

The NHS
Pharmacy
Contraception
Service



Presenters

Alastair Buxton – Director of NHS Services David Onuoha – Service Development Manager

Kirsty Armstrong, National Pharmacy Integration Lead, NHS England

Emma Anderson, CPPE Tutor and Clinical Services Pharmacist, Evans Pharmacy

Priya Littler, Clinical Services Lead Pharmacist, Lalys Pharmacy



Presentation overview

- Background & policy Kirsty
- Service specification & documentation David
- Guidance & resources David
- Competency & training Emma
- Providing the service David
- Evaluation learnings Kirsty
- Top tips from practice Priya & Emma
- Final considerations Kirsty









NHS Long Term Plan

"importance of NHS services complementing the action taken by local government to support the commissioning of sexual health services"



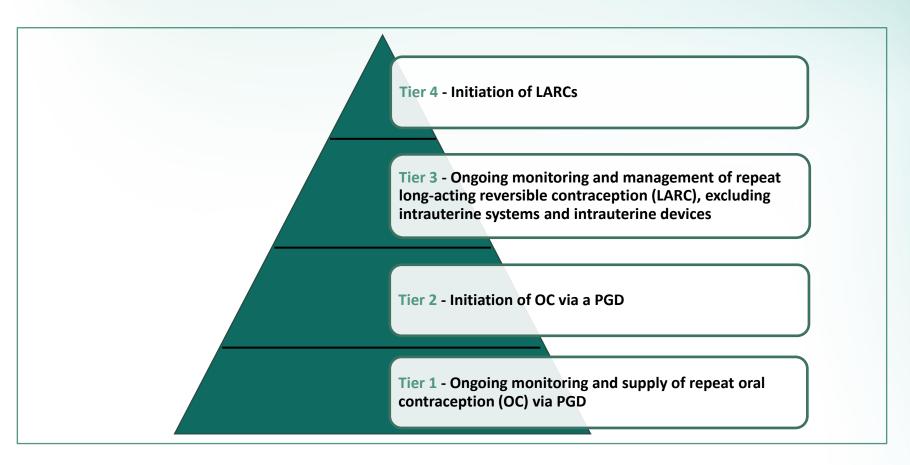
Pharmacy offer for sexual health, reproductive health and HIV: a resource for commissioners and providers

"the role community pharmacy can play in supporting ongoing contraception"



Commitment in CPCF to

"test a range of prevention services"













2021 - commence Tier 1 pilot October 2022 – commence Tier 2 pilot April 2023 – Launch of Tier 1 PCS May 2023 – Delivery Plan for recovering access to primary care

1st December 2023 -Expansion of PCS





Objectives:

- Model to initiate provision of OC, and to continue the provision of OC supplies initiated in primary care
- Establish an integrated pathway that provides greater choice and access

Aims:

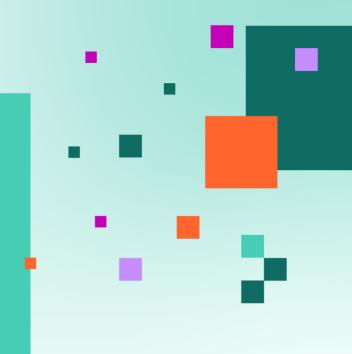
- Provide greater choice of access to contraception services
- Provide extra capacity in primary care and sexual health clinics (or equivalent) to support more complex assessments







Service specification and documentation



Service description

- Advanced service expanded from 1st December 2023
- Involves initiation, review and repeat supply of oral contraception
- Pharmacies need to provide both elements of the service
- Supplies via PGD
- Currently consultation can only be provided by pharmacists
- Suitably trained and competent pharmacy staff can provide blood pressure and BMI measurement, where appropriate
- Remote provision where clinically appropriated and agreed between pharmacist and individual

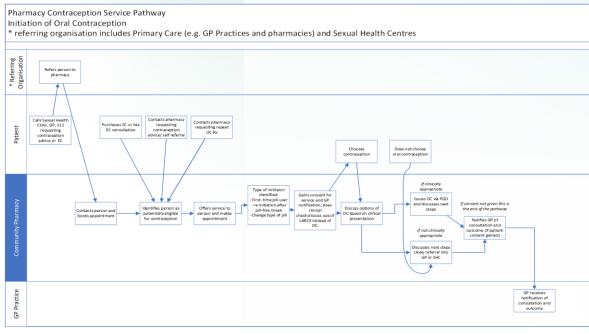








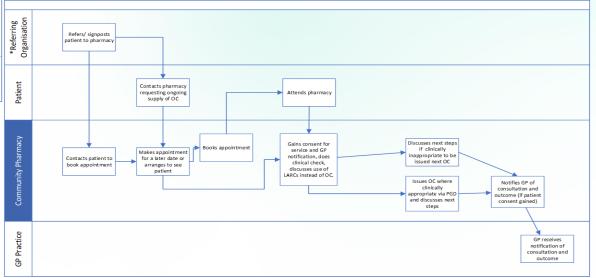
Pathways



Initiation pathway

Ongoing supply pathway

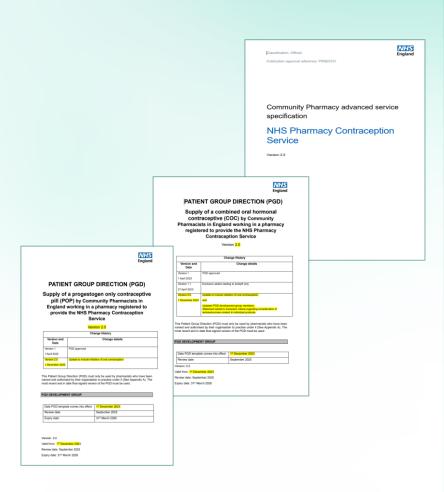
Pharmacy Contraception Service Pathway
Ongoing supply of contraception
* referring organisation includes Primary Care (e.g. GP practices and pharmacies) and Sexual Health Centres





Key service documentation

- Service specification
- PGDs (COC & POP)
- Community Pharmacy England Briefing O31/23:
 Guidance on the NHS Pharmacy Contraception
 Advanced Service





- Compliant with Terms of Service requirements for Essential services and clinical governance
- Premises requirements
 - Consultation room
- IT requirements
 - ✓ Must use an NHS-assured clinical IT system
 - ✓ Annex B data recorded
- Standard operating procedure
 - ✓ SOP to cover both elements of the service.







- No requirements regarding local engagement of stakeholders, however...
- GP practices and local sexual health clinics service notification template
- Briefing O34/23 Briefing for general practice teams and local sexual health clinics (or equivalent) on the service
- Briefing O32/23 Service implementation checklist







Pharmacy team

- Use a whole pharmacy team approach to promotion and recruitment
- Community Pharmacy England Briefing O33/23: Briefing for pharmacy teams – the Pharmacy Contraception Advanced Service
- Pharmacy staff providing blood pressure and BMI measurements must be appropriately trained and competent







Pre-commencement activity

- Sign up via NHSBSA's MYS portal
- Recommend owners identify the hours and/or days of provision



- Update NHS Profile Manager
- Review and document local safeguarding teams contact details



Confirm local process for referral for LARC

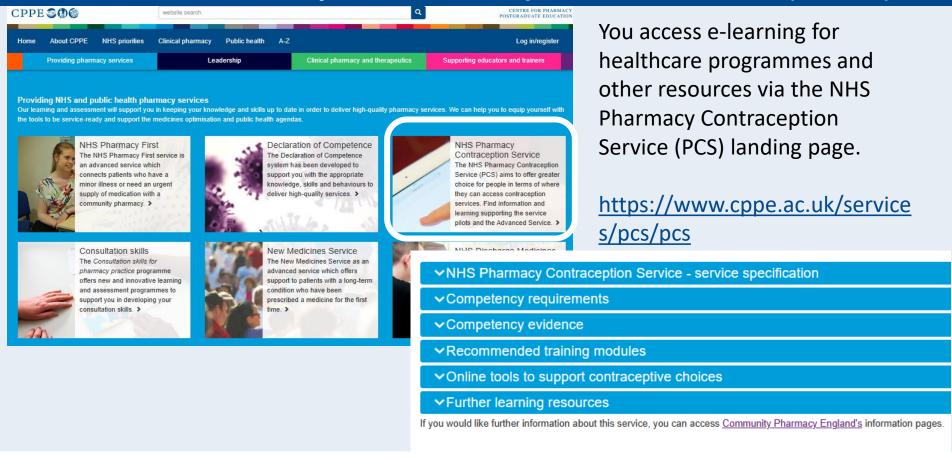


Competency & training

Emma Anderson, CPPE Tutor



NHS Pharmacy Contraception Service (PCS)







Competency requirements

- Pharmacy contractors must ensure that pharmacists and pharmacy staff providing the service are competent to do so. This may involve completion of training.
- Additional training may be required (to support initiation)
 A CPPE short video learning resource is coming soon.
- Keep documentary evidence of competence.
- Pharmacists are responsible for remaining up to date with skills and competencies in the service specification and patient group directions (PGDs).







Recommended training modules

- Recommended training is listed in the service specification and on the CPPE landing page.
- Packages that are highly recommended are indicated by an asterisk *
- One mandatory requirement = Safeguarding Level 3
- Complete specified training

Or

 Have direct access to professional advice from someone who can advise on Safeguarding at Level 3.







Make best use of skill mix

This isn't only about pharmacists. Invest in your pharmacy technicians' growth and empower your team by enrolling them in the <u>Community</u> <u>pharmacy technician: advancing your role programme</u>.









- Promoting the service in the pharmacy
 - ✓ Posters, leaflets, digital media
 - ✓ Collecting a prescription
 - ✓ Accessing other services
- Booking appointment / walk in
 - ✓ Respond to anybody requesting the service as soon as is reasonably possible
- Consent is verbal
 - ✓ Provide awareness of sharing of information
 - ✓ If no consent to share with their general practice, do not send GP service notification



Save yourself some time when you next need your contraceptive pill

Our pharmacist can provide you with your next supply of your contraceptive pill. Please ask us for more information.

Insert pharmacy logo/ details here

This free service is funded by the NHS.





Access routes:

- Pharmacy identified
- Self-refer
- Referred

For the purposes of this service, a referral includes active signposting to attend the pharmacy to receive the service.





Eligibility

Inclusion criteria

- Seeking to be initiated; or
- Seeking a further supply of their ongoing OC:
 - Combined oral contraceptive (COC) age from menarche up to and including 49 years of age
 - Progestogen only pill (POP) age from menarche up to and including 54 years



Eligibility

Exclusion criteria

- Considered clinically unsuitable
- Excluded according to the PGD protocols, including, but not limited to:
 - Individuals under 16 years of age and assessed as not competent using Fraser Guidelines
 - Individuals 16 years of age and over and assessed as lacking capacity to consent
- Additional inclusion and exclusion criteria are listed in the PGDs





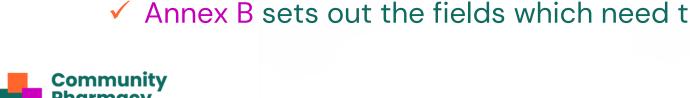
What does initiation include?

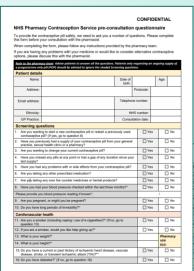
- New to using OC
- Restarting OC
- Switching between OC
- Bridging where a LARC is desired





- Blood pressure reading & BMI
 - ✓ Where clinically appropriate
 - ✓ Guidance available to support taking clinic BP
 - ✓ Leaflet to note results, where appropriate
 - Measurements can be supplied by the individual
- Pre-consultation questionnaire
- NHS-assured clinical record systems
 - ✓ May act as consultation prompts
 - ✓ Facilitate the recording of information
 - ✓ Annex B sets out the fields which need to be collected





	CONFIDENTIAL	
retinopathy, nephropathy,	Yes	□ No
onary embolus?*	Yes	□ No
sease?"	Yes	□ No
had heart disease or	Yes	□ No
p vein thrombosis or	Yes	☐ No
ties?*	Yes	□ No
r any impaired heart	Yes	□ No
fibrillation?*	☐ Yes	□ No
1 28)	Yes	□ No
is in sensation or muscle	Yes	□ No
ur when you started taking	Yes	□ No
mosr?	☐ Yes	□ No
ricer /	☐ Yes	□ No
	□ 105	U No

. Do you have any family history of breast cancer under the age of 507"	Lives	LI No
Do you have any past or current history of any other cancer?	Yes	☐ No
astro-intestinal health		
Do you have any form of liver disease or liver impairment?	Yes	□ No
Do you have gall bladder disease that causes you symptoms or is medically managed?*	Yes	☐ No
Do you suffer from acute/active inflammatory bowel disease or Crohn's disease?	Yes	□ No
Have you had any bariatric surgery or any other surgery that has reduced your ability to absorb things from your stomach?	Yes	□ No
Do you suffer from Cholestasis, a condition caused by blocked or reduce flow of bile fluid?"	☐ Yes	□ No
ther health conditions		
Do you have any planned major surgeries?"	Yes	☐ No
Have you ever been diagnosed with Anti phospholipid syndrome (APS) (also known as Hughes syndrome) with or without Lupus?"	Yes	☐ No
Have you ever had an organ transplant that has resulted in complications?*	Yes	☐ No
Do you have severe kidney impairment or acute renal failure?"	Yes	☐ No
Have you been diagnosed with Acute porphyria?***	☐ Yes	☐ No

Consultation

- Patient centered approach
- Discuss alternative and more effective forms of contraception including Long-Acting Reversible Contraception (LARC)
- Initiation discuss options with individual
- Online shared decision-making contraception consultation tools









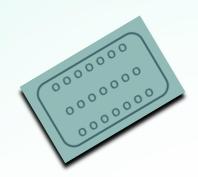


Outcomes

- Criteria met Supply can be made
 - ✓ FSRH UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) calculator available to support clinical decision on choice
 - ✓ Local ICB formularies/restrictions should be referred to
 - Quantity
 - Initiation quantity should not exceed 3 months
 - Ongoing supplies of up to 12 months duration
 - ✓ Supply in labelled original packs
 - ✓ Record any advice or signposting







Outcomes

Criteria not met - Supply deemed not clinically appropriate



- ✓ Explain
- ✓ Refer
- ✓ Document
 - reason for not supplying against a PGD
 - referral to an alternate service provider





Data capture

- Maintain appropriate clinical records
- Records of the reimbursement data retained for 3 years
- Data shared with NHSBSA via an application programming interface (API)
- Anonymised data shared with NHS England for service evaluation and research purposes
- Details of the data in Annex B







Funding

- £18 payment per consultation
- Fee claimable irrespective of the outcome of the consultation
- Reimbursement of OC supplied in accordance with the Drug Tariff
 Determination + an allowance at the applicable VAT rate
- No prescription charges or patient declarations
- Pharmacy set up costs of £900 per premises in instalments:
 - £400 payment on signing up to deliver the service via the NHSBSA MYS portal
 - £250 payment after claiming the first 5 consultations
 - £250 payment after claiming a further 5 consultations (i.e., 10 consultations completed)
- Where commissioned to provide a related service, cannot claim twice for same activity



Claiming payment

 Claim data submitted from PCS IT systems, via API, to the NHSBSA MYS portal

- Pharmacy owner still need to verify claim
- Claims should be submitted monthly and no later than three months from claim period for the chargeable activity provided



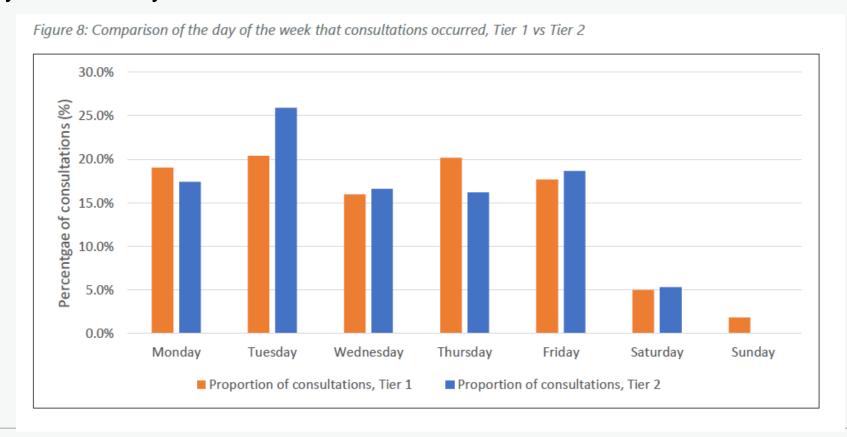
NHS **England**

Evaluation Learnings



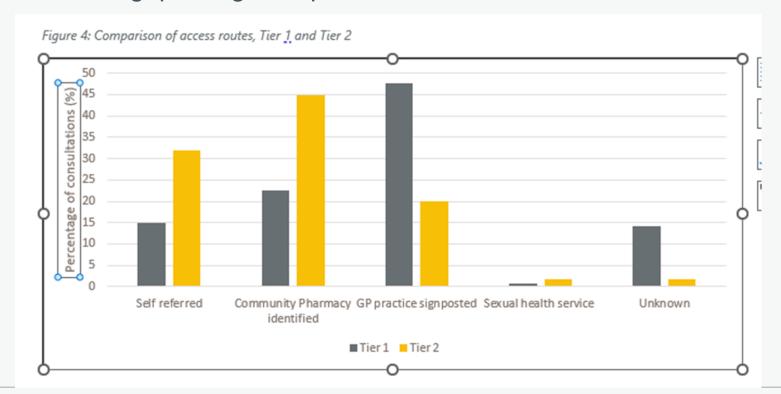
Consultation day

Consultations were most likely to take place during weekdays, with fewer Tier 2 (initiation) consultations taking place on the weekend. Small peaks in consultation activity are seen on Tuesdays and Fridays.



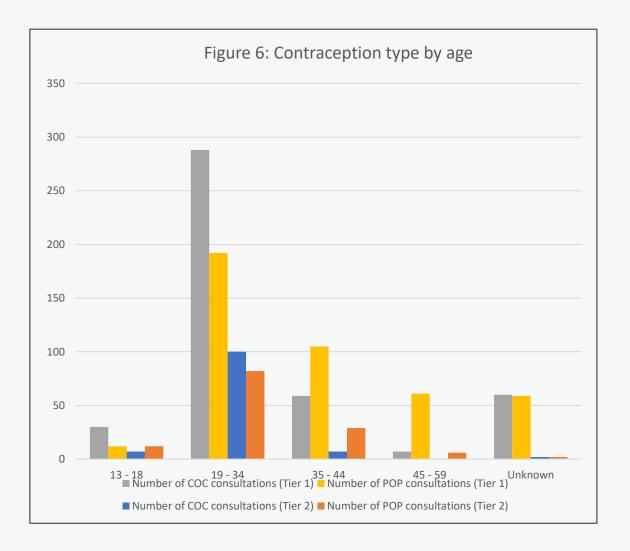
Comparison of access type

- Self-referral and community pharmacy identified people accounted for more than double the proportion of consultations in Tier 2 compared with Tier 1.
- Self-referral accounted for 15% of consultations in Tier 1, and 32% of consultations in Tier 2.
- GP surgery referral/signposting incidences were lower in Tier 2; 20% of consultations in Tier 2 were the result of GP signposting, compared with 48% in Tier 1.



Age of service users

- Consultations with people aged 19-34 years of age account for 74% of consultations for all contraceptives in Tier 2 vs 55% in Tier 1.
- Service users aged 35 years and over are more likely to be supplied with a POP (83%) (as per guidelines), with fewer women in this group supplied a COC (16%) in Tier 2.



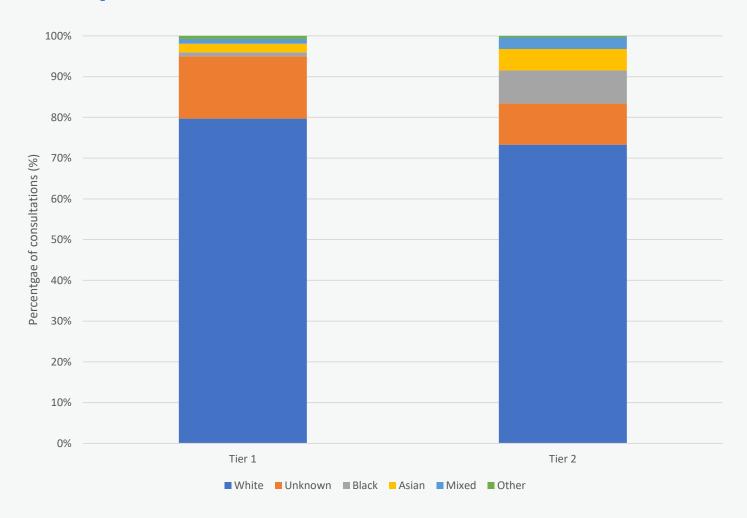
Demographic characteristics of service users

- 73% of service users who accessed the Tier 2 pilot were of white British origin
- For the same duration of Tier 1 pilot delivery, consultations with people identifying as White was higher, accounting for 80% of all Tier 1 consultations.

Table 1: Ethnicity of service users at	ttending for an initial	consultation. Specific	numbers <5 a	<u>re</u> not displayed t	o protect
_privacy.					

Ethnic group	Ethnicity	Number of consultations
Asian or Asian British	Indian or Indian British	<5
	Bangladeshi or Bangladeshi	<5
	British	
	Chinese	<5
	Pakistani or Pakistani British	<5
	Any other Asian background	5
Black, Black British, Caribbean	Black or Black British African	20
or African		
Mixed or multiple ethnic	Mixed White and Asian	5
groups	Mixed White and Black	<5
	Caribbean	
White	White British	169
	Any other White background	12
Other ethnic group	Any other Ethnic group	<5
Unknown		25

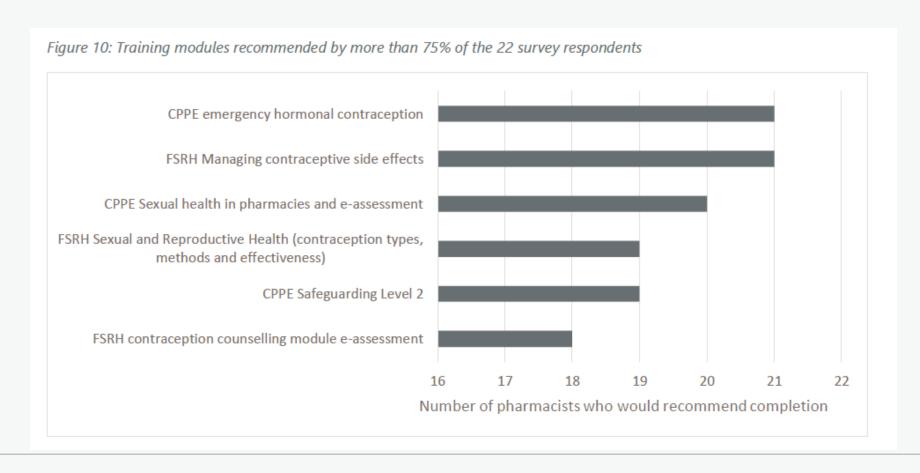
Comparison of service user ethnicity



- People identifying as Black account for a larger percentage of consultations in Tier 2 (8%) compared with Tier 1 (1%).
- The proportion of consultations listed with unknown ethnicity decreased, suggesting that the recording of ethnicity data has increased.

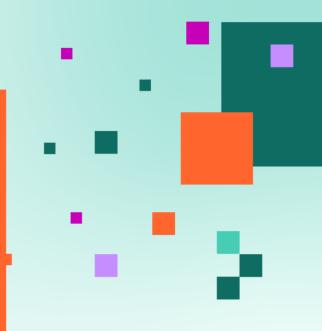
Training

Pharmacists responding to a Tier 2 evaluation survey reported which of the training modules (for Tier 1 and Tier 2) they would recommend pharmacy colleagues complete prior to delivering OC consultations.



Top tips from pharmacies providing the service

Priya Littler, Clinical Services Lead Pharmacist, Lalys Pharmacy





Implementing the service

Encouraged and supported pharmacists with completion of training

Supported set up of other branches

Utilise skill set of your team and upskill if needed

Target recruitment of patients

Prepare marketing material

Prepare simple conversations for counter staff to support recruitment

Recruitment & marketing text messages

Maximise use of promotion materials

Check all the equipment required is available

External promotion of service



Links for training & realistic timeframes to complete

Upskilling the team and other pharmacists

Twice weekly team meetings

Emails to review operational aspects

WhatsApp group to share best practice and top tips



Engaged general practices & sexual health clinics

General practice clinical pharmacists

Follow up emails to clarify any issues

Follow up phone calls with practice managers and clinical pharmacists to provide mentorship and support

Utilised links developed as PCN community pharmacist



Challenges

Capturing all the required data -> Prequestionnaire

Time -> Maximise use of the team

Walk-in requests -> manage expectations

Time spent where did not meet criteria -> Sensitivity & record consultation



PCN pharmacists and all local practice managers

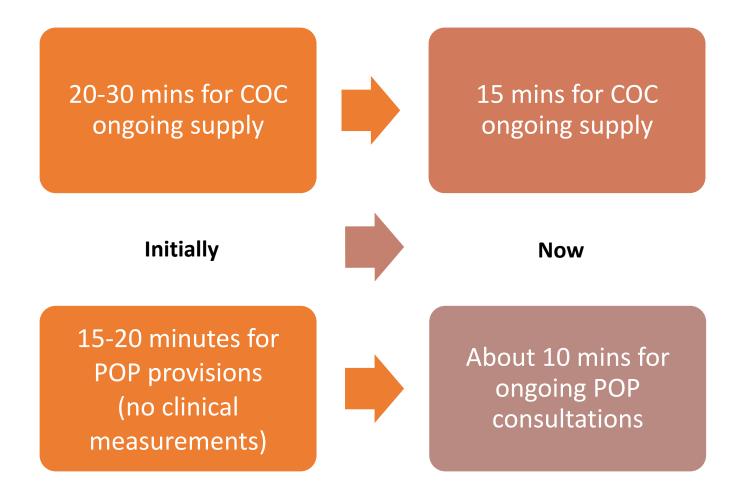
External promotion

Work with LPC service

Engaged with the lead Communications
Officer for Health and Care Portsmouth to
develop a press release



The consultation





Walk in, appointment only or both?

Both appointment based and try to accommodate walk ins

Encourage patients to access at least two weeks before they run out

Manage bookings in your diaries to ensure staff aware of availability

All staff need to be aware of any booking systems to best support patients

Clear process on what information to capture on appointment system

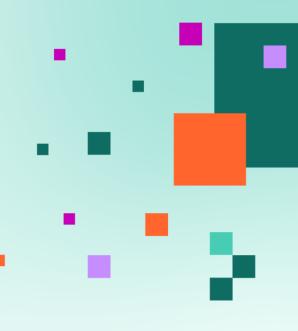
How do you help urgent need?

How do you manage pharmacist absence?



Top tips for service provision including shared decision making on initiation in Evans Pharmacy

Emma Anderson Evans Pharmacy (Daleacre Healthcare)





Making it work in practice

Think about:

- An appointment system
- Support staff to measure weight, height and BP when needed.
- The use of remote consultations.
- Most consultations will be continuations rather than intiations





Thinking about safeguarding

- Who is with you today?
- Don't make assumptions!
- Did anyone bring you to the pharmacy today?
- Where are they now?
- Consider speaking to the person using the service alone initially to check if they want someone else who brought them present in the consultation.





LARCs

- Long-acting reversible contraceptives are methods that the person does not need to think about daily.
- These include the contraceptive injection, implant, copper IUD and progestogen releasing intrauterine device.
- Although we do not provide these currently as part of the NHS contraception service, you need to discuss during consultations.
- It may be appropriate to give a short supply of the contraceptive pill if the person cannot access a LARC straight away.



Most consultations will be continuation and no changes need to be made. You will just need to check that the person is getting on okay with their pills and wants to continue with the same preparation. A small number of people will be starting, restarting or switching pills







Contraception choices

Brook

Sexwise

UNSURE WHICH
CONTRACEPTION
METHOD IS BEST FOR
YOU?

Use our contraception tool

What's important to you?

Consider giving information ahead of the appointment



Progestogen only pill versus combined contraceptive pill

Progestogen only pill

- An option for some people who cannot take the combined pill.
- Irregular bleeding, may bother some people.
- Needs to be taken at roughly the same time every day. There is either a 12 hour or a 3 hour 'window' in which to take it.

Combined pill

- Cycle control can take back-toback and bleeding is lighter and less painful.
- Some people can't use the pill because of a risk of blood clots
- blood clots in the legs or lungs is a very rare side-effect (5-12 in 10,000 users)



FSRH UK medical eligibility for contraceptive use

The PGDs list exclusion criteria and cautions – for more information see the FSRH UK medical eligibility criteria for contraceptive use.





Choice of progestogen only pill

If a progestogen only pill is preferred, Desogestrel 75microgram tablets have a 12-hour window in which to be taken.





Choice of combined oral contraceptive

- Faculty of sexual and reproductive healthcare guidance (FSRH) does not contain information on the choice of combined normal contraceptive pills.
- NICE CKS states 1st line option are monophasic preparations containing 30-35micrograms of oestrogen, plus either norethisterone or levonorgestrel. These have a lower risk of DVT.
- To help protect NHS resources, wherever practicable, local formularies/restrictions should also be used.
- To find your formulary search for the name of your ICS and either "APC" or "formulary" For example for High Wycombe – search "APC Buckinghamshire" or "Buckinghamshire formulary"





Side-effects from a previous pill?

oestrogen side-effects progestogen side-effects

- menorrhagia, breast fullness, migraine type headaches, fluid retention, tiredness, irritability, nausea.
- Try changing to a lower oestrogen or higher progestogen pill or pill with some androgenic activity.
- Rigevidon® or Levest are low cost options on <u>Nottinghamshire</u> <u>formulary</u>
- Check your local formulary.

- scanty menses, dry vagina, breast tenderness, dull type of headache, appetite increase, weight gain, premenstrual depression, leg cramps, softening of ligaments, acne, greasy hair, low mood low libido especially if associated with low mood.
- Try changing to a less androgentic progestogen or higher oestrogen pill (2nd line) for example Ethinylestradiol 30mcg / desogestrel 150mcg. Gedarel 30/150 is a low cost option on Nottinghamshire formulary
- If this is still not tolerated Ethinylestradiol 30 mcg / drospirenone 3 mg (3rd/4th line) brands include Lucette® or Yacella® brand.



Androgenicity of progestogens

Progestogen	Example brands - Check your formulary	Highest androgenicity
Levonorgestrel	Rigevidon, Microgynon	More progestogen side- effects
Gestodene	Millinette Femodene	
Desogestrel	Gedarel, Marvelon,	Lowest
Drospirenone	Lucette, Yasmin,	androgenicity More oestrogen side-effects

Reference GP Notebook Pill ladder for combined pill (COC)Last edited 03/2020 https://www.gpnotebook.com/en-au/simplepage.cfm?ID=x20130725203135685340



How much oestrogen?

- 20 μg versus >20 μg oestrogen combined oral contraceptives for contraception
- a systematic review was undertaken and found that:
- no differences were found in contraceptive effectiveness for 20 μg versus >20 μg estrogen combined oral contraceptives.
- compared to the higher-estrogen pills, several COCs containing 20 µg ethinyl estradiol (EE) resulted in higher rates of early trial discontinuation (overall and due to adverse events such as irregular bleeding) as well as increased risk of bleeding disturbances (both amenorrhea or infrequent bleeding and irregular, prolonged, frequent bleeding, or breakthrough bleeding or spotting).
- cycle control may be better with COCs containing 30-35 μg EE compared with those containing 20 μg.

Gallo MF, Nanda K, Grimes DA, Lopez LM, Schulz KF. 20 μg versus > 20 μg estrogen combined oral contraceptives for con- traception. Cochrane Database of Systematic Reviews 2013, Issue 8. Art. No.: CD003989. DOI: 10.1002/14651858.C D003989.



Which combined contraceptive regimen?

- Traditionally pills are taken for 21 days followed by a 7-day break, then repeat.
- Tailored regimens
 - reduce the frequency of pill free break or shorten the pill free break. For example, tricycling when three packs are taken back-to-back.
 - This allows control of bleeding and can reduce symptoms associated with the pill free interval.
 - This can reduce the risk of escape ovulation and resulting contraceptive failure.
 - As safe and as effective for contraception as standard 21/7 regimens.

Reference

FSRH combined hormonal contraception guidance, 2019 https://www.fsrh.org/standards-and-guidance/documents/combined-hormonal-contraception/



Safety netting

- Useful to document from a medicolegal perspective
- Return if problems occur and phone NHS111 if the pharmacy is closed.
- NHS choices
- Combined pill https://www.nhs.uk/conditions/contraception/combined-contraceptive-pill/
- Progestogen only pill https://www.nhs.uk/conditions/contraception/the-pill-progestogen-only/
- Pills do not protect against STIs
- If pills are missed, come and check if you need emergency contraception or phone NHS111 if the pharmacy is closed.
- Alternative methods of contraception



Final points for consideration

Final points for consideration...

- Raise awareness with GP practices and sexual health clinics initially
- SHAPE tool now includes pharmacy contraception service
- Explain the service has been expanded...
- ...but be aware you may get fewer referrals for initiation as they are harder to identify upfront
- Ensure Profile Manager reflects current registration status
- Ensure the whole team understand the pathway from EC to longer term contraception
- Tell people to tell people!
- Use marketing materials to raise awareness
 - Posters for general practices and in pharmacies
 - Translated materials (to follow)
 - Higher education materials
 - Social media







Further information and resources

- cpe.org.uk/PCS
- FAQs: cpe.org.uk/PCSfaqs
- Additional support: services.team@cpe.org.uk
- Sign up to Community Pharmacy England eNews at cpe.org.uk/enews
- @CPENews

Good luck with the service!



