

Managing Unexpected Pregnancy

Exploring the options for women;
together with women

Lucy Halsey (NP Intern)

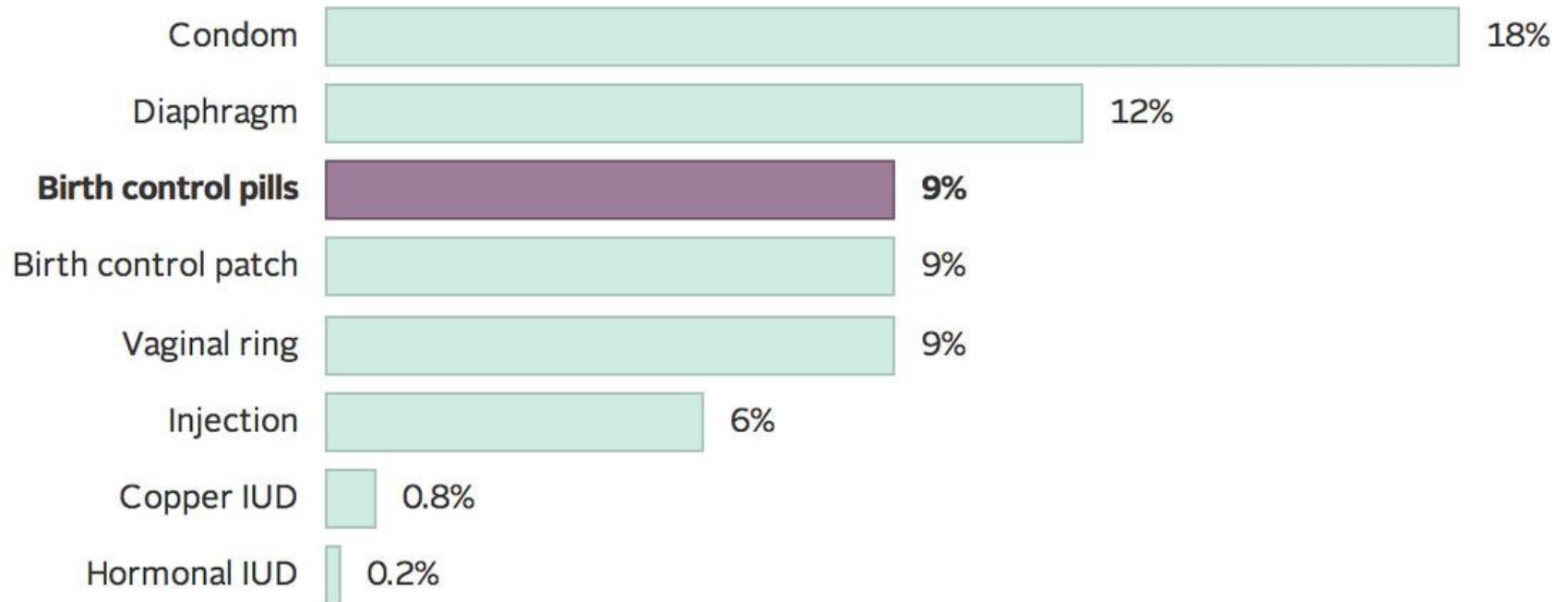
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Contraceptive failure rates

Percent of women who will become pregnant using a given contraceptive method



Source: Centers for Disease Control and Prevention



“When the test showed positive, she actually couldn’t speak.

Only the most perfectly formed tear drop rolled down her cheek”

March 2019

Positive Pregnancy Test

What to consider if your pregnancy test is positive – unexpectedly

This can be a very traumatic time for you but there are some things you should think about over the next few days. It is a good idea to talk to someone you trust - for support. e.g. a friend, parent, partner. You may like to return to INP Medical Clinic and talk with one of our Nurses or Doctors. There is no charge for this. Just ask for an appointment and tell the receptionist you are pregnant.

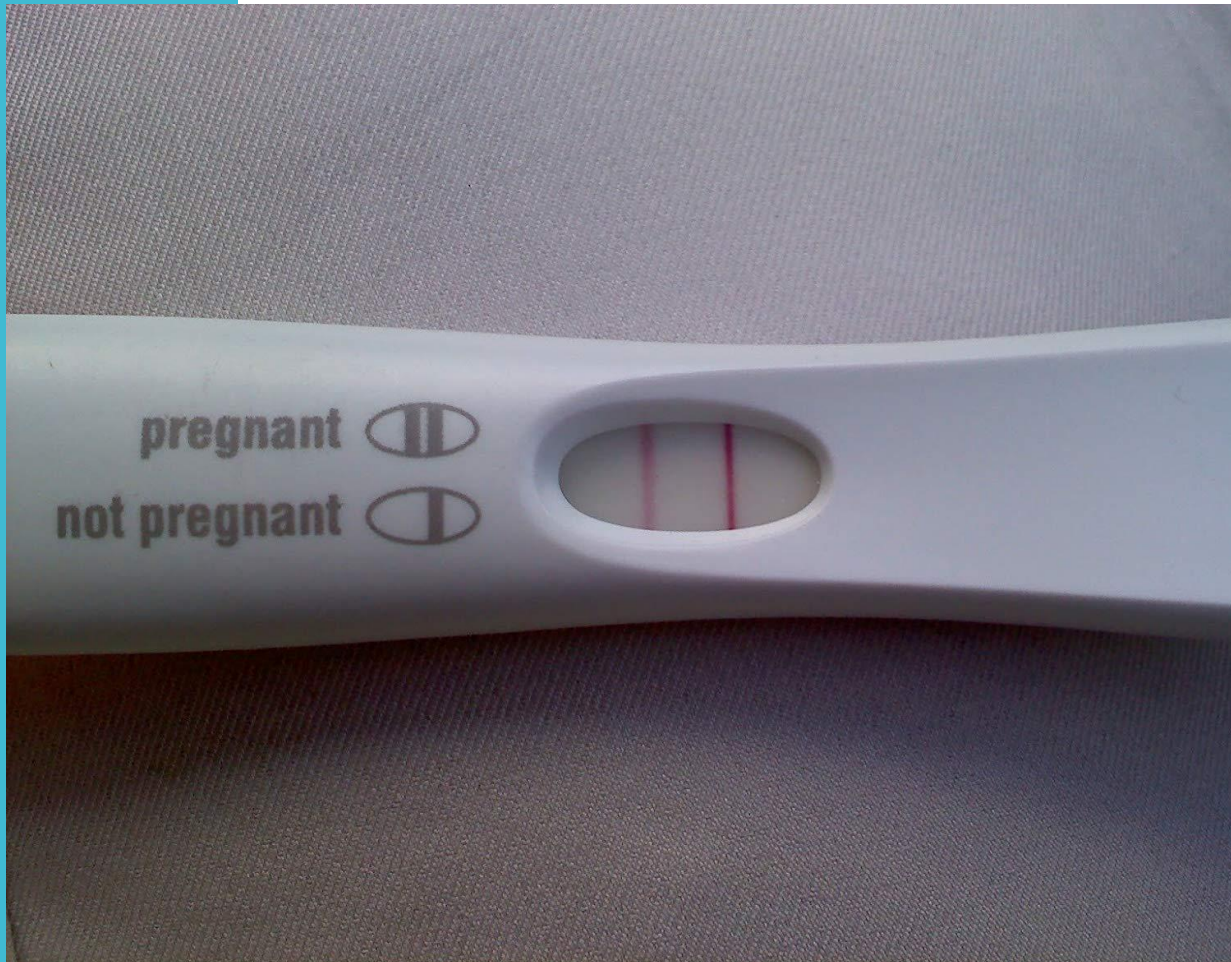
What are your options?

1. Continuing the pregnancy and keep the baby.
2. Continuing the pregnancy and adopting/fostering the baby
3. Not continuing the pregnancy. Having a Termination (Abortion)

You need to look at the advantages and disadvantages of all options. Write them down, to help you make a clear decision. We are happy to help you with this process. Remember that you have the final say about what happens to your body. Counselling is recommended for all women. There is a specialised pregnancy options social worker available free of charge. We will fax through a referral and they will contact you by phone. Remember, the counsellor is not there to tell you what to do or change your mind. They are there to help you work through all the issues for **you**.

Choosing

- If you choose continuation of the pregnancy you will need to see your own doctor or midwife for ante-natal care. If you don't have a doctor or midwife we can help you to find one. You can also find out about the maternity choices on: www.findyourmidwife.co.nz
- In Nelson, Crisis Pregnancy Support/Hapai Taumaha Haputanga provide practical and emotional support for pregnant women for as long as needed after the birth of the baby. Phone: 0800 004 277 or see: www.crisispregnancysupport.org.nz
- Adoption information is available at: www.adoptionoption.org.nz and via the social worker.
- If you choose not to continue with the pregnancy and have a termination you will need to see INP Medical Clinic staff for tests and referral to the specialist.
- A surgical termination is performed under general anaesthetic at Nelson Hospital before 12 weeks. You will be there for the day only - you will need to arrange for someone to collect you afterwards.
- Medical terminations are also available through Gynae Outpatient Department at Nelson Hospital before 9 weeks. You will need someone to take and collect you.
- For abortion/termination information see: www.abortion.org.nz; familyplanning.org.nz



A green rectangular sign with rounded corners and a white border is mounted on two wooden posts. The sign features the word "Vulnerability" in a large, bold, white sans-serif font, with the words "Just Ahead" in a smaller, white sans-serif font directly below it. The background of the image is a dramatic, overcast sky filled with heavy, grey clouds. The sign is positioned in the lower-left quadrant of the frame, angled slightly towards the right.

Vulnerability
Just Ahead

*“My mum would disown me and
my dad would kill me...
Literally”*

*“I have a four month old baby -
I can't have another baby yet”*

*“I don't know what to do.
What do you think I should do?”*



“Some mislead us that they are certain, but then their body is really uncertain”

(Kjelsvik, et al; 2018)

Process Before Termination of Pregnancy at Nelson Hospital

- **Blood test for determining blood type, anaemia check etc.**
You will be given a form to take to Medlab.
This must be done ASAP, as results need to be with the Gynaecologist prior to your appointment.
- **Sexually transmitted and other infection check**
Internal examination to check size of womb
Copies of results will be sent to the Gynaecologist.
- **Appointment with Gynaecologist** – Kevin Hill and Dave Leadbetter – Gynaecology Outpatient Department, Level 3, Nelson Hospital.

Appointment Date:

Time:

If you have not been given your Gynaecologist appointment date/time at your INP visit please phone or call into INP Medical Clinic within 3-days.

IMPORTANT

If you are unable to keep your Gynaecologist appointment you **must** phone: Gynaecology outpatient department Nelson Hospital: 546 1855

- **Counselling**
- 281 Queen Street, Richmond (PHO)
We strongly advise that you see the hospital counsellor, but this is not compulsory. INP Medical Clinic sends a referral to the counsellor who will contact you by phone.
- **Appointment with the Day Stay Unit at Nelson Hospital**
The specialist's receptionist will make this appointment for you.
- **Follow-up appointment with the INP Medical Clinic Doctor**
You'll need to make an appointment to see a Doctor/Nurse at INP Medical Clinic two weeks following your termination to ensure there are no complications from your surgery.
- **An Ultra Sound Scan is usually required.**
One hour before your scan (at) empty your bladder and drink a large glass of water. Do not pass urine until after your scan.

Appointment Date:
Nelson/Richmond

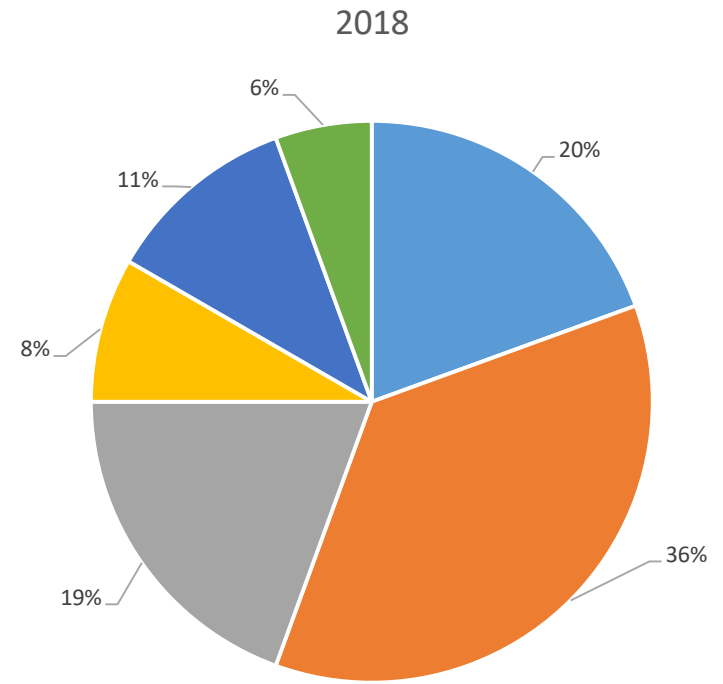
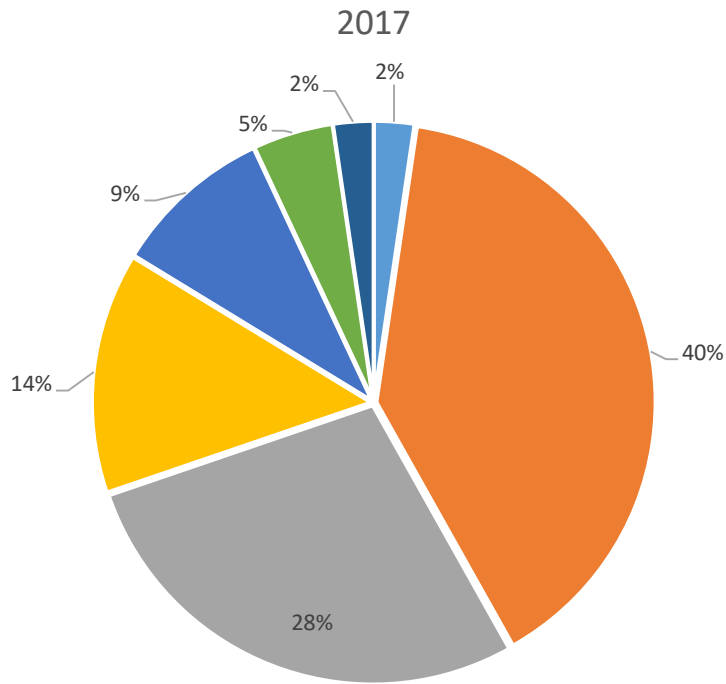
Time:

- **Ongoing Contraception**
It is advisable to decide on contraception prior to your termination. Long acting contraception can usually be inserted at time of termination.

“She was so certain that she wanted an abortion... Until she found out she was pregnant with twins”



Age of Women

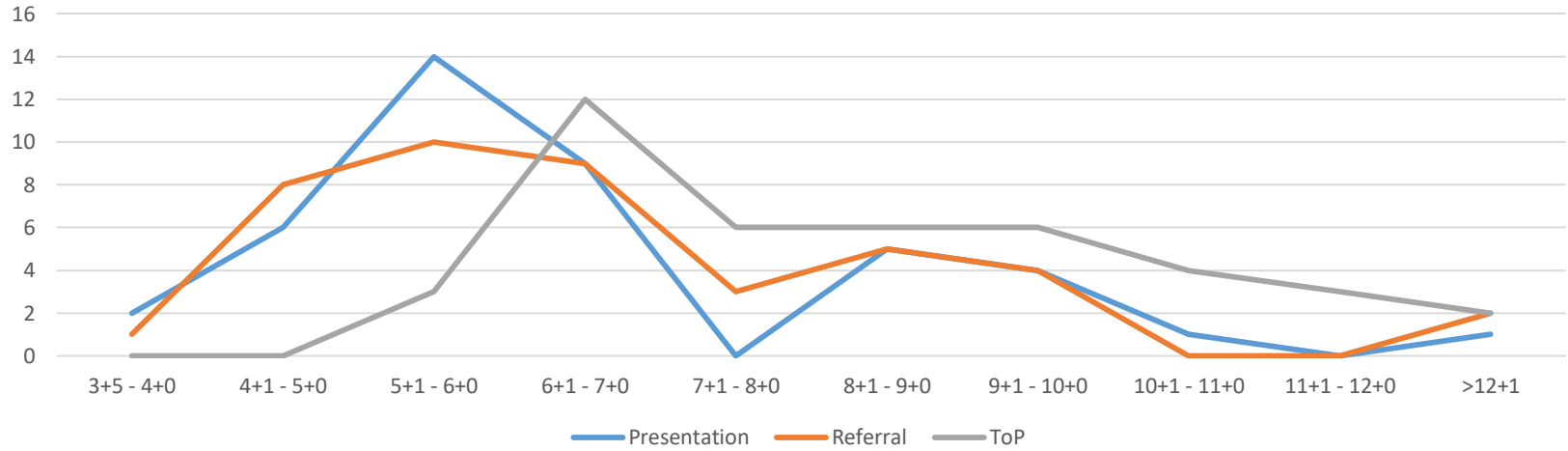


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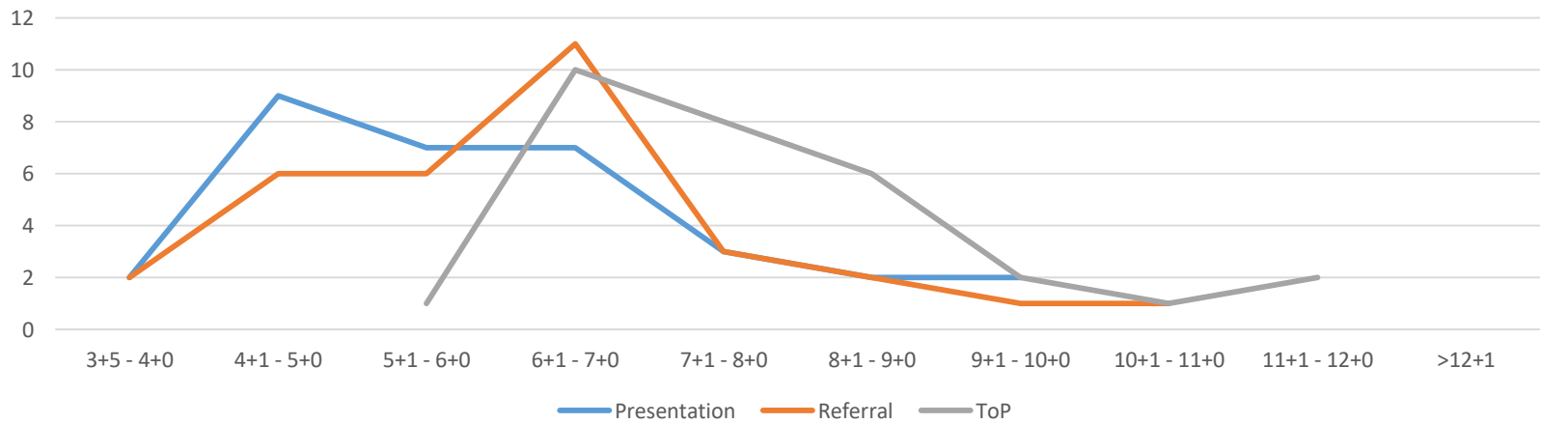
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Gestation

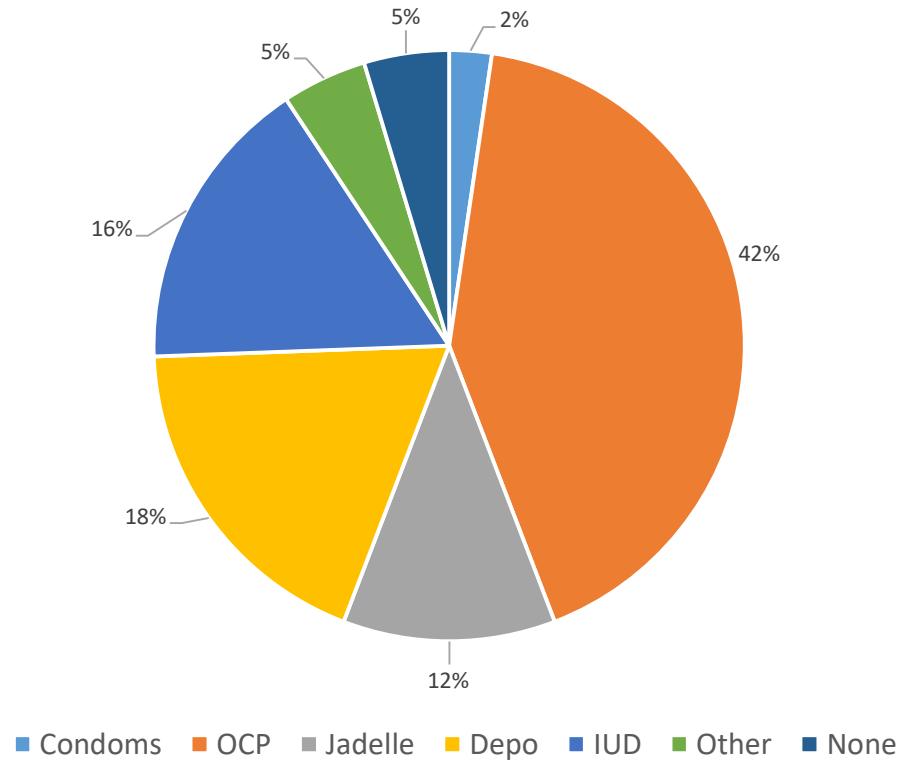
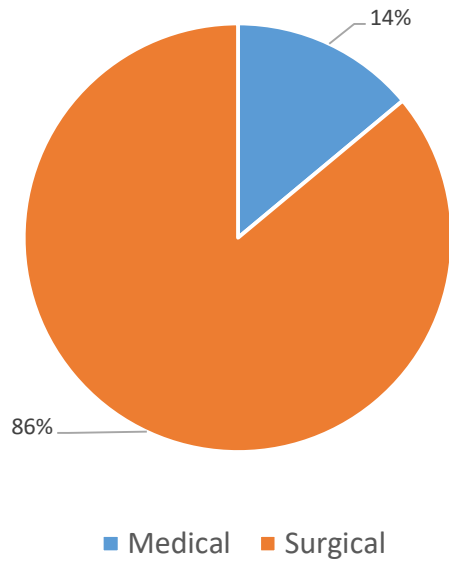
2017



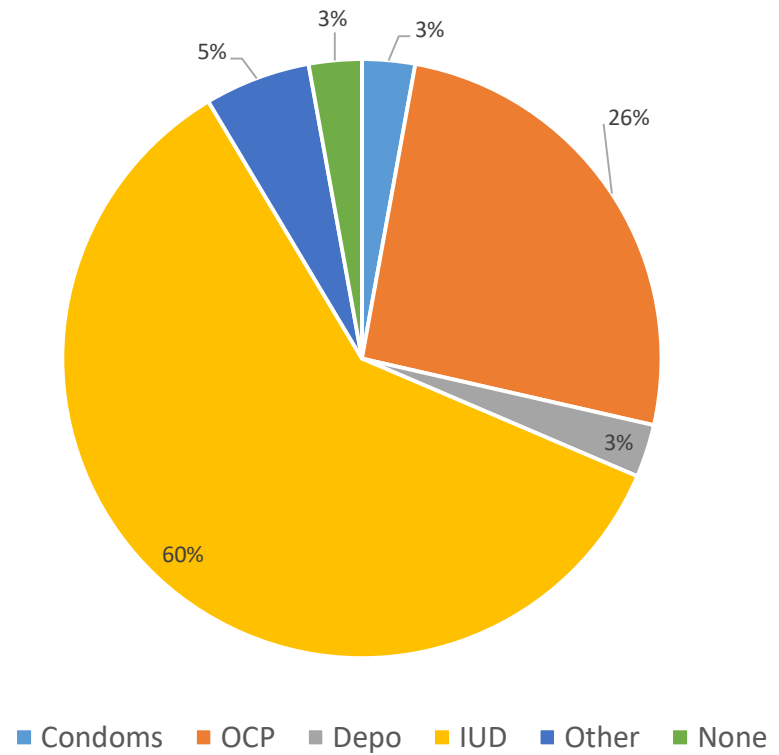
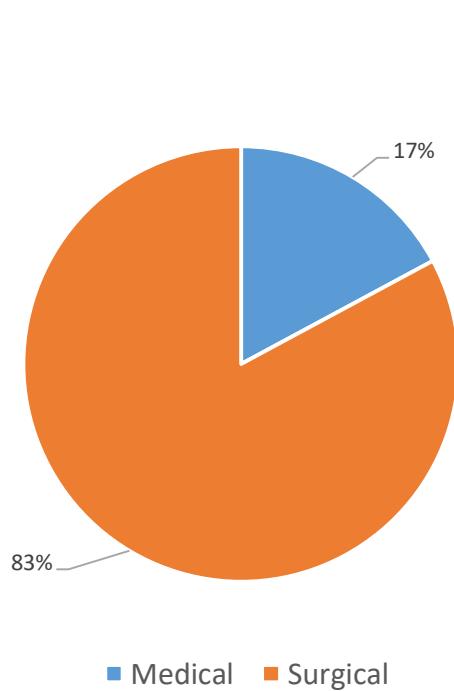
2018



Type of Abortion and Ongoing Contraception - 2017



Type of Abortion and Ongoing Contraception 2018





Key points & Summary

- Allow time
- Ongoing contraception
- Review of Section 88
- Relationships
- Awareness of own values
- Clinical supervision



Thank you

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