

## Bridging Knowledge and Choice: The Pharmacist's Role in Contraception

Owner of Archer Pharmacy, Stevenage, Mohamed Moledina sat down with CPH to discuss his personal journey with starting up the Pharmacy Contraception Service at his pharmacy. The following case study is in Mohamed's words and provides some wonderful insights from his point of view



“When I first introduced the contraception service in our pharmacy, my aim was clear: to make contraception more accessible, reduce the pressure on local GP surgeries, and give patients a discreet, convenient option for managing their reproductive health. **What I didn't anticipate was just how much the process would teach me – not just clinically, but about teamwork, organisation, and forward planning.**

From the start, I made it a team effort. I trained staff to carry out blood pressure checks, which meant patients could be assessed quickly and efficiently without overloading the pharmacist's time. I also encouraged staff to actively promote the service. If a patient was collecting their regular contraception prescription, my team would let them know they could now access it directly from us without the need for a GP appointment. This small change significantly boosted awareness and uptake.

Stock management was another crucial lesson. I quickly realised that the service could only run smoothly if we always had a sufficient supply of different contraceptive options. When GP surgeries started informing patients about the pharmacy service, I made sure we were prepared with enough stock to meet the increased demand.

Organisation was key to avoiding bottlenecks. I set up an Outlook calendar to book appointments, which helped space consultations evenly through the day and avoided long waits. For blood pressure readings, I invested in my own BP machine that prints out the results – a simple but effective way to keep accurate records and streamline the consultation process.

Clinically, I refreshed and deepened my knowledge about contraception types, contraindications, and drug interactions. But beyond that, **I learned how vital it is to integrate a new service into the everyday rhythm of the pharmacy.** It's not just about launching the service – it's about embedding it into staff routines, stock planning, and patient conversations so it becomes a seamless part of what we offer.

Looking back, the biggest takeaway is that **successful implementation depends on preparation, communication, and adaptability.** With the right systems and a proactive team, a pharmacy contraception service can not only improve patient access but also strengthen the pharmacy's role in public health.”

