

Contraceptive care survey report

2023

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Introduction

Introduction

This report is a summary of the responses collected from the Contraceptive Care survey, which was open to women and people who menstruate aged between 16-25. The survey was part of the Contraceptive Care project, which aimed to amplify unheard voices in healthcare, particularly those of young people.

This initiative was a Kaleidoscope [Inspire Project](#), these are run to meet our purpose to make the world a kinder, more connected and joyful place.

Executive summary

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Finding a method of contraception that is well-suited to your needs and body is an important part of healthcare, and is especially important for young people. Sensitive, tailored and non-judgemental information can make a big difference to people's experiences.

By exploring the experience of contraceptive care for young people, the aim of this project was to support continuous progression towards truly high quality reproductive care. We found that respondents were likely to go to appointments with a specific method of contraception in mind, and these preferences were largely influenced by anecdotal information from friends and family.

Executive summary

Around 60% of people who responded to the survey were not satisfied with the amount of information they received on the range and side effects of contraceptives, but the majority of people were satisfied or very satisfied that their preferences were considered, and with the empathy and sensitivity displayed by their healthcare professional.

The survey was online and open to respondents for a period of one month (from 27/02/23 to 27/03/23) and was promoted via social media channels.

We collected 125 responses from young women and people who menstruate aged 16-25, which were then analysed via mixed-methods analysis.

Summary of themes that emerged

Q1. What stands out as the most positive aspect of your experience and why?

The patients felt...

- informed on the range and side effects of contraceptives
- happy with the outcome of their appointment
- listened to, and that their opinions were considered
- that the healthcare professional created an empathetic, supportive or comfortable environment.

Q2. What stands out as the most negative aspect of your experience and why?

The patients felt...

- uninformed on the range or side effects of contraceptives
- unhappy with the outcome of their appointment
- that they were not listened to in their appointment
- that the healthcare professional was unsupportive or judgemental
- disappointed in the one-off nature of the appointment, eg no hormone tests pre prescription, nor follow-up checks
- that their time was restricted or the appointment was rushed.

Q3. What improvements, if any, would you like to see in the consultation process?

The patients would like...

- to be provided with more information on the range and side effects of contraception
- to have more time allocated to their contraceptive care
- their care to be more tailored to their individual needs
- more empathy and understanding from their healthcare professional
- more continuity of care, and their appointment not to be standalone.

Q4. Is there anything else you would like to add about your consultation experience?

- Interesting to note that when prompted for additional thoughts, the responses were overwhelmingly negative (these have been merged into responses to Q2 and Q3 accordingly).
- Specific shout outs to clinicians or providers.

Survey questions

Survey questions

1. Did you go to your GP or health professional with a specific method of contraception in mind?

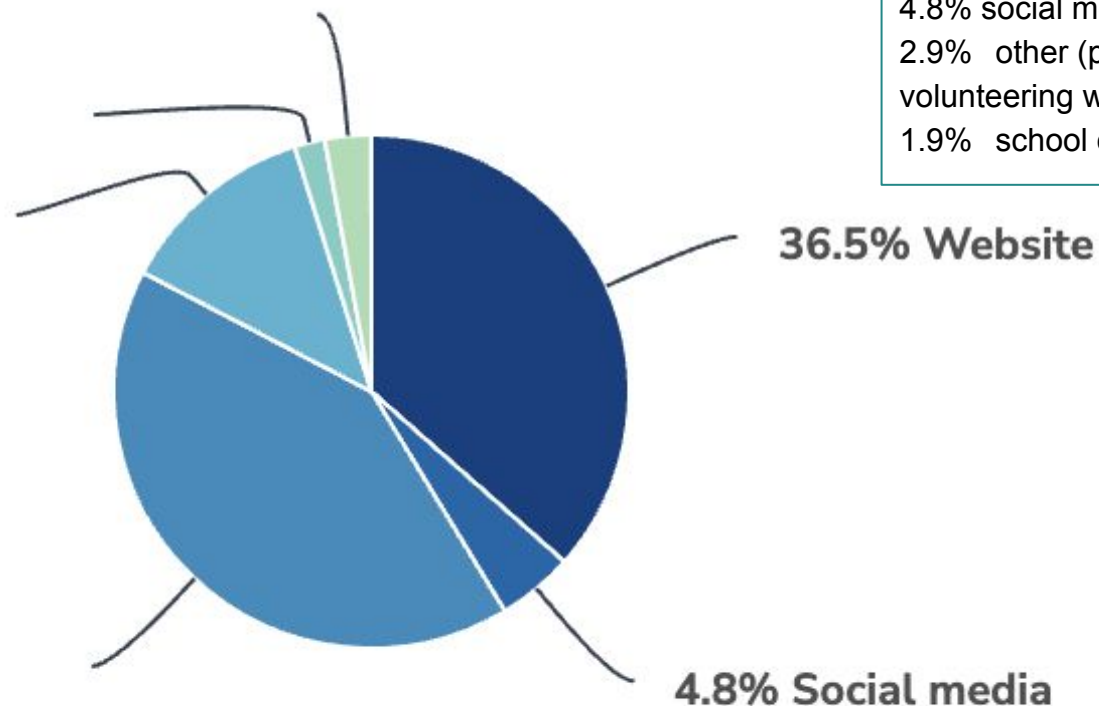
- 83.2% went to the appointment with a specific method in mind
- 16.8% did not

2. If so, did you get prescribed the method that you had in mind?

- 87.5% that went to the appointment with a specific method in mind got prescribed that method
- 12.5% did not

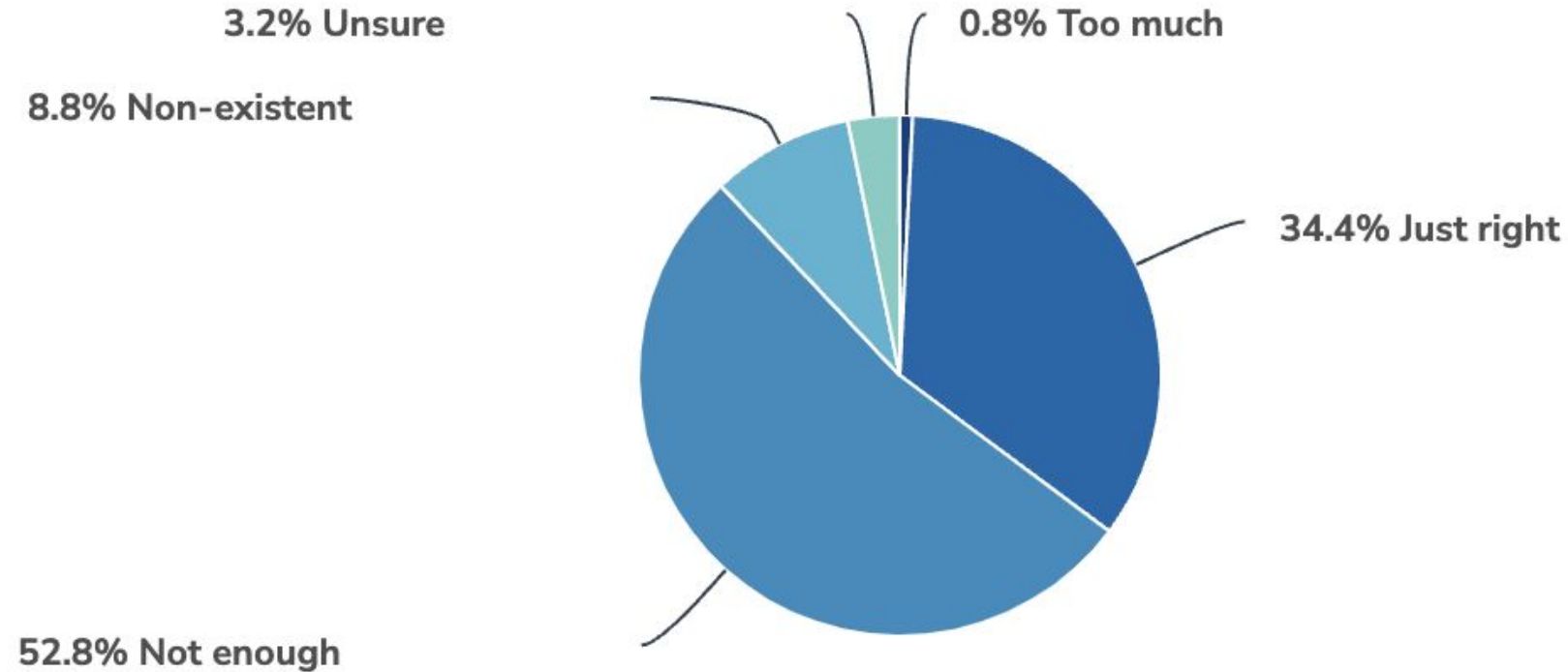
3. Where did you get the information that influenced your decision?

2.9% Other
1.9% School or college etc
12.5% Healthcare professional
41.3% Friends or family



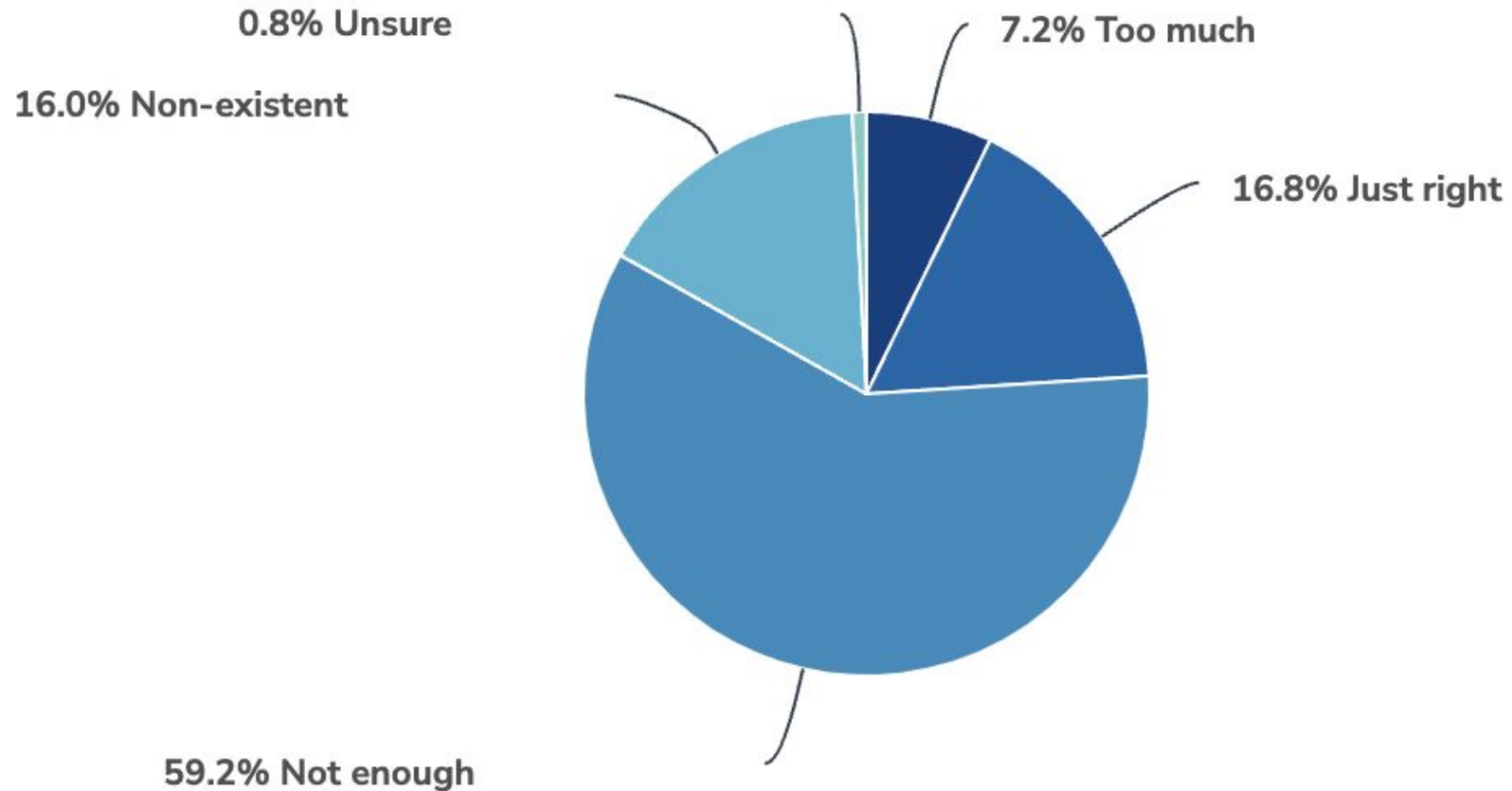
41.3% friends or family
36.5% website
12.5% healthcare professional
4.8% social media
2.9% other (past experiences and volunteering with a RHSE charity)
1.9% school or college

4. Did you feel that the amount of information given about the range of contraceptives available to be...



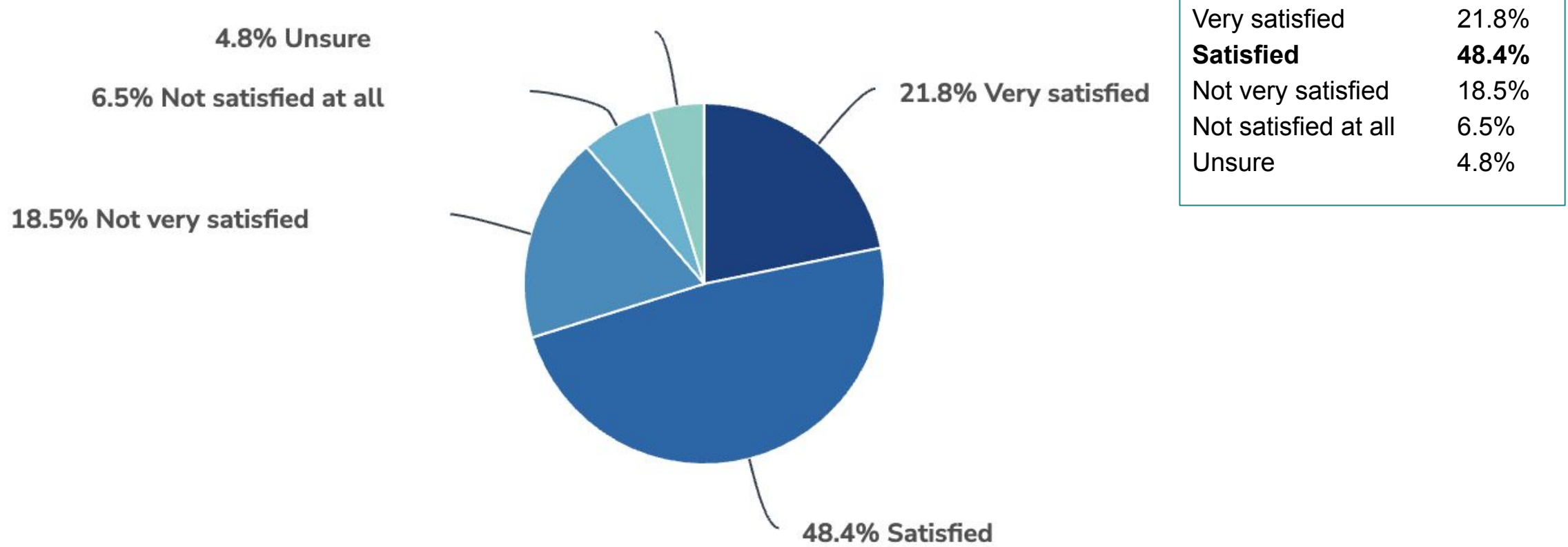
Too much	0.8%
Just right	34.4%
Not enough	52.8%
Non-existent	8.8%
Unsure	3.2%

5. Did you feel that the amount of information given about the side effects of the contraceptives to be...

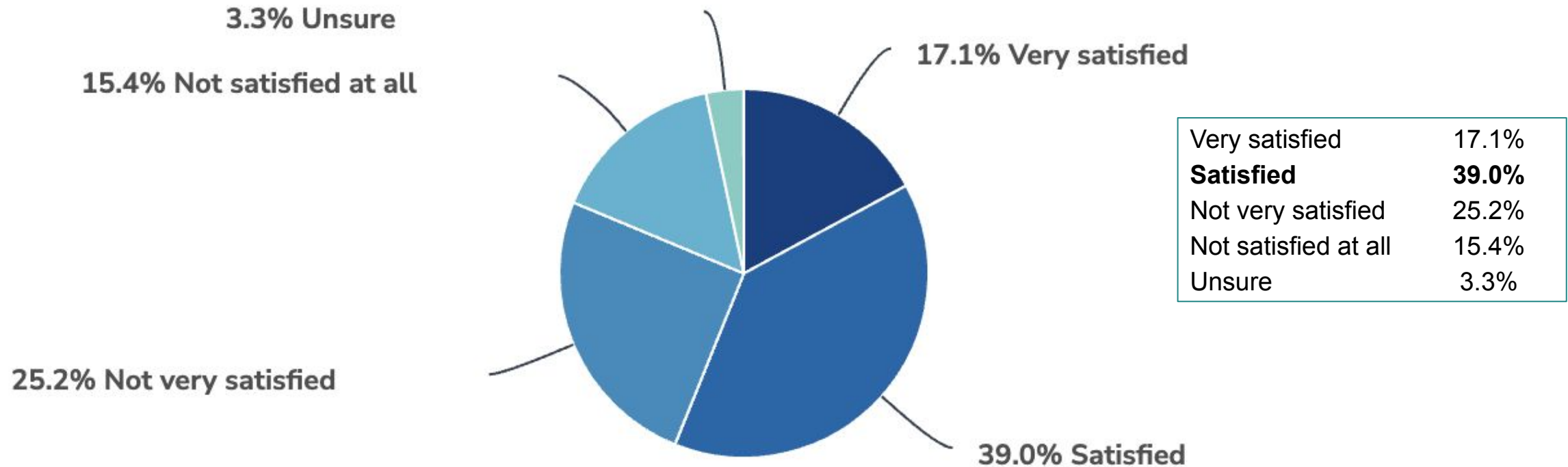


Too much	7.2%
Just right	16.8%
Not enough	59.2%
Non-existent	16.0%
Unsure	0.8%

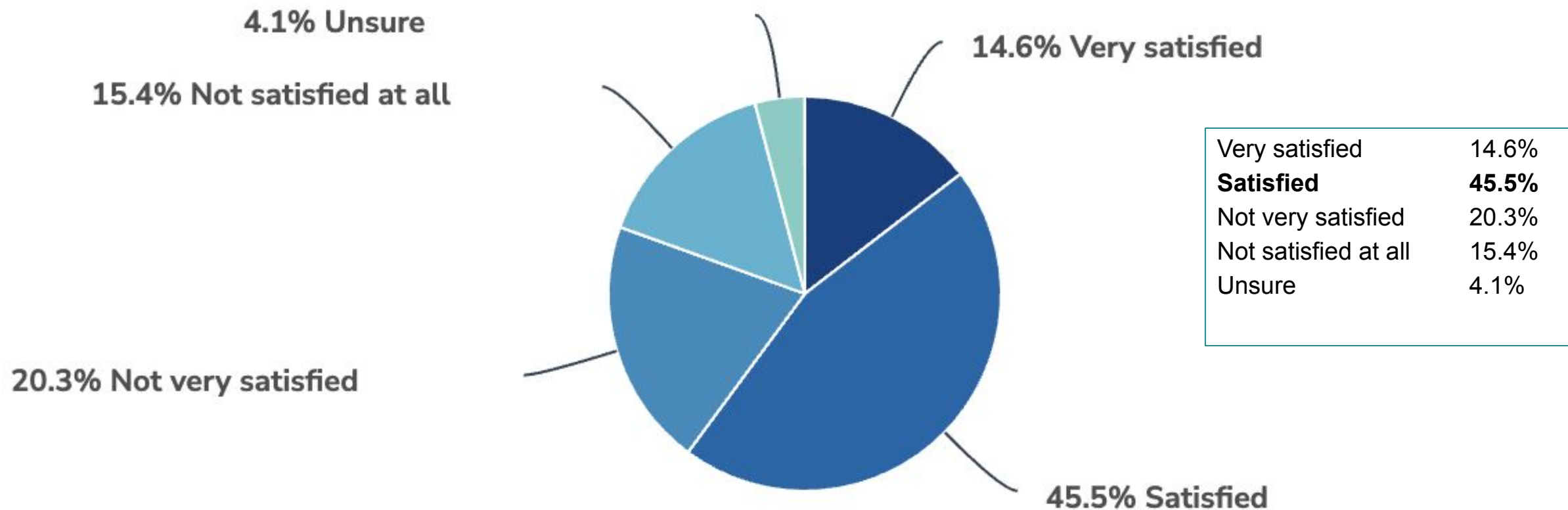
6. How satisfied did you feel that your GP or health professional took your preferences into consideration?



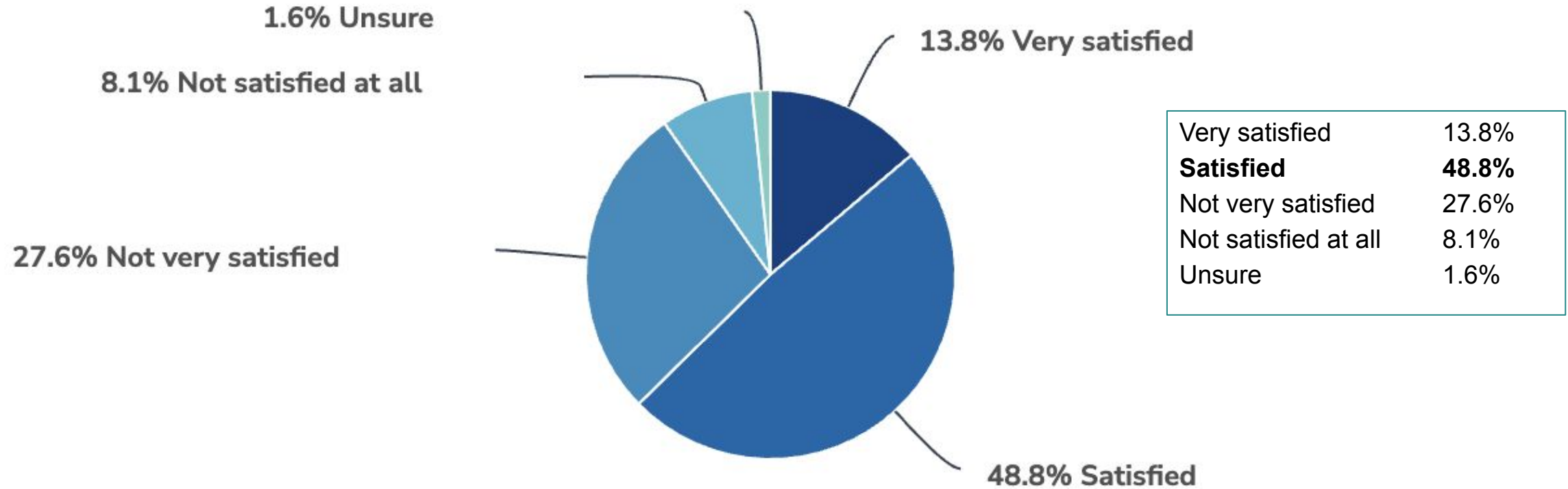
7. How satisfied were you with the empathy and sensitivity displayed by your GP or health professional?



8. How satisfied were you with the amount of time allocated to your contraceptive consultation?



9. Overall, how satisfied were you with the overall consultation experience?



Survey questions

10. Are you satisfied that the method of contraception you were prescribed is suited to you?

- **Yes - 63.4%**
- **No - 36.6%**

11. Do you think that through better advising you could have been prescribed a method that is more suited to you?

- **Yes - 80%**
- **No - 20%**

Thanks and acknowledgments

A message from Nia Otake John, Project Lead, Contraceptive Care

I hope that if you responded to the survey, you feel that your views have been represented accurately, and are able to see that some of your views may be more widely shared than you realised. I also hope that in taking the time to answer the survey, you were able to reflect on what you can do to make your future contraceptive care what you need it to be.

If you are working in the healthcare or policy space, I hope that this survey serves to inform how contraceptive care delivery could be tailored more effectively and why it is so important to young women and people who menstruate.



Nia Otake John, 2023

Acknowledgements

A huge thank you to everyone who took time to fill in the survey.

Also heartfelt thanks to the team at [Sexpression:UK](#) for working with us to help promote the survey to their audiences. Without their help, the survey would not have reached as many people as it did.

Thanks.

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