



# Emergency hormonal contraception

A CPPE workshop to support  
local public health services

Pre-workshop book



## **Content development**

CPPE recognises all those who helped and supported the development of this resource, including Central Cheshire Primary Care Trust (PCT), Central Lancashire PCT, Gloucestershire PCT, Halton and St Helens PCT, and Sefton PCT.

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# Learning with CPPE

The Centre for Pharmacy Postgraduate Education (CPPE) offers a wide range of learning opportunities in a variety of formats for pharmacy professionals from all sectors of practice. We are funded by Health Education England to offer continuing professional development for all pharmacists and pharmacy technicians providing NHS services in England. For further information about our learning portfolio, visit: [www.cppe.ac.uk](http://www.cppe.ac.uk)

**CPPE** 1 2 3

We recognise that people have different levels of knowledge and not every CPPE programme is suitable for every pharmacist or pharmacy technician. We have created three categories of learning to cater for these differing needs:

**CPPE 1 Core learning** (limited expectation of prior knowledge)

**CPPE 2 Application of knowledge** (assumes prior learning)

**CPPE 3 Supporting specialties** (CPPE may not be the provider and will direct you to other appropriate learning providers).

This is a **CPPE 1** learning programme.

## Continuing professional development

You can use this workshop programme to support your continuing professional development (CPD). Consider what your learning needs are in this area. You can record your CPD online by visiting: [www.uptodate.org.uk](http://www.uptodate.org.uk) or use the CPD record sheets to plan and record the actions you have taken.

## Keeping up to date

To ensure this learning resource is up to date we will review it every year. A CPPE programme manager will check through the material to ensure the content is current and relevant, and that the quality of the learning experience is maintained. You will find the latest version of this resource on the CPPE website.

## Feedback

We hope you find this learning resource useful for your practice. Please help us to assess its value and effectiveness by completing the feedback form at your event, or by emailing us at: [feedback@cppe.ac.uk](mailto:feedback@cppe.ac.uk)

## About this CPPE workshop resource

You are about to take part in training so that you can offer an emergency hormonal contraception (EHC) service from your pharmacy. You may be approached by a local commissioner or clinical commissioning group to provide this service, or you may choose to approach them and offer it.

There are two parts to this CPPE workshop resource:

1. This pre-workshop book, which includes reading, information searches and activities that you need to complete **before** you attend the workshop.
2. The workshop itself, which is focused on the knowledge, skills and attitudes which will help you to provide a successful emergency hormonal contraception service.

This book gets you started. It provides key information to help you meet the learning objectives presented overleaf, but it also encourages you to identify your own learning needs. It then challenges you to relate what you have learnt to your own area of practice and professional development. We have included exercises to stimulate your thinking and we will refer to these again at the workshop. Make sure you have completed these activities **before** your event.

**We estimate it will take you up to two hours to complete Tasks 1 to 4 in this book.**

You will also need to allocate time to complete Task 5 which involves undertaking some other CPPE learning programmes and e-assessments.

## Declaration of competence

The *Declaration of competence* (DoC) model has been designed to help pharmacy professionals assure their competence to deliver consistent and quality public health services. As a registered pharmacist or pharmacy technician you are professionally responsible for keeping your knowledge and skills up to date.

If you are completing this learning programme in order to deliver a commissioned service, you must first check that the service commissioner has approved the use of the *Declaration of competence* model within the service specification and/or patient group direction. Alternatively, commissioners may specify their own routes of training for service delivery (which may also meet specific competencies within the DoC).

Working through this learning programme (ie, completing the pre-workshop reading and tasks, attending the workshop and completing the associated learning and assessment) will support you in meeting specific competencies within the DoC self-assessment framework for this service.

If the service is not currently commissioned locally, then working through the learning programme will enable you to be 'service ready'.

To find out more about the DoC model visit: **[www.cppe.ac.uk/myservices](http://www.cppe.ac.uk/myservices)**

## Overall aim

The overall aim of this resource is to help you acquire the knowledge, develop the skills and demonstrate the attitudes necessary to offer an emergency hormonal contraception service.

## Learning objectives

Once you have completed this pre-workshop reading and activities, attended the local workshop, and worked through the other specified learning programmes and local information pack, you should be able to meet the objectives set out below.

1. Understand the aims of an emergency hormonal contraception service and its place in contraception and sexual health services overall.
2. Understand confidentiality issues and be aware of safeguarding children and vulnerable adults.
3. Understand and apply the medico-legal aspects of patient group directions, especially as applied to underage females (ie, under 16 years – Fraser guidelines).
4. Undertake the administration of the patient group directions, including all necessary record-keeping and associated paperwork.
5. Apply the clinical content of the patient group directions.
6. Be aware of the details of when to carry out a pregnancy test and the actions to be taken following the result.
7. Understand how and when to refer clients (signpost) and when to ask for support and advice from the local contraception and sexual health services.
8. Counsel and advise clients appropriately and sensitively, and refer for further contraceptive care.
9. Know what sources of support are available to the pharmacists involved in the provision of this service.

Now let's move on to some reading and activities to get you thinking about what is needed to provide a successful emergency hormonal contraception service.

# Emergency hormonal contraception service

Let's start with a difficult question . . . would you be happy supplying EHC to a 15-year-old girl first thing on a busy Monday morning in the pharmacy, taking into account your personal religious and moral beliefs?

Think carefully about how you would answer that question and select one of the following options.

a) No, I would find it too embarrassing	
b) No, I would refer them to the family planning clinic	
c) No thanks, I'd rather stick to dispensing	
d) Maybe...tell me more	
e) Yes, I'm a healthcare professional	
f) No, I cannot disguise my firm beliefs	

**If you ticked a, b or c,** thank you for your attention so far, but see 'f' below. However, if you think you could conquer your embarrassment or reluctance to sit down on a comfy chair rather than standing on a hard floor all day, then please read on.

**If you ticked d,** you have the chance to tackle this book in preparation for the local workshop with other like-minded pharmacists.

**If you ticked e,** you have a professional non-judgemental approach and attending this workshop will allow you to take another step towards becoming accredited to provide an EHC service.

**If you ticked f, or know that you can't disguise your firmly held beliefs, then please cancel your place on the workshop immediately.**

Pharmacists who choose not to supply EHC on the grounds of moral or religious beliefs should treat the matter sensitively and advise on an appropriate local source of supply available within the time period for emergency hormonal contraception to be effective.

The serious point to this is that service commissioners, the contraception and sexual health expert and the other participants at the workshop will not spend workshop time discussing sexual morality or people's religious and moral beliefs, no matter how strongly held.

Please sign below if you agree to participate in non-judgemental learning on the supply of emergency hormonal contraception.

**Notes**

## Task 1 - Emergency hormonal contraception: the basics

Clearly, you will need to have a good understanding of emergency contraception in general in order to provide an effective treatment service. Spend an hour or so familiarising yourself with emergency contraception. Start by looking at the information provided on these useful websites:

*British National Formulary*

[www.bnf.org/bnf](http://www.bnf.org/bnf)

Look up Levonelle and ellaOne

*Electronic Medicines Compendium*

[www.medicines.org.uk/emc/](http://www.medicines.org.uk/emc/)

Search for Levonelle and ellaOne

Faculty of Sexual and Reproductive Healthcare

(formerly Faculty of Family Planning and Reproductive Health

Care) [www.fsrh.org/](http://www.fsrh.org/)

Look under *Publications*

You could use these questions to focus your thoughts:

- Which age group experiences most unplanned/unwanted pregnancies?
- What percentage of pregnancies in England and Wales are terminated?
- Why is this important to the nation's public health?
- Why are requests made for EHC?
- What are the long-term consequences of repeatedly taking EHC?

### Notes

Useful resources that discuss emergency hormonal contraception and sexual health are many and varied; we have listed a selection below which you may find useful when developing improved pharmacy services for your customers.

## Websites aimed at professionals

British Pregnancy Advisory Service

**[www.bpas.org](http://www.bpas.org)**

Department of Health

**[www.gov.uk/government/organisations/department-of-health](http://www.gov.uk/government/organisations/department-of-health)**

Department of Health

*You're welcome criteria: making health services young people friendly*

<http://webarchive.nationalarchives.gov.uk/20130107105354/>

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_073586](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_073586)

Faculty of Sexual and Reproductive Healthcare

(formerly Faculty of Family Planning and Reproductive Health Care)

**[www.fsrh.org/](http://www.fsrh.org/)**

(under 'Publications' you will find the following documents: *Emergency contraception guidance; Combined oral contraception - missed pills; Drug interactions with hormonal contraception; Emergency contraception (Levonelle 1500) and liver enzyme inducing drugs; The use of contraception outside the terms of the product licence.*)

Family Planning Association (FPA)

**[www.fpa.org.uk](http://www.fpa.org.uk)**

Marie Stopes Clinics

**[www.mariestopes.org.uk](http://www.mariestopes.org.uk)**

National Institute for Health and Care Excellence. Public health guidance

51: *Contraceptive services with a focus on young people up to the age of 25*

**<http://guidance.nice.org.uk/PH51>**

Royal Pharmaceutical Society (RPS) support resources: The *Oral emergency contraception quick reference guide* is available to RPS members via the RPS website under the Support resources A-Z.

The Teenage Pregnancy Independent Advisory Group has written a report which can be found at:

**[www.chimat.org.uk/resource/item.aspx?RID=100222](http://www.chimat.org.uk/resource/item.aspx?RID=100222)**

## Websites aimed at the general public

British Pregnancy Advisory Service  
**www.bpas.org**

Marie Stopes Clinics  
**www.mariestopes.org.uk**

NHS Choices  
**www.nhs.uk/Pages/HomePage.aspx**

(search under 'Services near you' then enter your postcode for local emergency contraception services)

**http://www.nhs.uk/LiveWell/sexualHealthtopics/Pages/Sexual-health-hub.aspx**  
(sexual health advice)

Patient UK  
(information about emergency hormonal contraception for non-medical people)

**www.patient.co.uk/medicine/Emergency-Hormonal-Contraception.htm**

## Notes

## Task 2 - Why implement a local service?

Now you have looked at the national information on EHC, we want you to think about the local implementation of the service. Following your research, answer the question below as fully as possible. You may find your local commissioner's or public health unit's websites are helpful.

**Why would your local commissioner invest time and money in providing an emergency hormonal contraception service?**

## Task 3 - Promoting the emergency hormonal contraception service

Design either a poster or a leaflet advertising the emergency hormonal contraception service. Take your design to the workshop and be prepared to explain how a carefully designed example can minimise the embarrassment of opening a conversation about EHC. You may want to think about national and local health promotion materials that discuss EHC.

### Notes

## Task 4 - Asking the questions

Pharmacists taking part in the emergency hormonal contraception service will need to obtain sufficient information from their clients to assess whether EHC is needed and whether the supply can be made or a referral is needed. The skills required to initiate a conversation about sexual activity and emergency hormonal contraception will be practised in the workshop.

To prepare yourself for the workshop take a look at the following resources:

Taking a sexual history by John Tomlinson (*British Medical Journal*)

**<http://bmj.bmjjournals.com/cgi/content/full/317/7172/1573>**

You have to register to see the full text of the article.

For those of you who prefer the paper copy of the reference, refer to:

Clinical review, ABC of sexual health. *British Medical Journal*,  
1998;317:1573-1576 (5 December).

Royal Pharmaceutical Society. *Supply of levonorgestrel oral emergency contraception as a pharmacy (P) medicine. A guidance on professional practice*. London: RPS; 2010.

**[www.rpharms.com/support-resources-a-z/oral-emergency-contraception-quick-reference-guide.asp](http://www.rpharms.com/support-resources-a-z/oral-emergency-contraception-quick-reference-guide.asp)**

(see Appendix 1 in this pre-workshop book).

Now review, stating what went well and what participants would do differently for podcast 2 (the consultation), at the following web link:

**[http://wires.wessexhihcpartnership.org.uk/video-series/  
emergency-hormonal-contraception/](http://wires.wessexhihcpartnership.org.uk/video-series/emergency-hormonal-contraception/)**

A lot went well during the consultation. The pharmacist was tactful and non-judgemental and she clearly explained her reasoning for asking various questions. However, she did refer to levonorgestrel as the 'morning after pill' a few times during the consultation.

## Task 5 - Preparing to offer a service

In addition to working through this workshop resource CPPE recommends the learning programmes set out below to help provide pharmacists with the necessary knowledge to underpin the provision of the emergency hormonal contraception service as a locally commissioned service:

- CPPE *Emergency contraception* e-learning programme (3 hours)
- CPPE *Contraception* distance learning programme (12 hours)
- CPPE *Safeguarding children and vulnerable adults* e-learning programme (1.5 hours).

Successful completion of the linked assessments provides pharmacists and pharmacy technicians with a record of assessment which must be retained by the pharmacist or pharmacy technician. Assessments can be undertaken annually, if necessary, via the CPPE website.

Ideally, you should work through these programmes and linked assessments **before** attending the workshop, but if you are not able to achieve this, then you should aim to complete them **within three months** of attending the event.

### Notes

## Checklist for action

Now that you have worked through this pre-workshop book, take a moment to run through this checklist to make sure you are well prepared for the workshop.

	<b>I completed this on:</b>
I have looked at the appropriate websites and references.	
I have completed Tasks 1 - 4.	
I have read all of this pre-workshop book.	
I have started to prepare for the workshop by downloading the CPPE learning programmes and accessing the associated assessments.	

Signed: .....

Date: .....

Take this book with you to your local workshop. Make sure that you know when and where it is and what time it starts.

Enjoy your learning.

# Appendix 1

## Emergency hormonal contraception consultation guidance (P medicine supply)

Before a pharmacist can be sure that it is safe for a woman to take emergency hormonal contraception, they need to gather certain information, which they can elicit by asking the questions outlined below.

If the pharmacy has no provision under a patient group direction (PGD) to supply to women aged under 16, then they should be signposted to seek help from a GP, an NHS walk-in centre or family planning service.

**The pharmacist needs to know if the answer to any of the following three questions is 'no'.**

1. Is the consultation with the client?
2. Has there been unprotected sex/intercourse within the last 72 hours (three days)?
3. Is the client aged 16 years or over?

**The pharmacist needs to know if the answer to any of the following questions is 'yes'.**

4. Is it possible that you are already pregnant?
  - Is your period late? If so, how late?
  - Was your last period lighter or shorter than usual?
  - Was your last period unusual in any other way or different from normal?
  - Since your last period, have you had unprotected sex at any time before this occasion?
5. Has EHC been used since the last period?
6. Are any medicines or pills being taken, including over-the-counter or herbal remedies?
7. Are there any problems that might affect the absorption of EHC, eg, vomiting, severe diarrhoea or a condition that can cause diarrhoea, eg, Crohn's disease?
8. Do you have severe liver problems?
9. Has there previously been an allergy or other reaction to emergency contraception or to levonorgestrel?

Adapted from: Royal Pharmaceutical Society. *Supply of levonorgestrel oral emergency contraception as a pharmacy (P) medicine. A guidance on professional practice.* London: RPS; 2010.

## Notes

# Notes

## Contacting CPPE

For information on your orders or bookings, or any general enquiries, please contact us by email, telephone or post. A member of our customer services team will be happy to help you with your enquiry.

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