"I think I might be pregnant"

A Referral Checklist for Professionals Working with Young People in RBWM

Produced in 2009 to support the local teenage pregnancy strategy

NHS Berkshire East
A referral checklist for professionals working with young people in RBWM

This checklist should enable you to refer any young person who thinks that they or their partner may be pregnant to the appropriate sources of help and advice. It also gives you some basic information about options available to a young person necessary to make informed decisions and choices.

We have produced the checklist because we recognise that young people may want to discuss their situation with a professional that they already trust.

Not every professional will be able to offer counselling support to young people faced with making difficult choices but this will give you the information needed to direct them to the specialist services required.

Professionals should encourage and persuade young people to discuss their situation and options with their parents/guardians or another trusted adult.

**Policy**

To ensure best practice your department needs to have policies of what to do in this situation. These policies should cover child protection, disclosure, confidentiality and sex and relationships education. All policies will link to the Sexual Offences Act 2003 and follow Local Safeguarding Children Board (LSCB) guidelines.

**Child Protection**

Child protection issues may arise if a young person needs protection in their own best interests, to safeguard them, for example, from sexual or other abuse. It is also important to consider whether other children may be at risk from the activities of an abusing adult or young person.

Most services or organisations will have a child protection policy and a named child protection officer. Professionals should raise concerns with this professional and/ or their senior manager and then Berkshire Child Protection procedures should be followed. Usually this will entail referral to Children's Social Care (social services). If there is no individual in the service or organisation with whom such concerns can be discussed then the professional should refer directly to Children's Social Care - tel 01628 683150

Berkshire Child Protection procedures can be accessed through http://www.rbwm.gov.uk/safeguardingchildren/lscb_berks_cp_procedures_2006-08-24.pdf and specific duties to under 13 year olds can also be checked here.

**Health Professionals**

The Fraser guidelines provide legal guidance that represent good practice for health professionals working in a one-to-one situation. Advice or contraceptive treatment may be given to a person under 16 without parental consent providing the professional is satisfied that:

- The young person will understand the advice
- The young person cannot be persuaded to tell their parents/guardians, or allow the professional to inform them that they are seeking contraceptive advice
- The young person is likely to begin or continue having unprotected sex with or without contraceptive treatment
- The young person's physical or mental health are likely to suffer unless he or she receives contraceptive advice or treatment
- It is in the young person's best interests to give contraceptive advice or treatment
- Health professionals cannot offer or guarantee young people unconditional confidentiality

**Teachers**

As outlined in DCSF Guidance on Sex and Relationship Education (2000) schools should have a clear and explicit confidentiality policy which is advertised to pupils, staff, parents and visitors

- The school's confidentiality policy applies. If abuse is suspected, teachers should follow the Berkshire Child Protection procedures
- Teachers cannot offer or guarantee pupils unconditional confidentiality
## Teenage Pregnancy Referral Checklist, Windsor Ascot and Maidenhead

"I think I might be pregnant"

*Updated 2009*

<table>
<thead>
<tr>
<th>Service</th>
<th>Emergency Contraception (EHC)</th>
<th>IUD Insertion</th>
<th>Sexual Health Advice and Treatment</th>
<th>Free Pregnancy Testing</th>
<th>Pregnancy Testing [at a cost]</th>
<th>Confirmation of Pregnancy</th>
<th>Counselling Support and Advice</th>
<th>Referral for Termination</th>
<th>Education, Employment, Training, Childcare &amp; Benefits</th>
<th>Housing</th>
<th>Child Protection</th>
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</thead>
<tbody>
<tr>
<td>The Sexual Health Service operates from: The Garden Clinic – Upton Hospital, Slough. Tel: 01753 635 302 Phone for free confidential help and advice/ opening times. <a href="http://www.healthysex.org.uk">www.healthysex.org.uk</a></td>
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<td>Speakeasy (18 years and under) – held 3.30-5.30pm every Wednesday in Slough &amp; every Thursday in Bracknell. No appointment necessary. Tel: as above</td>
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<td>Maidenhead St Mark’s Hospital, Outpatients Section. Thursday 5.30pm-7pm Drop in Sexual Health Clinic (all ages)</td>
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<td>NHS Walk-In Centre, Upton Hospital, Albert Street, Slough, SL1 2BJ. Open Mon-Fri from 7am-8pm and Sat-Sun 9am-5pm Tel: 01753 635505</td>
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<td>Pharmacy* Free emergency hormonal contraception for those aged under 18 at participating pharmacists. Check locally or at <a href="http://www.ruthinking.co.uk">www.ruthinking.co.uk</a> or phone NHS direct 0845 4647</td>
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<td>School Nurses* Tel: 01753 636 796 Windsor or 01753 638 441 Maidenhead</td>
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<td>Connexions tel 0845 4085012 <a href="http://www.connexions-berkshire.org.uk">www.connexions-berkshire.org.uk</a></td>
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<td>Housing Options Team Tel: 01628 683 685</td>
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<td>No. 22 Youth Counselling Service Tel: 01628 636661</td>
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<td>Brook Young People Tel: 0808 802 1234 <a href="http://www.brook.org.uk">www.brook.org.uk</a></td>
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<td>Sexwise Helpline Tel: 0800 282 930</td>
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<td>Marie Stopes* Tel: 0845 3008090 <a href="http://www.mariestopes.org.uk">www.mariestopes.org.uk</a></td>
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<td>British Pregnancy Advisory Service* Tel: 08457 304030 <a href="http://www.bpas.org">www.bpas.org</a></td>
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<td>Child Protection – <a href="http://www.rbwm.safeguarding-children.co.uk">www.rbwm.safeguarding-children.co.uk</a> Childrens Social Care (social services) Tel: 01628 683150</td>
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*Please check with individual services*
Has had unprotected sex but not yet missed a period

Discuss options and if appropriate refer for emergency contraception. If unprotected sex less than 72 hours ago – refer for emergency hormonal contraception as soon as possible. If unprotected sex more than 72 hours ago refer to specialist to discuss possibility of insertion of an IUD (usually up to 5 days after unprotected sex)

Refer for ongoing sexual health advice and treatment and identify gap in knowledge where necessary

Has missed one but has not yet done a test or has had unprotected sex more than 5 days ago

Refer pregnant

Positive
Negative

Remember at all stages professionals should advise, persuade and encourage the young person to discuss their situation and options with their parents/guardians or another trusted adult.

TEENAGE PARENT
Refer for support and advice for mother and child
Might be pregnant?

- For more periods or one pregnancy
  - Refer for pregnancy test
  - Refer for advice

- Has missed one or more periods and has had a positive pregnancy test
  - Refer for confirmation of pregnancy and stage of pregnancy.
    - Discuss options.
    - Refer for counselling and advice

- Positive
  - TERMINATION OF PREGNANCY
    - Refer for termination
  - CONTINUE WITH PREGNANCY
    - Refer for antenatal care
  - ADOPTION
    - Refer to adoption services
Sexual Health Issues

Emergency Hormonal Contraception (EHC)
If anyone has had sex without contraception or their contraception fails they can still get help. The emergency contraception pill (sometimes referred to as “the morning after pill”) can be taken up to 72 hours after sex but the sooner it is taken the more effective it is. Alternatively an IUD might be advised as emergency contraception up to 5 days after having unprotected sex but the young person will be offered full advice on their options by the specialists below. Free emergency contraception is available from:

- Young person’s GP
- The Garden Clinic at Upton Hospital, Slough
- The Walk-In Centre, Upton Hospital, Slough
- St Mark’s Hospital, Maidenhead – Thursday or Friday
- All pharmacies sell emergency hormonal contraception (EHC) but participating pharmacies in the area offer this service free of charge to those 18 years of age and under. Check locally by phoning the pharmacist or check www.ruthinking.co.uk or phone NHS Direct 0845 4647.

Pregnancy Testing
If a young person thinks they may be pregnant a pregnancy test should be obtained as soon as possible. See the referral checklist for services providing pregnancy testing. Reliable pregnancy tests can also be brought from chemists.

Sexually Transmitted Infections
Sexually Transmitted Infections include HIV/AIDS, chlamydia, herpes, gonorrhoea and genital warts. Some of these infections have symptoms like a discharge or pain passing urine; others may not. Anyone having sex and not using condoms is at risk of sexually transmitted infections. Information and advice about sexually transmitted infections is available from a variety of sexual health services listed. For chlamydia self-testing phone 01753 635330 for further details.

Advice on Options if Pregnant

Professionals should strongly encourage the young person to discuss their situation and options with their parents/guardians. There are three options for a young person who is pregnant to discuss and consider with their family and professionals. They could consider a termination of pregnancy (abortion), they could continue with the pregnancy and keep the baby or they could choose to have the baby adopted.

Counselling and Information
The decision about which option is right for any individual is important and they may want to discuss their situation with a number of people before making up their mind. Many of the young people’s and family planning services listed on the referral checklist will be able to provide information and support to help young people make decisions about pregnancy and refer them to someone who can help whatever their choice.

Referral for Termination of Pregnancy
Before a young person is referred for a termination of pregnancy they will have to be assessed by a health professional who will establish the stage of pregnancy and discuss the possible options. In most cases termination of pregnancy is available free of charge. The young person may have to travel some distance for their termination and they should be prepared to make arrangements for this as help with travel is not available.

Adoption
Social Services are able to provide advice and information on adoption. They will offer counselling and support over a period of time whilst the young person decides if this is the best option for them.

Support During Pregnancy
It is important, for the health and well-being of both the mother and the baby, that the mother gets health care as soon as she knows she is pregnant. The family doctor (GP) should be informed as soon as possible. The GP will arrange for her to have care throughout the pregnancy and birth.

Everyone who is pregnant will have a community midwife for help and support throughout the pregnancy (antenatal care) and immediately after the birth (postnatal care). The health visitor will help and support the young mother following the birth of her baby, and can provide information about local services available for young parents. Further information on local teen parent support groups, returning to education, training or employment, together with childcare options are offered by Connexions advisers.