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Title of innovation / initiative

- Postnatal Contraception

Problem

- *Short interpregnancy intervals are associated with poorer maternal and neonatal outcomes. Access to postnatal contraception is difficult for women and limits their ability to control their reproductive health.*

Aim

- *Reduce short interpregnancy intervals, through the provision and implementation of a postnatal contraception service, that is accessible to women whilst inpatient.*

Plan

- *Created and implemented a postnatal contraceptive service, following stakeholder funding. Created trust guidelines and SOPS for the service, and adapted as necessary following peer review.*
- *Developed bitesize information on contraception to share with staff and aid discussions with women.*
- *Action learning sets supported development and adaptation to challenges whilst implementing the service during my Chief Nursing Officer Fellowship – Kiera*

Benefits

- *Women felt reassured leaving the hospital that their reproductive health was under control and reported feeling positive about the accessibility of the service.*
- *Women were positive about the service on offer, even if they did not decide to have the implant.*
- *Staff satisfaction was high for those who underwent specialist training on implant insertion due to the development of new skills and knowledge.*
- *For every £1 invested in contraception £9 is saved.*
- *With 50 implants inserted at an individual cost of £94.98. This means savings of at least £42,741.*

Measures

- *Data was collected on monthly update and further analysed based on demographics of the women.*
- *Future plan to contact women and collect service user feedback.*

Resources / team

- *Funding was obtained from stakeholders and CPD funds, to facilitate the cost of training midwives to complete certification of contraceptive implant, and time off the maternity unit to attend training.*
- *PGD created for midwives to prescribe the contraceptive implant, in liaison with the trust pharmacy and procurement team.*
- *Liaised with the Maternity Voices Partnership to create a survey asking women if a postnatal contraceptive service was something they wanted, and if so what contraception would they like.*
- *Resources utilised from contacts at other trusts including Cwm Taf Morgannwg Health Board, Sexual Health department.*
- *Evidence available from Public Health England to demonstrate financial savings and wishes of women to access postnatal contraception services whilst inpatient.*

Key learning

- *Accessibility is key.*
- *Women want control over their reproductive health.*
- *Staff seeking contraception are eager to receive it from a trusted individual, lots of interest in offering staff contraception clinics.*
- *Dissemination of information to community midwives increased uptake, this could have been shared sooner.*
- *Share the positives of what we have achieved with staff.*

Tips for others

- *Maternity units.*
- *Don't be afraid to talk about sexual health, fertility and contraception.*
- *Women want to feel comfortable to ask their questions and seek advice.*
- *Publicise your service!*

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Do you have any attachments?

- "A picture is worth a thousand words". Are there any photos or graphics that could help bring your story to life?
- Are there any supporting materials, documents, communications or other outputs that you used or produced that you could share to prevent others reinventing them?

If so, please upload them to the Fab site with this completed template.