

This patient group direction (PGD) must only be used by registered health 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)

For the administration or supply of

**Combined oral contraceptive pill:**  
**Levonorgestrel 150mcg, Ethinylestradiol 30mcg**  
**Norgestimate 250mcg, Ethinylestradiol 35mcg**  
**Norethisterone 1mg, Ethinylestradiol 20mcg**  
**Norethisterone 500mcg, Ethinylestradiol 35mcg**

By registered health care professionals for

### Contraception

Throughout the Manx Care and those contracted by the Manx Care where appropriate within practice

### PGD NUMBER 146

#### 1. Change history

Version number	Change details	Date
1	Original PGD ratified	June 2021

## 2. Medicines practice guideline 2: *Patient group directions*

Refer to the relevant sections of NICE medicines practice guideline 2: *Patient group directions* as stated in the blank template notes. For further information about PGD signatories, see the NHS and Manx Care [PGD website FAQs](#)

## 3. PGD development

Refer to the [NICE PGD competency framework for people developing PGDs](#)

Job Title & organisation	Name	Signature	Date
Author of the PGD			
Member of the PGD working group			

## 4. PGD authorisation

Refer to the [NICE PGD competency framework for people authorising PGDs](#)

Job Title	Name	Signature	Date
Medical Director			
Chief Pharmacist/ Pharmaceutical Adviser			
Senior Paramedic			
Director of Nursing			
GP Adviser			
Senior Microbiologist (if PGD contains antimicrobials)			

## 5. PGD adoption by the provider

Refer to the [NICE PGD competency framework for people authorising PGDs](#)

Job title and organisation	Signature	Date	Applicable or not applicable to area

## 6. Training and competency of registered healthcare professionals, employed or contracted by the Manx Care, GP practice or Hospice

Refer to the [NICE PGD competency framework for health professionals using PGDs](#)

	Requirements of registered Healthcare professionals working under the PGD
<b>Qualifications and professional registration</b>	<ul style="list-style-type: none"> <li>Registered healthcare professionals, working within or contracted by the Manx Care, GP practice or Hospice who are permitted staff groups outlined within the current PGD policy</li> <li>Pharmacists must be practising in Manx Care authorised premises i.e. contracted pharmacy premises</li> <li>Specific training in sexual health and/or contraception, or equivalent experience</li> </ul>
<b>Initial training</b>	<ul style="list-style-type: none"> <li>Knowledge of current guidelines and the administration of the drug specified in this PGD/BNF and of the inclusion and exclusion criteria</li> <li>Training which enables the practitioner to make a clinical assessment to establish the need for the medication covered by this PGD</li> <li>Local training in the use of PGDs</li> </ul>
<b>Competency assessment</b>	Staff will be assessed on their knowledge of drugs and clinical assessment as part the competency framework for registered health professionals using PGDs
<b>Ongoing training and competency</b>	The registered health care professionals should make sure they are aware of any changes to the recommendations for this medication; it is the responsibility of the registered health care professionals to keep up to date with continuing professional development. PGD updates will be held every two years

## 7. Clinical Conditions

<b>Clinical condition or situation to which this PGD applies</b>	Contraception
<b>Inclusion criteria</b>	Females of childbearing potential
<b>Exclusion criteria</b>	<ul style="list-style-type: none"> <li>• Any UKMEC level 3 or 4</li> <li>• Anyone with 2 or more UKMEC level 2s</li> <li>• Anyone to be judged not to be Fraser Competent</li> </ul>
<b>Cautions (including any relevant action to be taken)</b>	<ul style="list-style-type: none"> <li>• Active trophoblastic disease (until return to normal of urine- and plasma-gonadotrophin concentration)—seek specialist advice</li> <li>• Crohn’s disease</li> <li>• Gene mutations associated with breast cancer (eg. BRCA 1)</li> <li>• History of severe depression especially if induced by hormonal contraceptive</li> <li>• Hyperprolactinaemia (seek specialist advice)</li> <li>• Inflammatory bowel disease</li> <li>• Migraine</li> <li>• Personal or family history of hypertriglyceridaemia (increased risk of pancreatitis)</li> <li>• Risk factors for arterial disease</li> <li>• Risk factors for venous thromboembolism</li> <li>• Sickle-cell disease</li> <li>• Undiagnosed breast mass</li> </ul>
<b>Arrangements for referral for medical advice</b>	Patient should be referred to a more experienced clinical practitioner for further assessment
<b>Action to be taken if patient excluded</b>	Patient should be referred to a more experienced clinical practitioner for further assessment
<b>Action to be taken if patient declines treatment</b>	<ul style="list-style-type: none"> <li>• A verbal explanation should be given to the patient on: the need for the medication and any possible effects or potential risks which may occur as a result of refusing treatment</li> <li>• This information must be documented in the patients’ health records</li> <li>• Any patient who declines care must have demonstrated capacity to do so</li> <li>• Where appropriate care should be escalated</li> </ul>

## 8. Details of the medicine

<b>Name, form and strength of medicine</b>	Combined oral contraceptive pill: Levonorgestrel 150mcg, Ethinylestradiol 30mcg Norgestimate 250mcg, Ethinylestradiol 35mcg Norethisterone 1mg, Ethinylestradiol 20mcg Norethisterone 500mcg, Ethinylestradiol 35mcg
<b>Legal category</b>	Prescription Only Medicine (POM)
<b>Indicate any <u>off-label use</u> (if relevant)</b>	Quick start method/Tailored regimes
<b>Route/method of administration</b>	Oral
<b>Dose and frequency</b>	<ul style="list-style-type: none"> <li>• 21 days of pills followed by a 7 day break or</li> <li>• 21 days of pills followed by 4 day hormone free break</li> <li>• or 63 days of pills followed by 4 day hormone</li> <li>• Break or Used continuously</li> </ul>
<b>Quantity to be supplied</b>	<ul style="list-style-type: none"> <li>• Minimum: 1 box (3 month supply)</li> <li>• Maximum: 4 boxes (12 month supply)</li> </ul>
<b>Maximum or minimum treatment period</b>	<ul style="list-style-type: none"> <li>• Minimum: 1 box (3 month supply)</li> <li>• Maximum: 4 boxes (12 month supply)</li> </ul>
<b>Storage</b>	Room temperature in locked cupboard
<b>Adverse effects</b>	<ul style="list-style-type: none"> <li>• Acne</li> <li>• Alopecia</li> <li>• Headaches</li> <li>• Menorrhagia</li> <li>• Hypertension</li> <li>• Nausea</li> <li>• Fluid retention</li> <li>• Weight increased</li> <li>• Venous thromboembolism</li> </ul>
<b>Records to be kept</b>	The administration of any medication given under a PGD must be recorded within the patient's medical records

## 9. Patient information

<b>Verbal/Written information to be given to patient or carer</b>	<ul style="list-style-type: none"> <li>• Verbal information must be given to patients and or carers for all medication being administered under a PGD</li> <li>• Where medication is being supplied under a PGD, written patient information leaflet must also be supplied</li> <li>• A patient information leaflet is available on request</li> </ul>
<b>Follow-up advice to be given to patient or carer</b>	If symptoms do not improve or worsen or you become unwell, seek medical advice immediately

## 10. Appendix A

References
<ol style="list-style-type: none"><li>1. British National Formulary (BNF) available online: <a href="https://bnf.nice.org.uk">https://bnf.nice.org.uk</a></li><li>2. Nursing and Midwifery (2018) "The code" available online: <a href="https://www.nmc.org.uk">https://www.nmc.org.uk</a></li><li>3. Current Health Care Professions Council standards of practice</li><li>4. General Pharmaceutical Council standards</li><li>5. The General Optical Council</li><li>6. Electronic medicines compendium available online: <a href="https://www.medicines.org.uk">https://www.medicines.org.uk</a></li><li>7. Faculty of Sexual and Reproductive Healthcare Clinical Effectiveness Unit Guidance for Injectable Progestones (CEU GUIDANCE)</li><li>8. Faculty of Sexual and Reproductive Healthcare UK Medical Eligibility Criteria Document (UK MEC)</li><li>9. Family Planning Clinic Safeguarding Risk Assessment Tool</li></ol>

## 11. Appendix B

Health professionals agreed to practice
<ul style="list-style-type: none"><li>• Each registered healthcare professional will hold their own Competency framework which will be signed and agreed by their mentor</li><li>• A mentor is defined within the Manx Care policy as any ward/area managers, sisters, senior nurses, GPs, pharmacists or senior paramedics who has completed the PGD training themselves</li></ul>