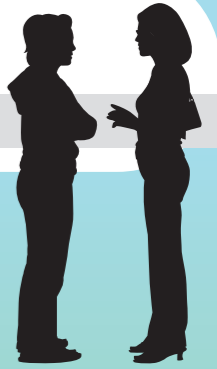




'I Think I Might Be Pregnant'

A FLOWCHART FOR PROFESSIONALS WORKING WITH TEENAGERS IN BRISTOL



Consider Child Protection issues at all stages. Cases involving under 13s must always be discussed with a nominated child protection lead. Please refer to guidelines within the procedures at www.swcpp.org.uk

How long has it been since unprotected sex?

Less than 5 days ago

Discuss emergency AFTER SEX contraception

If a young person has had sex without using contraception, or their contraception has failed, it may still be possible to prevent a pregnancy up to 5 days (and sometimes even later) after the event. The emergency hormonal contraception (EHC) pill can be taken up to 3 days after sex, however the sooner it is taken the more effective it is (4YP CaSH clinics [1] and some GPs [3] will use it up to 5 days after). An emergency coil or IUD can be used up to 5 days after sex (for this they need to go to one of the 4YP CaSH clinics [1]).

The emergency contraception pill is available from:

- 4YP Contraception and Sexual Health Clinics [1]
- Brook 4YP Drop-in Service [2]
- Brook Young People's Clinic [8]
- Most GP Surgeries [3]
- NHS Walk-in Centres [4]
- Most Chemists/Pharmacies [5] (ring first to check)

More than 5 days ago

Support the young person to access a service to find out if she is pregnant or not

Emergency AFTER SEX IUD's may work up to 14 days after unprotected sex, depending on where the woman is in her menstrual cycle. It is still worth speaking to someone at a 4YP CaSH service [1].

A pregnancy test can be done from the first day of a missed period, tests that are done earlier than this may not be accurate.

Free pregnancy testing is available from:

- 4YP Contraception and Sexual Health Clinics [1]
- Brook 4YP Drop-in Service [2]
- Brook Young People's Clinic [8]
- Family Doctor/4YP GP [3]
- NHS Walk-in Centres [4]

Result Of Pregnancy Test

Pregnant

Not Pregnant

Continuing with pregnancy

Arrange for the young person to speak with a **Teenage Pregnancy Midwife** [6] as soon as possible to start antenatal care. They will also be able to discuss adoption if this is an option being considered. Refer to **Connexions PA** [10] for teenage parents.

Considering an abortion

Arrange for an appointment with the **Pregnancy Advisory Service (PAS)** [7] as soon as possible. A referral from the GP is not required.

Not sure what to do

There are a number of services who can talk through the options available. Arrange for an appointment with either:

- Pregnancy Advisory Service (PAS)** [7]
- Brook Young People's Clinic** [8]
- Off the Record** [9]

Wants to be pregnant?

Explore aspirations, choices and support with the young person.

- Refer to a **Connexions PA** [10]
- Consideration of a CAF** [11]
- Inform Integrated Youth Support locality lead** [12]
- Brook 4YP Outreach 1:1 support** [2]

Didn't want to be pregnant

Help the young person to seek advice on future contraception & sexual health needs.

- They can go to:
- 4YP Contraception and Sexual Health Clinics [1]
- Brook 4YP Drop-in Service [2]
- Brook 4YP Outreach 1:1 support [2]
- Family Doctor/4YP GP [3]

Future contraception needs:

Follow up for all young women under 18 will automatically be arranged with **Contraception Outreach Nurses** [13]. If you are concerned about a young person and their need for contraception after a pregnancy you can contact the nurses directly. If they are over 18 they will need to visit a **4YP Sexual Health Service** [1].

SEXUALLY TRANSMITTED INFECTIONS

If a young person has had unprotected sex it is important to think about sexually transmitted infections (STIs) as well as pregnancy. Free testing and treatment for STIs is available from any of the 4YP CaSH clinics [1], Brook 4YP Drop-in Services [2], Brook Young People's Clinic [8] and GP Surgeries [3]. You can also contact the **Chlamydia Screening Team** on: Tel: 0117 376 3580 & 0845 180 0050.

VULNERABLE YOUNG PEOPLE

If you have a concern that a particular young woman or young man will not access services, you can contact the **Brook Outreach** [2] team for advice and access to one to one support. Tel: 0117 945 0728.

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Contact details for the services listed in the flowchart. The numbers correspond with those listed in the flowchart.

[1] 4YP Contraception and Sexual Health (CaSH) Clinics

There are a number of 4YP CaSH clinics in Bristol offering a free and confidential service to young people under 25. They offer contraceptive advice and supplies, pregnancy testing, emergency contraception and testing/ treatment for STIs. For a list of the clinics, including opening times and contact details visit www.4ypbristol.co.uk or see **Contax4U** leaflet pages 13-16. Alternatively call Bristol Sexual Health Services Information Line on **0117 342 6900**.

[2] Brook 4YP Drop-in Service / Outreach Team

Brook Outreach Team run weekly drop-in clinics at many of the secondary schools, pupil referral units and colleges in Bristol. Students can go there for relationship advice and support, condoms, pregnancy testing and referral, hormonal contraception, including emergency contraception, STI testing, treatment and follow-up. Details of where the service operates, including days and opening times, are available on www.4ypbristol.co.uk. Brook also have a nurse and youth workers who work 1:1 with young people at risk of poor sexual health outcomes. Contact **Brook Outreach** on **0117 945 0728**.

[3] 4YP GPs

Many GPs are participating in the 4YP scheme. A young person can ask for a 4YP appointment at any participating surgery, where they will be asked to complete a card and then a nurse will see them. Alternatively they can call the surgery and make an appointment. For a full list of participating surgeries, including contact details and opening times, visit www.4ypbristol.co.uk. Even if the surgery is not part of 4YP, it will still offer a wide range of contraceptive and sexual health services.

[4] NHS Walk in Centres

Bristol has two **NHS Walk-in Centres** where young people can go to get free emergency contraception and condoms, as well as pregnancy testing (free for under 18s and £5 for over 18s). They are open almost all day every day and are run by experienced nurses, and there's no need to make an appointment – just walk in! The two centres are:
City Gate NHS Walk-in Centre (Broad Street, BS1 2EZ Open: Monday-Saturday 8am - 8pm; Sunday 10am - 6pm) and
South Bristol NHS Walk-in Centre (Downton Road, Knowle West, BS4 1WH Open: Monday to Sunday 9am - 9pm).

[5] Pharmacies

4YP runs a scheme in many of the pharmacies in Bristol where emergency contraception is provided free of charge to under 20s. A full list of the pharmacies participating in the scheme is listed on www.4ypbristol.co.uk. It is best to call beforehand to check opening times and see when the pharmacist is available.

[6] Teenage Pregnancy Midwives

Karen Fry works from **Southmead Hospital. Tel: 0774 745 5128.**
Moira Nunn works from **St Michaels Hospital. Tel: 0776 678 5984.**

[7] Pregnancy Advisory Service (PAS)

Counselling and help with unplanned pregnancies. Appointments only. **Tel: 0117 927 6362.**

[8] Brook 4YP Young People's Clinic

For anyone aged 24 and under, appointments and drop-in sessions Monday to Saturday. Based in central Bristol. **Tel: 0117 929 0090.**

[9] Off the Record

Free and confidential counselling for young people aged 12-25 years. **Tel: 0808 808 9120.**

[10] Connexions Personal Advisors

Main **Connexions** number **0117 987 3700**. They will be able to give details of the Connexions PA who you will need to contact.

[11] Common Assessment Framework

North June Wentland Project manager and North panel coordinator Tel: 0117 903 8387 june.wentland@bristol.gov.uk	South Alistair Dale Project manager and South panel coordinator Mobile: 0773 664 0936 Tel: 0117 903 9805 alistair.dale@bristol.gov.uk	East Central MJ Harris Project manager and panel chair Tel: 0117 941 5385 MJ.Harris@actionforchildren.org.uk	East Central Marcia Thompson Project manager and panel chair Mobile: 0796 750 9490 Tel: 0117 955 5002 marcia.thompson@bristol.gov.uk
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[12] Integrated Youth Support Locality Leads

For N1 and N2	Martin Steed	0117 907 4454	msteed@connexionswest.org.uk
N3	Jaida Aldred	0117 377 2566	jaldred@connexionswest.org.uk
EC1	Patricia Russell	0117 915 0696	prussell@connexionswest.org.uk
EC2 and EC3	Angela Crossley	0117 907 4444	acrossley@connexionswest.org.uk
S1 and S4	Howard Wilson	0117 907 4479	hwilson@connexionswest.org.uk
S2	Scott Morris	0117 907 4487	smorris@connexionswest.org.uk
S3	Janice Baughan	0117 907 4475	jbaughan@connexionswest.org.uk

[13] Outreach Nurses - Second Pregnancy Prevention

Their role is to follow up all young women under 18 who have had an abortion or pregnancy to ensure they are able to access contraception.
Emma Trump 0783 304 8887 Jackie Haskins 0783 304 8889.