

Trailblazer Fellowship '21/22

Setting up long-acting reversible contraception provision in Bilborough, Nottingham

Dr. J Li



Broad aims:
To improve access to LARCs for patients in Bilborough
Incorporate contraception & sexual health advice

WHY LARCS?

definite need for this service in the area

it takes 2 buses to get to town's sexual health clinic

My personal interest & lucky to have done sexual health placement

Trailblazer: supporting new GPs to work in deprived areas & do a project that could benefit this population by targeting an unmet healthcare need



ONS DATA FOR <16s:

< 16s 2018-20 (2017-19 in brackets)	Conception rate (per 1000 women in this age grp)	% conceptions leading to abortion (per 1000 women in this age grp)
Nottingham	4.1 (4.5)	62 (50)
Eng & Wales	2.3 (2.6)	61.3 (61.6)

French RS et al. ('18) BMJ SRH 44 (1):16

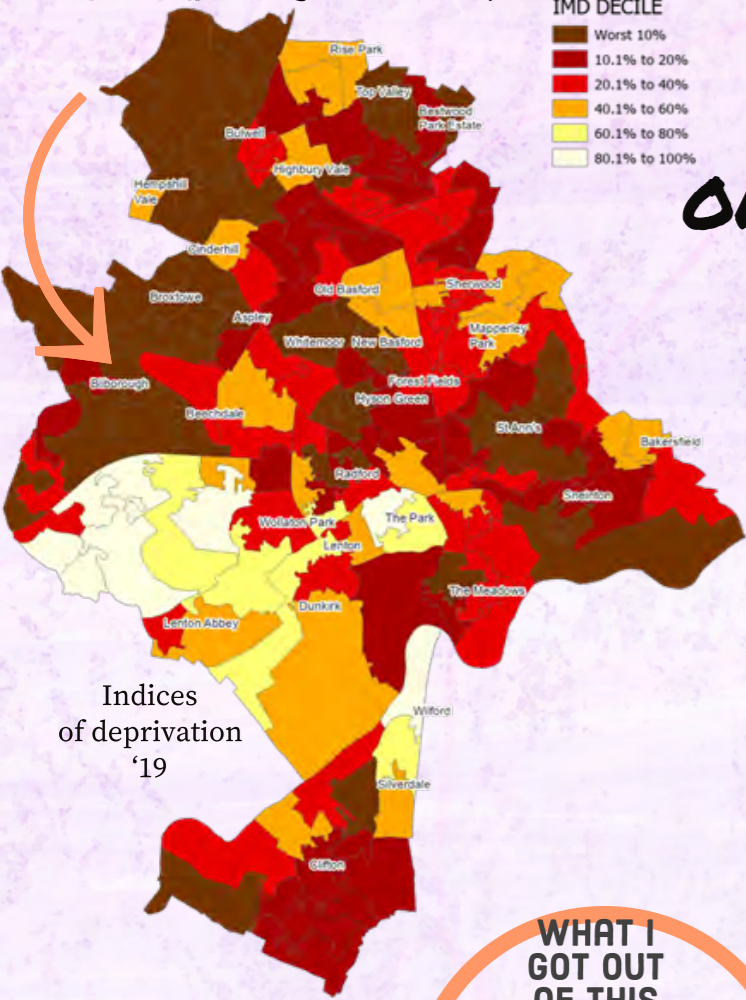
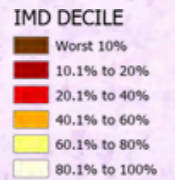
LARCS IN PRIMARY CARE



GP is mainstay provider contraception
Providing 2 x LARCs cf. community clinics
Population accessing GP provision tend to be single, from deprived areas
There is lack of trained GPs

"...with proportion of unplanned pregnancies doubling since lockdown, contraception is proving difficult to obtain..."
FSRH's Hatfield Vision emphasises increasing access to populations experiencing the worst health inequalities

HOW DEPRIVED IS BILBOROUGH?



Indices of deprivation '19

WHAT DID I DO?

Refresher LARC training in the first few months. Then set up the clinic in April '22 serving both GP sites in Bilborough. Unexpectedly gained a GP mentor and we started running joint clinics.
We have fitted over double the number of LARCS compared to the same time period in '21.
The care is much more holistic in primary care, aided by access to patient records - smears taken opportunistically, mental health discussions...

NOW: clinics are continuing post fellowship, yay! - 2 Friday mornings/month. At time of writing, 40 patients on waiting lists and growing.

Expanding beyond LARCs: advice, menopause, pessaries...

THE FUTURE

Public health, Notts City have been interested in this work
? creation of "women's health hubs"
? extend to cover other practices

WHAT I GOT OUT OF THIS YEAR!
MAKING A DIFFERENCE, MEETING LIKE MINDED PEOPLE, LEARNING & FUN!

