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Contraception

(Excluding the COCP)

This module studies several aspects of contraception, but will not discuss the combined oral contraceptive pill (COCP) as this is covered in a separate module.

A group of practitioners discussed what the gap might be between current practice, and what might be described as “best practice” in this area. The following were thought to be of importance:

- offering the full range of contraception so women can make a fully informed decision.
- emergency contraception, especially use of the intra-uterine device (IUD)
- bleeding after commencing the implant
- risk versus benefit of different choices – the UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) advice
- ability to consent to treatment for those under 16, and those with learning disabilities
- considering a history of sexual abuse when helping people make contraceptive choices

The cases are designed to illustrate the problems described in the aims of the module. They are real cases, but are **not** meant to be the focus of the group’s discussion. Instead, PBSGL groups are encouraged to think of similar cases in their own place of work.

Studying all the cases is not compulsory. If the group runs short of time, and completing the group feedback is still to be done, it is better to leave out a case completely. The feedback, where group members say what changes they will make in practice as a result of the meeting, is an essential part of the learning process – more important than “completing the cases”.