

TERMINATION OF PREGNANCY & PREGNANCY ISSUES

Main changes:

- Abortion services continue to run during the COVID-19 pandemic
- Patients under 12 weeks gestation will be offered the choice of home or in patient setting for medical termination of pregnancy if eligible
- Standard Operating Procedure applies – available in TOPAR office
- Referrals continue to be accepted from patients / GP / internally – clients will receive a call for a telephone consultation (using Language Line if indicated) within 24 -48 hours
- Surgical termination remains unavailable (although MVA available for management of retained products / miscarriage)

Performing A Pregnancy Test

Good practice in offering pregnancy testing includes:

- Record reasons for pregnancy test, LMP, menstrual cycle, medication and contraception, symptoms of pregnancy, previous pregnancies.
- Ensure client is aware that test will not be positive until at least 10 days after expected ovulation and possibly up to 21 days after unprotected sex.
- Perform the pregnancy test according to the manufacturer's instructions and document batch number and expiry date in NASH record.
- Communicate the result confidentially; respecting the client's feelings and giving appropriate information on the options available to her.

Handling Results Of A Pregnancy Test

If result is negative: advise a repeat test on an early morning urine sample where uncertainty remains. Assess on-going risk and earliest date for a repeat test following unprotected sex. Discuss ongoing contraceptive needs.

If client is happy with a positive result: give literature and information on health in pregnancy. Discuss and offer information on folic acid and vitamin D supplements, smoking cessation, alcohol consumption, drugs, toxoplasmosis, listeria, rubella status and BBV screen as appropriate. Clients can book for antenatal care directly by calling central booking on 0141 232 4005. They will be given a booking appointment and scan slot. A SCI Gateway information request is then sent to the GP with details of the two appointments, asking for the information to be provided in advance of the booking appointment. Exceptions to the new booking system include if the GP considers that a patient needs to be seen very early or should be seen first by an obstetrician, the usual SCI referral can be followed. Offer written confirmation of the test for the client to take to her GP if needed.

If client unhappy with a positive result: Give basic information on options. Some clients will wish time to consider options, or may wish to discuss further with their partner/family/friends or general practitioner. Some clients will be certain that they wish to be referred for abortion.

Give client NHS GGC leaflet 'Information on Abortion Services'

www.sandyford.scot/abortion-services-information/

Direct client to the Sandyford website

www.sandyford.scot/sexual-health-services/abortion/

where there is a link to a factsheet and short video about having an abortion.

Offer an appointment with TOPAR (Termination of Pregnancy Assessment and Referral) service at Sandyford

TOPAR Service at Sandyford

TOPAR Appointments are available Monday to Friday in Sandyford Central, at a range of times, Clients can make an appointment at reception, or can contact TOPAR direct on 0141 211 8620 to book an appointment. At the current time, the initial consultation will be a telephone appointment where a clinician will assess the patient's needs. If unsuitable for telemedicine, the patient will be seen for a face to face appointment within Sandyford Central.

Clients who are uncertain of how to proceed or who wish further support can be offered a consultation appointment with the TOPAR clinic. Support can also be provided by SCASS (0141 211 6700).

Clients who present to Sandyford and request an abortion consultation may be triaged by the floor nurse. Provided the client has had a positive home pregnancy test, she can then be booked directly into the TOPAR clinic, without requiring to be seen at the urgent care service. In addition, clients are welcome to make their own appointment direct with TOPAR via reception or through switchboard.

The TOPAR service has direct admission arrangements for inpatient medical terminations at the Queen Elizabeth University Hospital (Glasgow) and the Royal Alexandra Hospital (Paisley) for those who choose this option or for those who are 12- 18 weeks gestation on ultrasound. At the current time, due to the ongoing Covid 19 pandemic, surgical terminations are not available.

Early Medical Abortion at Home (EMAH) is an option available to women with pregnancy gestation up to 12 weeks if assessed as suitable – the requirement to speak English and to have an adult for support has been suspended due to Covid 19. A pack is supplied with full instructions and a helpline number. All medications are supplied including mifepristone, misoprostol, prophylactic antibiotics (unless NAAT sent for chlamydia / GC testing) and analgesia medications. The pack can contain POP for ongoing contraception. They are provided with a low sensitivity pregnancy test to perform 3 weeks after the abortion or on the morning of a post abortion IUD clinic appointment. The pack can be collected from Sandyford Central by the patient. The option of an appointment for pick up is available for those who need an ultrasound scan to confirm gestation / ongoing pregnancy / exclude ectopic pregnancy or those that wish to have an implant fitted or injectable contraceptive. Clients who do not require ultrasound can also choose to have the pack delivered to their home address usually the next working day.

Termination of pregnancy on psychosocial grounds (Clause C or D of Abortion Act) is available in the GGC area up to 18 weeks gestation. If there is concern that the client is approaching this gestation, liaise with TOPAR staff, to ensure a timely assessment appointment.

Women who live in the Clyde area may prefer to be referred to their local hospital based termination assessment clinic (held in Royal Alexandra, Inverclyde Royal and Vale of Leven Hospitals) rather than come into Sandyford Central.

If clients present from outside GGC areas, they should be referred to their local TOP service. If client is reviewed in TOPAR, a TOP integrated care pathway form and certificate A should be completed in TOPAR clinic and given to the client. Client details should be passed to the TOPAR office, who will make the

appropriate appointment for the client to attend their local TOP assessment clinic. It is not possible to directly admit patients for termination of pregnancy to hospitals outside GGC without a review in a local assessment clinic. Please ensure contact details and permissions are correct.

TOPAR staff can be contacted in the TOPAR office on 0141 211 8620, if you are uncertain how best to proceed.

Clients Who are 18 weeks Pregnant or Above

Clients who are 18 weeks to 23 weeks gestation and who meet the criteria of the Abortion Act will require to access BPAS (British Pregnancy Advisory Service) if they wish a termination. Clients referred to BPAS will currently have a telephone assessment with BPAS prior to travel to a unit in England for termination. Clients can self refer via the BPAS action line number below and can be advised that the cost of their care and travel costs will usually be met by NHSGGC

If you are uncertain about gestation, liaise directly with TOPAR staff, who will arrange to see the client in a timely manner to confirm.

BPAS (British Pregnancy Advisory Service)

All appointments made through action line: 03457 30 40 30 (24/7 service, included as "free" minutes with all mobile telephone providers or email info@bpas.org)