

INJECTABLE CONTRACEPTION PROTOCOL

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Helpful links to guidance

Sheffield sexual health LARCs information and patient information leaflet:

<http://www.sexualhealthsheffield.nhs.uk/wp-content/uploads/2015/03/Contraceptive-Injection-October-2017.pdf>

Sheffield sexual health injectable contraception information

<http://www.sexualhealthsheffield.nhs.uk/info-and-advice/contraception/long-acting-contraception-methods/>

Injectable contraception in the hubs

The contraceptive injection is an injection of hormones given every 12 weeks. The injection is given into a muscle (usually in the buttocks) and it slowly releases this hormone into the body. The injection works by:

- Stopping eggs being released
- Thickening the cervical mucus to prevent the sperm meeting an egg
- Thinning the lining of the womb to stop eggs implanting

Contraceptive injections are over 99% effective as long as the injections are kept up to date. It may take a woman some time to regain fertility after she stops using this method of contraception.

The aim is to allow women who are established on injectable (depo) contraception to have follow-up depo contraception at the evening or weekend by a registered practice nurse in a Sheffield GP satellite surgery if this is more convenient for them or they are unable to attend their own GP surgery during core hours.

The patient should already be stabilised on injectable contraceptive and the date of injection determined by the patient's own practice.

The patient should bring the injection with them to the hub appointment, prescribed by the patient's own surgery.

Calculation of the correct date to be administered should be done by the referring practice. To avoid duplication of injections the appointments for depot contraception should not be made by the hub surgery.

The hub nurse will document that the injection has been given and the serial number and expiry date.

As per Sheffield CCG guidance, the depot contraception injection can be given by nurses under patient specific guidance (PSD) that is formed from the prescription being on repeat prescription on the practice computer system shared with the patient's consent to the satellite surgery nurse.

This also means that nurses in the satellite surgery will only be able to give a Depot injection that has been dispensed from a pharmacy on an FP10 with specific instructions and the patient's identification details on. Patients who attend without the specific device or correct labelling will not be able to have their injection given by the hub nurse under CCG PSD rules. Because the administration of a depot contraceptive also requires a degree of clinical acumen from the nurse, the nurse should have a Patient Group Directive (PGD) which includes family planning training or experience. As per Sheffield CCG guidance this form is not needed to be signed by Primary Care Sheffield as long as the nurse has a PGD signed with a Sheffield GP practice for nurses giving depot injections. Practice nurses giving depot injections will be required to have given a copy of their practice PGD for depot contraception to PCS before participating in clinic rotas which have depot contraceptives to be injected."

The hub nurse will document the location that the injection has been given and the serial number and expiry date

Rescue medications in the event of anaphylaxis should be made available before injections are given

Exclusions

The service is for patients who are established and controlled on injectable depo contraception. This is not for women who have not been commenced on contraception already. It is not for the administration of other methods of contraception such as IUCD, mirena, patch, tablet or implant (Nexplanon).

Patients who do not have the device with them will not be able to have the injection and will be referred back to their own practice.

Patients who are late for an injection

These patients should not be referred to the nurse in the hub but should be dealt with by the practice and given emergency contraception if appropriate by the patient's own GP practice, community pharmacist or sexual health clinic.