

# Digital transformation of annual contraception reviews in primary care

## 1. Background

3.1 million women in the UK are prescribed oral contraception/yr.<sup>1</sup>  
Annual review often not completed thoroughly.

## 2. Aim:

To improve the standard and patient experience of annual contraception reviews in primary care.

## 3. Baseline

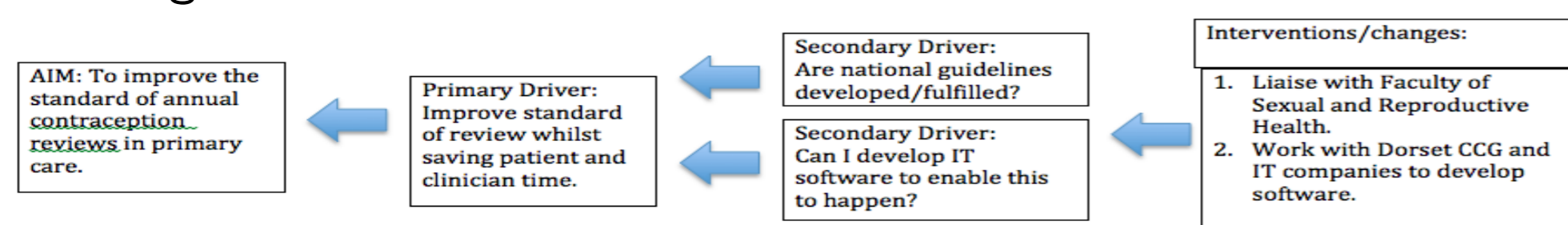
Practice population ~ 9000  
~500 women prescribed hormonal contraception in last year.

## 4. Project design

To explore the use of digital technology to improve patient experience and the standard of contraception reviews.

This was seen as the next step at the practice after a **paper questionnaire** review was introduced at the practice in 2017.

### Driver Diagram



## 5. Faculty of Sexual and Reproductive Health Guidelines Jan 2019<sup>2</sup>

January 2019 the Faculty of Sexual and Reproductive Health brought out new guidelines regarding the combined oral contraceptive pill.

- 'routine follow-up , including annual recording of blood pressure and BMI may be achieved **without a face-to-face consultation**'.
- Support **self-reporting of height, weight and blood pressure**.
- '**Self-completed questionnaires** have been shown to be safe'
- **Blood pressure and Body Mass Index -considered most important.**

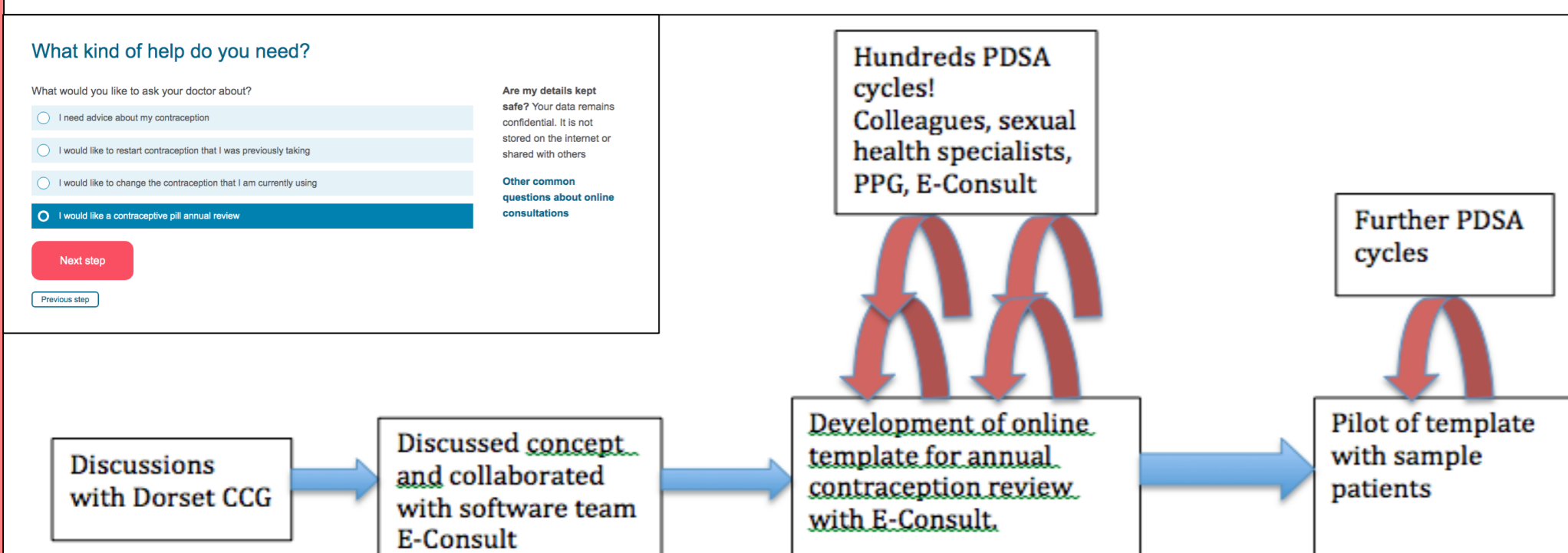
## 6. Progress

Development of online contraception template with e-Consult.

Went live May 2019. Available to over 8.5 million patients.

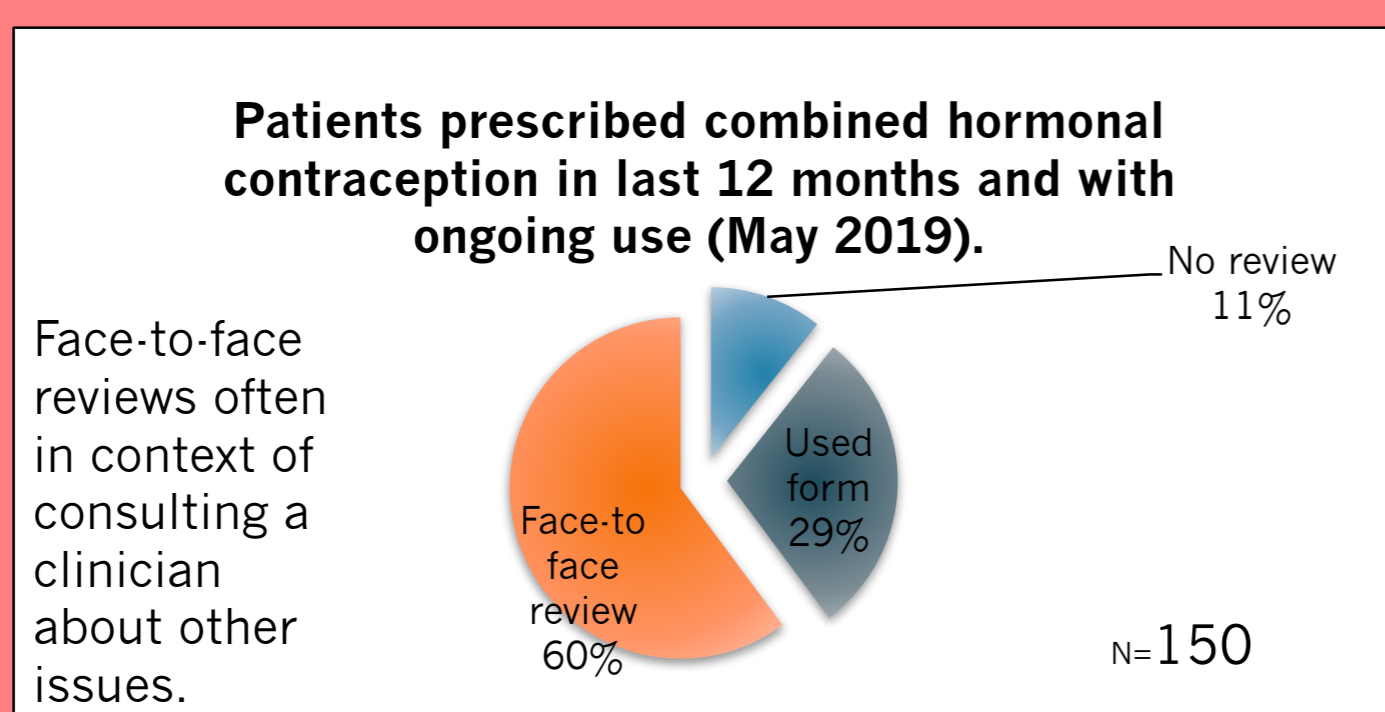
Used 172 times nationally in August.

Below is an illustration of progress over the year and a screenshot of the final template.

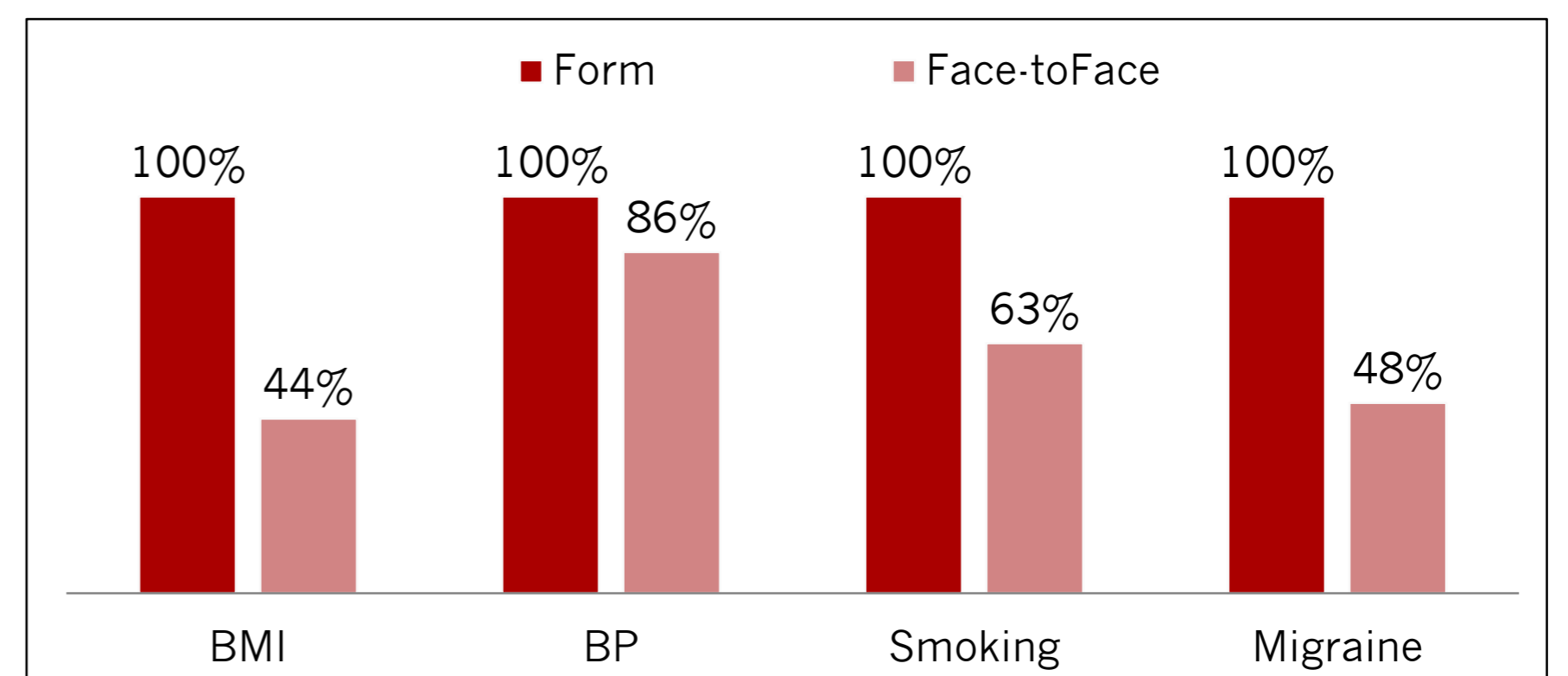


## 8. Results

A **paper questionnaire** for contraception reviews was introduced at the practice in 2017. An audit of 150 patients looked at how often this was being used by patients and how the reviews compared.



### Audit of contents of contraception reviews comparing face-to-face appointments with a self-completed form



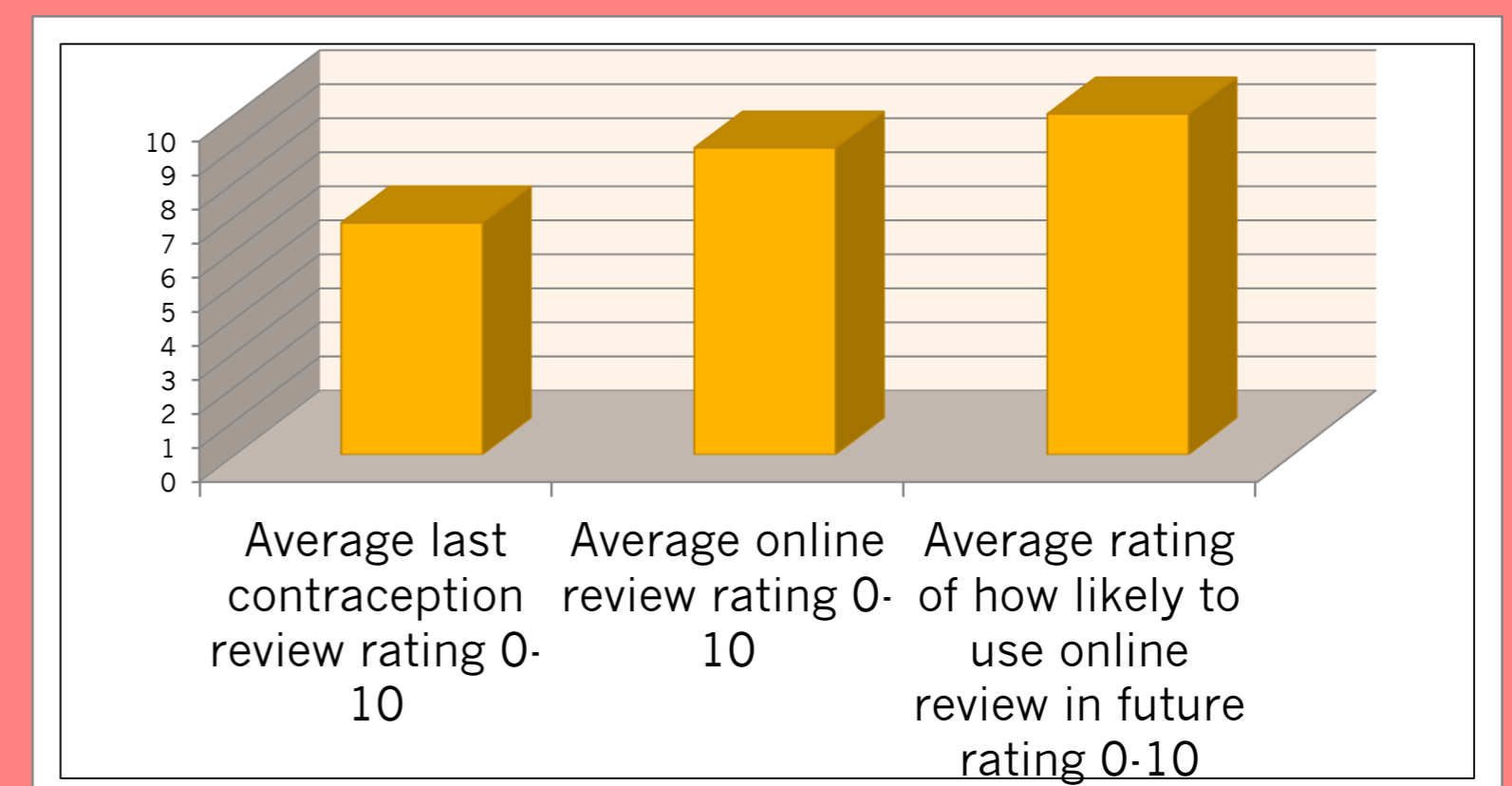
Pilot study carried out using **online contraception review**.

7 women observed using the questionnaire.

Discussed and fed-back improvements that could be made.

None of these women said they would have gone on to book a further appointment had I not been present.

### Online contraception review pilot results



### What was good about the online review?

- 'I could do it myself at my own pace and felt it was thorough'
- 'Easy to use, didn't take too long, easy to understand'
- 'Fact sheet a useful reminder'
- 'Simple but offers further contact options'
- 'All very well explained, very easy to answer'
- 'Can do it from home'
- 'You can take your time and read all the information'
- 'Can do it anywhere to save time'

## 10. Summary

- **Self-reporting of BMI and Blood pressure increased reliability.**
- **A small pilot of well received by patients.**
- **Widespread use of online contraception reviews I believe will improve both patient safety and patient experience.**

## 11. Next steps

- Larger scale evaluation.
- Raise awareness of tool
- Development into app format

## 12. Sustainability

- Template to be reviewed yearly by e-Consult team.
- Fits with NHS strategic aims.
- Potential to save patient and clinician time nationally.

## 13. Lessons learned

I have greatly increased my knowledge and skills in quality improvement, leadership, and project management, and look forward to applying these skills learnt to future challenges.

### References

1. Freedom on Information request The Guardian 7<sup>th</sup> March 2019.
2. Combined Hormonal Contraception FSRH 2019.

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