1. Background
3.1 million women in the UK are prescribed oral contraception/yr.¹ 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.

5. Faculty of Sexual and Reproductive Health Guidelines Jan 2019²
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.

7. 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 were.

8. 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.

9. 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