

Creation of training video on Insertion of Intrauterine Device at Caesarean Section

FSRH approved Letter of Competency, in subdermal implant insertion

Creation of Hospital to community clinic partnership

Collaboration with MNVP, LMNS, ICBs, for funding

Clinician information

Contraception services near you

Scan the QR code below to explore the options available to you.

General Practice (GP)

A range of sexual health and contraception services are available via General Practice. Contact your GP Practice directly to discuss your options.

Pharmacies

Pharmacies across Hertfordshire offer the contraceptive pill without a prescription.

Click here to find a pharmacy near you that offers the contraceptive pill for free and to learn what to expect when getting the pill without a prescription.

Out of Hours

Advice can be obtained by calling NHS 111.

The National Sexual Health Helpline: 0300 123 7123 is open from 9pm Monday to Friday, and 11am-4pm Saturday to Sunday.

You can also obtain information from the NHS website.

Online

You can order free contraception and STI test kits online via 24/7 which provides a range of free online services* to residents aged 16 years or older including:

- Emergency Contraception
- Testing for STIs with no symptoms

For HIV Testing you can order online from Free Testing. HIV free condoms and tests for Chlamydia and Gonorrhoea are available from METRO Clinics.

*If you are under 18 or unable to use online services, please call 0300 100 1022

Emergency Contraception

Some local pharmacies also offer free and Emergency Contraception and STI testing. To find out where these services are available see this interactive map.

Sexual Health Hertfordshire (SHH)

Sexual Health Hertfordshire offer a range of free and confidential services including pregnancy testing, contraception, emergency contraception and testing for STIs. You can find your nearest clinic opening hours here.

Out of Area

Bedfordshire: If you are resident in Bedfordshire, contact your GP Practice directly or visit ICBASH (Integrated Contraception and Sexual Health Bedfordshire).

Luton: If you are resident in Luton, contact your GP Practice or visit Luton Sexual Health.

Essex: If you are resident in Essex, contact your GP Practice or visit Essex Sexual Health.

Further Support

The Sexual Health Testing Service: Two 07912 203335 (Thursday and Thursday from 11.45pm). Outside of these times call 0300 100 1022.

Services for Young People have resources for young people in Hertfordshire.

The Public Health Nursing Team also provide a confidential 'Chat to Chat' testing service.

The Contraception Choices website provides information on different types of contraception.

East and North Hertfordshire NHS Trust

Services outside our unit for ongoing Following PNC patients

Clinician information

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Limitations and Conclusions

1. Securing funding
2. Stakeholder buy in
3. Training of HCPs
4. Time required to acquire specialist skills
5. Burden of extra work
6. Appropriate documentation

1. Despite limitations some regional units have embarked on 'in-house' PNC service
2. PNC should not be postcode determined
3. Regional collaboration will promote equity and equality
4. Digital linking with community will ensure information sharing

We successfully launched the PNC service in December 2024 and undergoing improved process mapping of the service

