

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Centre for Clinical Practice

Review of Clinical Guideline (CG30) – Long-acting reversible contraception

Background information

Guideline issue date: 2005

2 year review: 2007

5 year review 2011

National Collaborating Centre: Women's and Children's Health

Review recommendation

- The guideline should not be updated at this time.
- The guideline will be reviewed again in 3 years.

Factors influencing the decision

Literature search

1. From initial intelligence gathering and a high-level randomised control trial (RCT) search clinical areas were identified to inform the development of clinical questions for focused searches. Through this stage of the process 47 studies were identified relevant to the guideline scope. The identified studies were related to the following clinical areas within the guideline:

1.1 Effectiveness and acceptability of long-acting reversible contraception (LARC)

1.2 Risks (risk of LARC use on bone mineral density)

1.3 Drug interactions (anti-epileptic drugs, antibiotics and antiretrovirals)

1.4 Management of adverse effects

2. Four clinical questions were developed based on the clinical areas above, qualitative feedback from other NICE departments and the views expressed by the Guideline Development Group, for more focused literature searches. In total, 89 studies were identified through the focused searches. No new evidence was identified which would change the direction of current guideline recommendation(s).
3. No evidence was identified which directly answered the research recommendations presented in the original guideline.
4. Several ongoing clinical trials (publication dates unknown) were identified focusing on the acceptability of LARC and the use of topical lidocaine in reducing pain prior to insertion of intrauterine devices.

Guideline Development Group and National Collaborating Centre perspective

5. A questionnaire was distributed to GDG members and the National Collaborating Centre to consult them on the need for an update of the guideline. Five responses were received with respondents highlighting that since publication of the guideline the following literature has become available:

5.1 A series of Faculty of Sexual and Reproductive Healthcare (FSRH) documents published through 2009-10 in particular: quick starting LARC (September 2010); contraception for women aged over 40 years (July 2010) and contraceptive choices for young people (March 2010).

5.2 Update of UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) in November 2009

6. Modifications to practice were highlighted by questionnaire respondents including:
 - 6.1 Implanon being replaced by Nexplanon (a type II variation of Implanon) and associated training implications (the FSRH Clinical Effectiveness Unit Statement, 2010).
7. Ongoing research was cited by GDG members including subcutaneous injectables and use of contraception by women who are obese.

Implementation and post publication feedback

8. No new evidence relating to guideline recommendations was identified through post publication feedback
9. An analysis by the NICE implementation team indicated that this guideline has been useful in practice. In addition, the NICE Implementation Team reported on national trends and activity associated with recommendations in the guidance. Prescriptions for implants (Implanon) and IUS in primary care in England continued to increase following the introduction of this guidance. In contrast the numbers of prescriptions for injectable contraceptives (DMPA) appear to be decreasing slowly. Furthermore, the NHS Information Centre for Health and Social Care (2008) bulletin indicated that use of LARC continues to increase and now accounts for 23% of primary methods of contraception, compared to 18% in 2003-04.
10. This feedback contributed towards the development of the clinical questions for the focused searches.

Relationship to other NICE guidance

11. NICE guidance related to CG30 can be viewed in [Appendix 1](#).

Summary of Stakeholder Feedback

Review proposal put to consultees:

The guideline should not be updated at this time.

The guideline will be reviewed again according to current processes.

12. In total ten stakeholders commented on the review proposal recommendation during the 2 week consultation period.
13. All stakeholders agreed with the review proposal recommendation that this guideline should not be updated at this time.
14. A retrospective study was highlighted during stakeholder consultation which evaluated the incidence of fractures among DMPA users and contraceptive users who had no recorded use of DMPA.
15. During consultation it was highlighted that a future update of the guideline should acknowledge that in some women with epilepsy, hormonal contraceptives (including, sometimes, long acting contraceptives such as DMPA) can be useful in reducing peri-menstrual seizure frequency.

Anti-discrimination and equalities considerations

16. No evidence was identified to indicate that the guideline scope does not comply with anti-discrimination and equalities legislation. The original guideline offers best practice advice for all women of reproductive age who may wish to regulate their fertility through the use of LARC methods and considers specific issues for the use of these methods in women during the menarche and before the menopause. The guideline also identifies specific issues that may be relevant to particular groups, including women with HIV, learning disabilities and physical disabilities, and under-16s.

Conclusion

17. Through the process no new evidence was identified which would invalidate or change the direction of current guideline recommendations. The LARC guideline (CG30) should not be updated at this time.

Relationship to quality standards

18. This topic is not currently being considered for a quality standard.

Fergus Macbeth – Centre Director
Sarah Willett – Associate Director
Emma McFarlane – Technical Analyst

Centre for Clinical Practice
February 2011

Appendix 1

The following NICE guidance is related to CG30:

| Related NICE guidance not included in CG30 | |
|---|---|
| CG44: Heavy menstrual bleeding: investigation and treatment, 2007. | To be reviewed January 2013. |
| PH3: One to one interventions to reduce the transmission of sexually transmitted infections (STIs) including HIV, and to reduce the rate of under 18 conceptions, especially among vulnerable and at risk groups, 2007. | To be reviewed February 2010. |
| Related NICE guidance in progress | |
| Clinical guideline: Osteoporosis. | Currently in development. Publication date: TBC. |
| Public Health guidance: The provision of contraceptive services in appropriate settings for socially disadvantaged young people (up to the age of twenty five). | Currently in development. Publication date: TBC. |