



Postnatal Contraception

Project aim

Reduce short interpregnancy intervals, through the provision and implementation of a postnatal contraceptive service, offering the contraceptive implant.



Project team

Kiera Wedlake Midwife & Chief Nursing Officer Fellow 2023
Natasha McCormack Healthy Lifestyle Midwife

Timeline for delivery

From: January 2023 To: December 2023

Measures

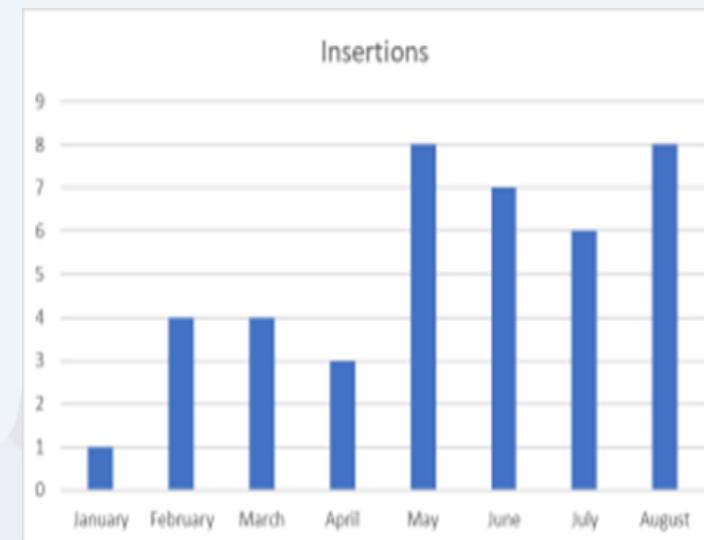
- Number of implants fitted
- Interpregnancy times
- Patient experience
- Demographics of patients

Tests for change

- Audit of low-risk birth settings
- Promote the accessibility to postnatal contraception.
- Staff development
- Explore other options for post natal contraception

Results

- Over 50 implants fitted
- 29% of women conceived in under 12 months from their previous birth
- 56% of women had multiple risk factors associated with poor maternal and neonatal outcomes



Learning and next steps

Raising the profile of the service, increases uptake.

- Support the teaching of staff and developing antenatal resources.
- Collect service user feedback.
- Facilitate more options such as oral or injectable contraception.

