

CONTRACEPTION TRAINING FOR MATERNITY STAFF

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A REGIONAL WORKING GROUP INITIATIVE TO INCREASE AWARENESS AND ACCESS TO POST PREGNANCY CONTRACEPTION

INTRODUCTION

In the UK it is estimated 1 in 3 pregnancies end in termination, and of those that continue 1 in 3 pregnancies were unintended.

1 in 13 women who present for termination, or delivery, conceived less than 1 year from a previous delivery.

An inter-pregnancy interval of <1 year increases the risk of prematurity, low birthweight, stillbirth and neonatal death.

Providing access to effective contraception immediately after childbirth can significantly reduce rates of unplanned pregnancies and short interpregnancy intervals, subsequently reducing the associated health risks for both mother and baby.

WEST YORKSHIRE POST PREGNANCY CONTRACEPTION GROUP

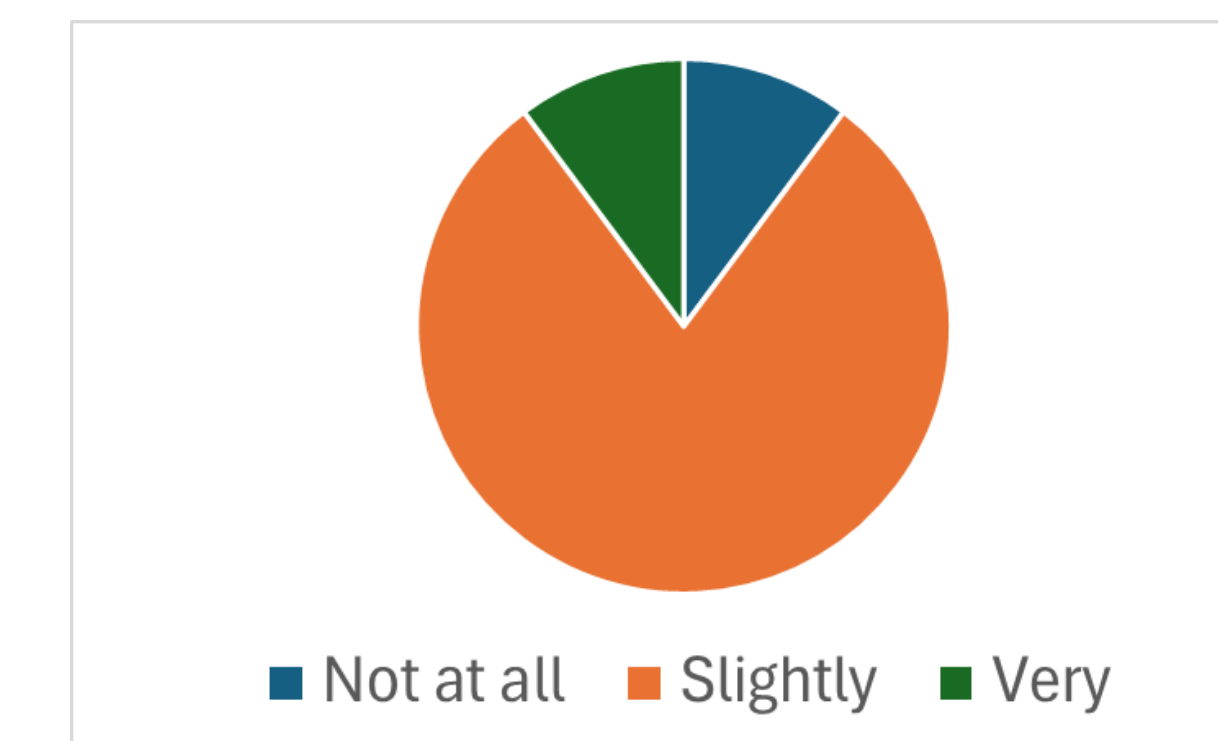
The West Yorkshire post-pregnancy contraception working group brings together sexual health professionals, midwives and O&G doctors to work towards increasing awareness of, and access to, post-pregnancy contraception in the region.

In 2024 we made our focus education, and organised MDT courses for maternity staff on post pregnancy contraception. We chose to run the FSRH Essential Contraception following Childbirth Course.

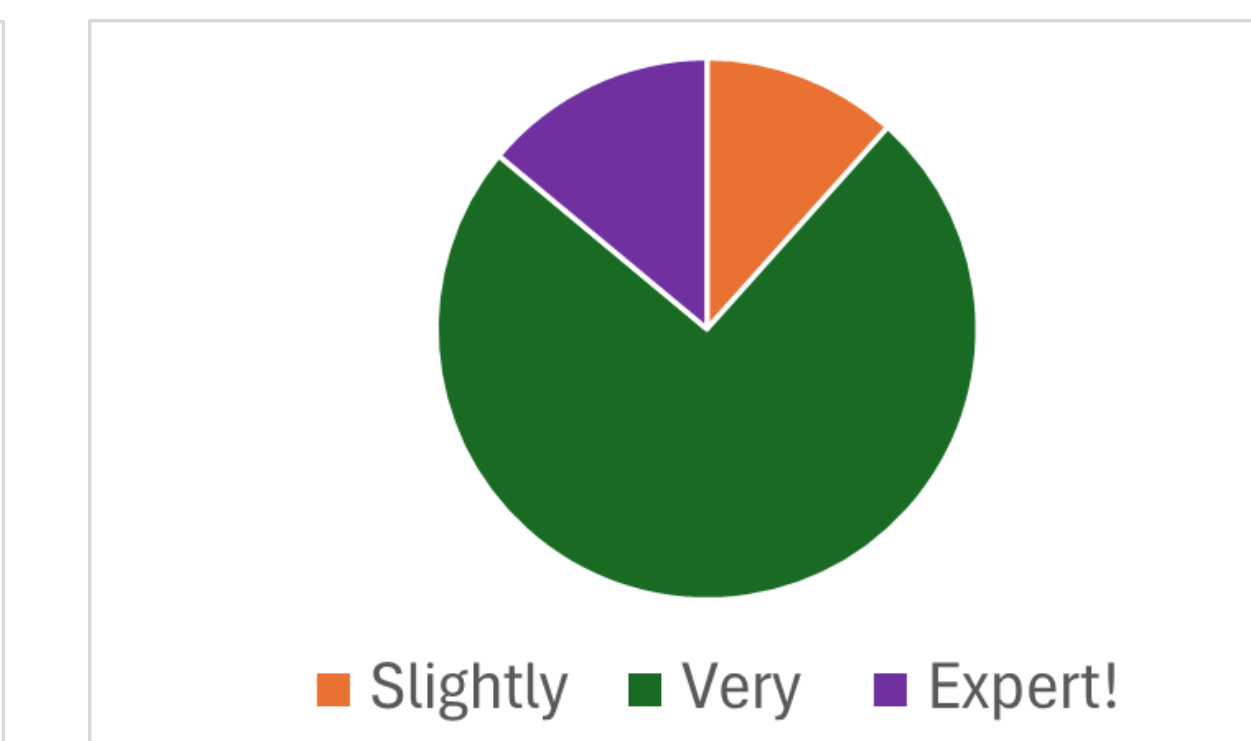
We secured funding from the Local Maternity and Neonatal System (LMNS). The courses were delivered by regional FSRH trainers with delegates from Leeds, Bradford, Airedale, Harrogate, Calderdale and Mid Yorkshire Trusts.

We ran 4 courses (3 in person and 1 online) and trained 83 delegates. Staff were asked to complete a pre and post course survey.

CONFIDENCE WITH CONTRACEPTION COUNSELLING • HOW CONFIDENT DO YOU FEEL DISCUSSING CONTRACEPTION?



Pre- course



Post-course

RESULTS

Prior to the course, almost all the delegates 48/49 (98%) felt that giving contraception counselling was part of their job role. However only 24% (12/49) had previously received contraception training.

All participants agreed the course was clear and easy to understand and 100% of delegates stated that they would recommend the training to their colleagues.

CONCLUSION

Staff education is crucial in order to improve the quality of contraception conversations with patients both antenatally and postnatally. This course provides a good level of training.

We aim to improve access to post pregnancy contraception via staff education, patient information and enhancing contraception pathways.