



This Patient Group Direction (PGD) must only be used by registered healthcare professionals who have been named and authorised by their organisation to practice under it. The most recent and in date final signed version of the PGD should be used.

PATIENT GROUP DIRECTION (PGD)

Supply and/or administration of ulipristal acetate 30mg tablet for emergency contraception

in *Nottinghamshire*

Version Number 2.0

Change History	
Version and Date	Change details
Version 1.0 March 2020	New template
Version 2.0 March 2023	Updated template (no clinical changes to expired V1)

Reference Number: *NCC PGD9*

Valid from: *1st March 2023*

Review date: *31st August 2025*

Expiry date: *28th February 2026*

PGD DEVELOPMENT GROUP

Date PGD template comes into effect:	1 st March 2023
Review date	September 2025
Expiry date:	28 th February 2026

This PGD template has been peer reviewed by the Reproductive Health PGDs Short Life Working Group in accordance with their Terms of Reference. It has been approved by the Faculty for Sexual and Reproductive Health (FSRH) in October 2022.

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*Patient Group Direction (PGD) for the supply of Ulipristal Emergency Contraception
Ulipristal acetate 30mg tablet(s) to patients by Pharmacists within Nottinghamshire County*

This section MUST REMAIN when a PGD is adopted by an organisation.

Name	Designation
Dr Cindy Farmer	Chair General Training Committee Faculty of Sexual and Reproductive Healthcare (FSRH)
Michelle Jenkins	Advanced Nurse Practitioner, Clinical Standards Committee Faculty of Sexual and Reproductive Healthcare (FSRH)
Vicky Garner	Deputy Chief Midwife British Pregnancy Advisory Service (BPAS)
Gail Rowley	Quality Matron British Pregnancy Advisory Service (BPAS)
Katie Girling	British Pregnancy Advisory Service (BPAS)
Julia Hogan	CASH Nurse Consultant MSI Reproductive Choices
Kate Devonport	National Unplanned Pregnancy Association (NUPAS)
Chetna Parmar	Pharmacist adviser Umbrella
Helen Donovan	Royal College of Nursing (RCN)
Carmel Lloyd	Royal College of Midwives (RCM)
Clare Livingstone	Royal College of Midwives (RCM)
Kirsty Armstrong	National Pharmacy Integration Lead, NHS England
Dipti Patel	Local authority pharmacist
Emma Anderson	Centre for Postgraduate Pharmacy Education (CPPE)
Dr Kathy French	Specialist Nurse
Dr Sarah Pillai	Associate Specialist
Alison Crompton	Community pharmacist
Andrea Smith	Community pharmacist
Lisa Knight	Community Health Services pharmacist
Bola Sotubo	NHS North East London ICB pharmacist
Tracy Rogers	Director, Medicines Use and Safety, Specialist Pharmacy Service
Sandra Wolper	Associate Director Specialist Pharmacy Service
Jo Jenkins (Woking Group Co-ordinator)	Lead Pharmacist PGDs and Medicine Mechanisms Specialist Pharmacy Service





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ORGANISATIONAL AUTHORISATIONS

Name	Job title and organisation	Signature	Date
Senior doctor	<i>Susan Stillwell FRCOG, FFSRH, Contraception Clinical lead Trihealth Bassetlaw</i>		<i>28/2/2023</i>
Senior pharmacist	<i>Emma Anderson MRPharmS, MFRPSII Pharmacist Daleacre Healthcare</i>		<i>28/2/2023</i>
Senior representative of professional group using the PGD	<i>Robert Severn MRPharmS Pharmacist and Chairman Nottinghamshire Local Pharmaceutical Committee</i>		<i>28/2/2023</i>
Person signing on behalf of authorising body	<i>Matthew Osborne Public Health and Commissioning Manager</i>		<i>28/2/2023</i>

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1. Characteristics of staff

<p>Qualifications and professional registration</p>	<p>Current contract of employment within the Local Authority or NHS commissioned service or the NHS Trust/organisation.</p> <p>Registered healthcare professional listed in the legislation as able to practice under Patient Group Directions.</p>
<p>Initial training</p>	<p>The registered healthcare professional authorised to operate under this PGD must have undertaken appropriate education and training and successfully completed the competencies to undertake clinical assessment of patients ensuring safe provision of the medicines listed in accordance with local policy.</p> <p>Suggested requirement for training would be successful completion of a relevant contraception module/course accredited or endorsed by the FSRH, CPPE or a university or as advised in the RCN training directory.</p> <p>Individual has undertaken appropriate training for working under PGDs for the supply and administration of medicines. Recommended training - eLfh PGD elearning programme</p> <p>The healthcare professional has completed locally required training (including updates) in safeguarding children and vulnerable adults or level 2 safeguarding or the equivalent.</p> <p><i>Local information: community pharmacists using this PGD commissioned by Nottinghamshire County Council will have completed the CPPE declaration of competence for emergency contraception within the past two years.</i></p>

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Competency assessment	<ul style="list-style-type: none"> Individuals operating under this PGD must be assessed as competent (see Appendix A) or complete a self-declaration of competence for emergency contraception. Staff operating under this PGD are encouraged to review their competency using the NICE Competency Framework for health professionals using patient group directions
Ongoing training and competency	<ul style="list-style-type: none"> Individuals operating under this PGD are personally responsible for ensuring that they remain up to date with the use of all medicines and guidance included in the PGD - if any training needs are identified these should be addressed and further training provided as required. Organisational PGD and/or medication training as required by employing Trust/organisation. <p><i>Local information: community pharmacists using this PGD commissioned by Nottinghamshire County Council will be responsible for re-assessing their competence to deliver this service once every two years. Nottinghamshire County Council may request to inspect these records.</i></p>
<p>The decision to supply any medication rests with the individual registered health professional who must abide by the PGD and any associated organisational policies.</p>	

2. Clinical condition or situation to which this PGD applies

Clinical condition or situation to which this PGD applies	To reduce the risk of pregnancy after unprotected sexual intercourse (UPSI) or regular non-hormonal contraception has been compromised or used incorrectly.
Criteria for inclusion	<ul style="list-style-type: none"> Any individual presenting for emergency contraception (EC) between 0 and 120 hours following UPSI or when regular non-hormonal contraception has been compromised or used incorrectly. No contraindications to the medication. Informed consent given. <p><i>Local information: also commissioned by Nottinghamshire County Council for use by community pharmacists is a</i></p>

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	<p><i>patient group direction for levonorgestrel 1500micrograms tablet(s) for emergency contraception. Levonorgestrel is the first line oral emergency contraception treatment for any individual who presents less than 72 hours after unprotected sexual intercourse (UPSI) and:</i></p> <ul style="list-style-type: none"> • <i>is not within five days prior to predicted ovulation date and</i> • <i>not on their predicted ovulation date and</i> • <i>not on the day after their predicted ovulation date when it is possible to establish their likely date of ovulation.</i>
<p>Criteria for exclusion</p>	<ul style="list-style-type: none"> • Informed consent not given. • Individuals under 16 years old and assessed as lacking capacity to consent using the Fraser Guidelines. • Individuals 16 years of age and over and assessed as lacking capacity to consent. • This episode of UPSI occurred more than 120 hours ago. N.B. A dose may be given if there have been previous untreated or treated episodes of UPSI within the current cycle if the most recent episode of UPSI is within 120 hours. • Known pregnancy (N.B. a previous episode of UPSI in this cycle is not an exclusion. Consider pregnancy test if more than three weeks after UPSI and no normal menstrual period). • Less than 21 days after childbirth. • Less than 5 days after miscarriage, abortion, ectopic pregnancy or uterine evacuation for gestational trophoblastic disease (GTD). • Known hypersensitivity to the active ingredient or to any component of the product - see Summary of Product Characteristics • Use of levonorgestrel (LNG-EC) or any other progestogen in the previous 7 days (i.e. hormonal contraception, hormone replacement therapy or use for other gynaecological indications). • Concurrent use of antacids, proton-pump inhibitors or H₂-receptor antagonists including any non-prescription (i.e. over the counter) products being taken • Severe asthma controlled by oral glucocorticoids.

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	<ul style="list-style-type: none"> • Individuals using enzyme-inducing drugs/herbal products or within 4 weeks of stopping. • Acute porphyria <p><i>Local information see below for required safeguarding measures for those excluded on the basis of age and / or capacity to consent.</i></p>
<p>Cautions including any relevant action to be taken</p>	<ul style="list-style-type: none"> • All individuals should be informed that insertion of a copper intrauterine device (Cu-IUD) within five days of UPSI or within five days from earliest estimated ovulation is the most effective method of emergency contraception. If a Cu-IUD is appropriate and acceptable supply oral EC and refer to the appropriate health service provider. • Ulipristal acetate (UPA-EC) is ineffective if taken after ovulation. • If individual vomits within three hours from ingestion, a repeat dose may be given. • Body Mass Index (BMI) >26kg/m² or weight >70kg – individuals should be advised that though oral EC methods may be safely used, a high BMI may reduce the effectiveness. A Cu-IUD should be recommended as the most effective method of EC. • Consideration should be given to the current disease status of those with severe malabsorption syndromes, such as acute/active inflammatory bowel disease or Crohn’s disease. Although the use of UPA-EC is not contra-indicated it may be less effective and so these individuals should be advised that insertion of Cu-IUD would be the most effective emergency contraception for them and referred accordingly if agreed. • Breast feeding – advise to express and discard breast milk for 7 days after UPA-EC dose. • The effectiveness of UPA-EC can be reduced by progestogen taken in the following 5 days and individuals must be advised not to take progestogen containing drugs for 5 days after UPA-EC. UPA EC is generally not recommended in a missed pill situation. See section ‘Written information and further advice to be given to individual’. • If the individual is less than 16 years of age an assessment based on Fraser guidelines must be made

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	<p>and documented.</p> <ul style="list-style-type: none"> • If the individual is less than 13 years of age the healthcare professional should speak to local safeguarding lead and follow the local safeguarding policy. • If the individual has not yet reached menarche consider onward referral for further assessment or investigation. <p><i>Local information: community pharmacists using this PGD commissioned by Nottinghamshire County Council should note:</i></p> <p><i>If the individual is less than 13 years of age the pharmacist should call the on-call doctor from the East Midlands Children and Young People Sexual Assault service (EMCYPSAS) for support and to decide who will provide EHC. In addition, a safeguarding referral to Children's Social Care should always be made. This is because the Sexual Offences Act states that individuals under 13 years of age cannot consent to have sexual intercourse therefore this is statutory rape. See Appendix B for details on making EMCYPSAS and Children's Social Care referrals. If there are any clinical concerns, discuss with Integrated Sexual Health Service, see service specification for contact details.</i></p>
<p>Action to be taken if the individual is excluded or declines treatment</p>	<ul style="list-style-type: none"> • Explain the reasons for exclusion to the individual and document in the consultation record. • Record reason for decline in the consultation record. • Offer suitable alternative emergency contraception or refer the individual as soon as possible to a suitable health service provider if appropriate and/or provide them with information about further options. <p><i>Local information: community pharmacists using this PGD commissioned by Nottinghamshire County Council should note: For vulnerable people consider if safeguarding action is needed. See the Service Specification and Appendix B for details on making EMCYPSAS and Children's Social Care referrals.</i></p>

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3. Description of treatment

Name, strength & formulation of drug	Ulipristal acetate 30mg tablet
Legal category	P <i>Or POM if a POM product is released.</i>
Route of administration	Oral
Off label use	<p>Best practice advice given by Faculty of Sexual and Reproductive Healthcare (FSRH) is used for guidance in this PGD and may vary from the Summary of Product Characteristics (SPC).</p> <p>This PGD includes off-label use in the following conditions:</p> <ul style="list-style-type: none"> • Lapp-lactase deficiency • Hereditary problems of galactose intolerance • Glucose-galactose malabsorption • Severe hepatic impairment <p>Medicines should be stored according to the conditions detailed in the Storage section in this table. However, in the event of an inadvertent or unavoidable deviation of these conditions the local pharmacy or Medicines Management team must be consulted. Where drugs have been assessed by pharmacy/Medicines Management in accordance with national or specific product recommendations as appropriate for continued use this would constitute off-label administration under this PGD. The responsibility for the decision to release the affected drugs for use lies with pharmacy/Medicines Management.</p> <p>Where a drug is recommended off-label consider, as part of the consent process, informing the individual/parent/carer that the drug is being offered in accordance with national guidance but that this is outside the product licence.</p>
Dose and frequency of administration	<ul style="list-style-type: none"> • One tablet (30mg) as a single dose taken as soon as possible up to 120 hours after UPSI.
Duration of treatment	<ul style="list-style-type: none"> • A single dose is permitted under this PGD.

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	<ul style="list-style-type: none"> • If vomiting occurs within 3 hours of UPA-EC being taken a repeat dose can be supplied under this PGD. • Repeated doses, as separate episodes of care, can be given within the same cycle. Please note: <ul style="list-style-type: none"> ○ If within 7 days of previous LNG-EC offer LNG-EC again (not UPA-EC) ○ If within 5 days of UPA-EC then offer UPA-EC again (not LNG-EC)
Quantity to be supplied	Appropriately labelled pack of one tablet.
Storage	Medicines must be stored securely according to national guidelines and in accordance with the product SPC.
Drug interactions	<p>A detailed list of drug interactions is available in the SPC, which is available from the electronic Medicines Compendium website: www.medicines.org.uk or the BNF www.bnf.org</p> <p>Refer also to FSRH guidance on drug interactions with hormonal contraception file:///r/buht.lan/userdata/jjenkins/Downloads/drug-interactions-with-hormonal-contraception-5may2022.pdf</p>
Identification & management of adverse reactions	<p>A detailed list of adverse reactions is available in the SPC, which is available from the electronic Medicines Compendium website: www.medicines.org.uk and BNF www.bnf.org</p> <p>The following side effects are common with UPA-EC (but may not reflect all reported side effects):</p> <ul style="list-style-type: none"> • Nausea or vomiting • Abdominal pain or discomfort • Headache • Dizziness • Muscle pain (myalgia) • Dysmenorrhoea • Pelvic pain • Breast tenderness • Mood changes

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	<ul style="list-style-type: none"> • Fatigue • The FSRH advises that disruption to the menstrual cycle is possible following emergency contraception.
<p>Management of and reporting procedure for adverse reactions</p>	<ul style="list-style-type: none"> • Healthcare professionals and patients/carers are encouraged to report suspected adverse reactions to the Medicines and Healthcare products Regulatory Agency (MHRA) using the Yellow Card reporting scheme on: http://yellowcard.mhra.gov.uk • Record all adverse drug reactions (ADRs) in the patient's medical record. • Report any adverse reactions via organisation incident policy.
<p>Written information and further advice to be given to individual</p>	<ul style="list-style-type: none"> • All methods of emergency contraception should be discussed. All individuals should be informed that fitting a Cu-IUD within five days of UPSI or within five days from the earliest estimated ovulation is the most effective method of emergency contraception. • Ensure that a patient information leaflet (PIL) is provided within the original pack. • If vomiting occurs within three hours of taking the dose, the individual should return for another dose. • Explain that menstrual disturbances can occur after the use of emergency hormonal contraception. • Provide advice on ongoing contraceptive methods, including how these can be accessed. • Repeated episodes of UPSI within one menstrual cycle - the dose may be repeated more than once in the same menstrual cycle should the need occur. • In line with FSRH guidance individuals using hormonal contraception should delay restarting their regular hormonal contraception for 5 days following UPA-EC use. Avoidance of pregnancy risk (i.e. use of condoms or abstain from intercourse) should be advised until fully effective. • Advise a pregnancy test three weeks after treatment especially if the expected period is delayed by more than seven days or abnormal (e.g. shorter or lighter than

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	<p>usual), or if using hormonal contraception which may affect bleeding pattern.</p> <ul style="list-style-type: none"> • Promote the use of condoms to protect against sexually transmitted infections (STIs) and advise on the possible need for screening for STIs. • There is no evidence of harm if someone becomes pregnant in a cycle when they had used emergency hormonal contraception. • Advise to consult a pharmacist, nurse or doctor before taking any new medicines including those purchased.
<p>Advice / follow up treatment</p>	<ul style="list-style-type: none"> • The individual should be advised to seek medical advice in the event of an adverse reaction. • The individual should attend an appropriate health service provider if their period is delayed, absent or abnormal or if they are otherwise concerned. • Pregnancy test as required (see advice to individual above). • Individuals advised how to access on-going contraception and STI screening as required. <p><i>Local information: some providers in Nottinghamshire County ask patients to take a photo of their emergency contraception medicine so that they can give this information if they need further treatment within a short timeframe.</i></p>
<p>Records</p>	<p>Record:</p> <ul style="list-style-type: none"> • The consent of the individual and <ul style="list-style-type: none"> ○ If individual is under 13 years of age record action taken ○ If individual is under 16 years of age document capacity using Fraser guidelines. If not competent record action taken. ○ If individual over 16 years of age and not competent, record action taken • Name of individual, address, date of birth • GP contact details where appropriate

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	<ul style="list-style-type: none">• Relevant past and present medical history, including medication history. Examination finding where relevant e.g. weight• Any known medication allergies• Name of registered health professional operating under the PGD• Name of medication supplied• Date of supply• Dose supplied• Quantity supplied• Advice given, including advice given if excluded or declines treatment• Details of any adverse drug reactions and actions taken• Advice given about the medication including side effects, benefits, and when and what to do if any concerns• Any referral arrangements made• Any supply outside the terms of the product marketing authorisation• Recorded that administered/supplied via Patient Group Direction (PGD) <p>Records should be signed and dated (or a password controlled e-records) and securely kept for a defined period in line with local policy.</p> <p>All records should be clear, legible and contemporaneous.</p> <p>A record of all individuals receiving treatment under this PGD should also be kept for audit purposes in accordance with local policy.</p>
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	<p><i>Local information: When used by community pharmacists for services commissioned by Nottinghamshire County Council, then the Service Specification can be found on Nottinghamshire LPC website, under Services and Sexual Health Services County.</i></p>
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4. Key references

Key references (accessed September 2022)	<ul style="list-style-type: none">• Electronic Medicines Compendium http://www.medicines.org.uk/• Electronic BNF https://bnf.nice.org.uk/• NICE Medicines practice guideline “Patient Group Directions” https://www.nice.org.uk/guidance/mpg2• Faculty of Sexual and Reproductive Health Clinical Guidance: Emergency Contraception - December 2017 (Amended March 2000) https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/• Faculty of Sexual and Reproductive Health Drug Interactions with Hormonal Contraception – May 2022 https://www.fsrh.org/documents/ceu-clinical-guidance-drug-interactions-with-hormonal/• Royal Pharmaceutical Society Safe and Secure Handling of Medicines December 2018 https://www.rpharms.com/recognition/setting-professional-standards/safe-and-secure-handling-of-medicines
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Appendix A – Example registered health professional authorisation sheet

PGD Name/Version Valid from: Expiry:

Before signing this PGD, check that the document has had the necessary authorisations. Without these, this PGD is not lawfully valid.

Registered health professional

By signing this patient group direction you are indicating that you agree to its contents and that you will work within it.

Patient group directions do not remove inherent professional obligations or accountability.

It is the responsibility of each professional to practise only within the bounds of their own competence and professional code of conduct.

I confirm that I have read and understood the content of this Patient Group Direction and that I am willing and competent to work to it within my professional code of conduct.			
Name	Designation	Signature	Date

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Authorising manager

I confirm that the registered health professionals named above have declared themselves suitably trained and competent to work under this PGD. I give authorisation on behalf of <i>Nottinghamshire County Council</i> for the above named health care professionals who have signed the PGD to work under it.			
Name	Designation	Signature	Date

Note to authorising manager

Score through unused rows in the list of registered health professionals to prevent additions post managerial authorisation.

This authorisation sheet should be retained to serve as a record of those registered health professionals authorised to work under this PGD.

Local information: when used by community pharmacists for services commissioned by Nottinghamshire County Council then, a hard signed copy should be retained in the pharmacy and a signed copy to emailed to:

lcphsqueries@nottsc.gov.uk

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Appendix B: Local information: For use by community pharmacists for services commissioned by Nottinghamshire County Council Appendix B Contact details for other local relevant agencies and service providers:

Sometimes service details change, if this happens, then we recommend that you search Nottinghamshire County Council website,

<https://www.nottinghamshire.gov.uk/> or the NHS website <https://www.nhs.uk/>

East Midlands Children and Young People Sexual Assault Service (EMCYPSAS)

Website: [East Midlands Children and Young People's Sexual Assault Service - East Midlands Children and Young People's Sexual Assault Service \(emcypsas.co.uk\)](http://East Midlands Children and Young People's Sexual Assault Service - East Midlands Children and Young People's Sexual Assault Service (emcypsas.co.uk))

Advice line number: 0800 183 0023

Multi-Agency Safeguarding Hub (MASH) Nottinghamshire

Website <https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshirehttps://emea01.safelinks.protection.outlook.com/?url=https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/pathway-to-provision/multi-agency-safeguarding-hub-mash&data=04|01|95b49fb18d1949382fd408d8c8258c1a|84df9e7fe9f640afb435aaaaaaaaaaaa|1|0|637479411942784877|Unknown|TWfPbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6I6k1haWwiLCJXVCi6Mn0=|1000&sdata=evh4t14cHG/CgfMp81zIMRI/PztgrbA2iu00FvEBg6U=&reserved=0children-and-families-alliance/pathway-to-provision/multi-agency-safeguarding-hub-mash>

Telephone: 0300 500 80 90

Out of hours contact the Emergency Duty Team on 0300 456 4546.

C-Card Nottinghamshire website

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health/c-card>

Integrated sexual health services, for details of clinics across the

county go to <https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health> Contact phone numbers for providers are:

North Nottinghamshire (Bassetlaw)

Bassetlaw TriHealth

Website bassetlawtrihealth.dbh.nhs.uk

Telephone: 01909 571571 Worksop or 01777 200177 Retford

Mid Nottinghamshire (Mansfield, Ashfield, Newark and Sherwood)

My Sexual Health

Website <https://www.sfh-tr.nhs.uk/our-services/sexual-health/>

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Telephone: 01623 672260

South Nottinghamshire (Broxtowe, Gedling, Rushcliffe) and Nottingham City
NUH Sexual Health Service

Website <https://www.nuh.nhs.uk/sexual-health-services>

Telephone: 0115 9627627

Chlamydia screening

Contact the integrated sexual health services above for more information. Note online chlamydia screening may be available for some patient groups at the following URL <https://www.nhs.uk/service-search/Chlamydia-free-online-tests-for-u-25s/LocationSearch/344>

Spotting the Signs of CSE proforma

The British Association for Sexual Health and HIV (BASHH) and Brook have developed a child sexual exploitation (CSE) proforma, *Spotting the Signs*, to help health professionals across the UK identify young people attending sexual health services who may be at risk of or experiencing sexual exploitation. This is available at: <https://legacy.brook.org.uk/our-work/spotting-the-signs-cse-national-proforma>

Sources of patient information

Sexwise website contains general information on sexual health:

<https://www.sexwise.org.uk/>

The contraceptive choices website contains information on different forms of contraception: <https://www.contraceptionchoices.org/>

The Low Down missed pill rules calculator, in the tools section of the website www.thelowdown.com

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