

This is a one-stop guide to delivering the Pharmacy Contraception Service, with all the useful resources you will need in one place.

Training

Before signing up to provide the service, pharmacists and pharmacy technicians will need to make sure that they have completed all the necessary training. There is quite a bit to work through so allow plenty of time for this. Some of the courses listed are either/or, so you only need to choose one of the options on the list. Some only require certain sections to be completed so it's not quite as daunting as it first looks!

CPWY has created a useful summary of the training requirements, which can be found [here](#).

It's a good idea to work through the [CPE Pharmacist and Pharmacy Technician Implementation Checklist](#) for the service as well. That has links to the CPE webinars which are well worth a watch. They have tips and guidance from pharmacists already providing the service and can help to build your confidence.

Providing the Service

Unlike many of the other community pharmacy services, oral contraception supplies do not have to be provided throughout your full opening hours. There is flexibility in the service specification that allows you to offer the service during specific clinic times. This allows you to plan your staffing levels accordingly, and book patients into appointment slots at specific times, should you wish to do so. This is particularly useful for initiation appointments, which will probably take longer to complete. Continuation supplies can be completed in a shorter time, so you may wish to offer those on a walk-in basis, particularly if the patient needs a supply urgently. **Please note**, it is expected that Emergency Contraception supply is available throughout the pharmacy's opening hours, where possible.



Resources

Community Pharmacy England (CPE)

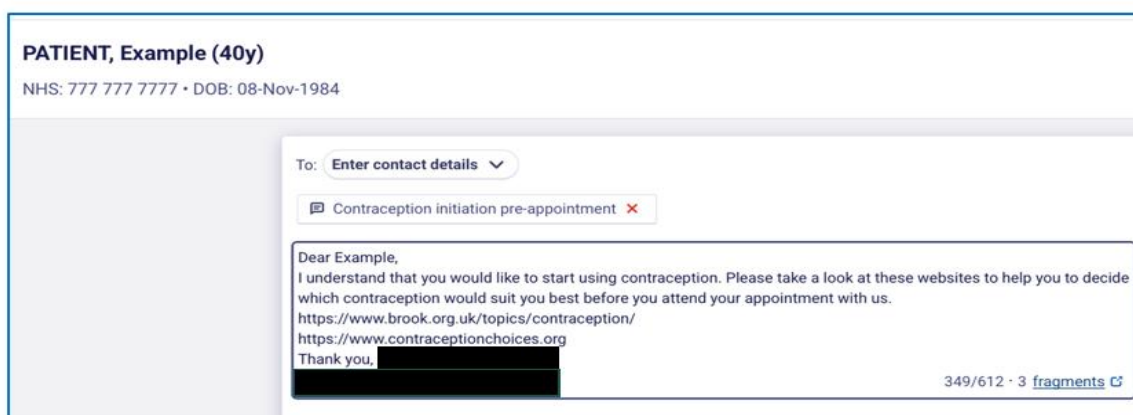
There are lots of useful resources to help you provide the PCS on the CPE [Contraceptive Service](#) page. The [Contraception Pre-consultation Questionnaire](#) is a really useful tool that can be used to shorten the length of the consultation by gathering most of the required information beforehand. You can find one for Emergency Contraception supplies, [here](#).

AccuRx

[AccuRx](#) is an NHS approved direct patient messaging service that you can sign up to for free. It allows users to send patients a text message using their NHS number. You can use your NHSmail address to register on the site and set your pharmacy up on there too. You can add other staff members who have registered, so that you all have access to the same page.

Then you can create a template message that you can use to send out to patients before their appointment, directing them to the recommended websites to help them choose which type of contraception would suit them best.

Here is an example of a template message used by a local pharmacy:



You can use AccuRx to carry out online video consultations as well, which may be a preferred option for some patients. They can have the consultation online and then collect the medication later. (This free feature can also be used for Pharmacy First video consultations, so well worth signing up for).

College of Sexual Reproductive Health (CoRSH)

There are a lot of useful resources on the CoRSH website, and you will find links to them throughout the service specification, in the PGDs, on CPE website and on the IT platform that you use to record your consultations.

There are four CoRSH documents which are referenced in the service specification and PGDs that contain useful guidance about what to do in various situations that may crop up. The documents are quite huge, but you only need to look at a few of the pages (the rest of the document is just the supporting evidence for the advice being given).

Please note, the CoRSH recently changed its name from the Faculty of Reproductive and Sexual Health (FRSH). Some documents will continue to display the FRSH name. Where you see FRSH, this refers to CoRSH.

- [FRSH guidance on progestogen-only pills](#) – you only need the executive summaries on pages 10 – 15 (inclusive)
- [FRSH guidance on combined hormonal contraception](#) – you only need the executive summaries on pages 10 – 15 (inclusive)
- [FRSH guideline emergency contraception](#) – you only need the executive summaries on pages 10 – 14 (inclusive)
- [FRSH Clinical Guidance: Drug interactions with hormonal contraception](#) – a really useful document and not as long as the other ones!


Contraception Service Support Guidance

(Taken from CPPE Contraception Workshop presentation slides. Further information can be found on [GPNotebook](#) website.)

Side-effects

Oestrogen side-effects	Progestogen side-effects
<ul style="list-style-type: none"> Menorrhagia Breast fullness Migraine-type headaches Fluid retention Tiredness Irritability Nausea 	<ul style="list-style-type: none"> 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 (but it can also sometimes help with low libido)
Try changing to a lower oestrogen, or a pill with more androgenic activity.	Try changing to a less androgenic progestogen, or a higher oestrogen pill.

Androgenicity of Progestogens

Progestogen	Example brands	Higher androgenicity
1st generation e.g. norethisterone	Brevinor	(Tends to cause more progestogen side-effects)  Lower androgenicity (Tends to cause more oestrogen side-effects)
2nd generation e.g. levonorgestrel	Rigevidon	
3rd generation e.g. desogestrel	Gedarel	
Newer e.g. drospirenone	Lucette	

Hopefully, this document will provide you with all the resources you need to feel confident providing this service.

Please remember that CPWY is here to support you and if you need any help with providing this service, or just some more information, please contact phil@cpwy.org and he will put you in touch with one of our Advanced Service Facilitators.