

Best Practice Paper Adaptation Guidance

April 2024

What is a Best Practice paper?

Best Practice Papers (BPPs) are summaries of evidence-based clinical best practice for healthcare professionals, developed by the Royal College of Obstetricians and Gynecologists' (RCOG) Centre for Women's Global Health.

The papers are aimed at service providers delivering healthcare on a daily basis; trainees and medical students; and advocates and policymakers – many of whom have limited time to read full-length guidelines and synthesise the content.

BPPs are generic and designed to be adapted to national country contexts. At the time of writing, the BPPs on abortion care and post-abortion care have been adapted in Pakistan, Bangladesh, Kenya, Zambia, Zimbabwe, Rwanda and Nigeria.

There are currently four BPPs on:

- **Abortion care**
- **Post-abortion care**
- **Telemedicine for abortion**
- **Post-abortion contraception**

The papers are easy to understand, and very helpful. The outlining of key facts in bullet form makes it easy to read the key points when one is busy. The BPP are also not bulky like many guidelines hence easy to carry around.

(Dr Job Daniel Mwanza, Zambia)

Guidelines from the Faculty of Sexual and Reproductive Health, the RCOG, the National Institute for Health and Care Excellence and the World Health Organization were used to inform these BPPs.

Why adapt the paper?

In many countries, policies and guidelines that regulate abortion access are either not available or outdated. Where they do exist, they can be difficult to obtain and hard to use for decision making by service providers and policymakers alike (Johnson BR Jr, 2017). The BPPs are a useful tool to support clinicians to develop tailored, locally relevant clinical guidance. This guidance has the potential to:

- Inform the development of national policy and education programmes.
- Increase healthcare workers' knowledge and confidence in providing abortion and post-abortion care.
- Support educational institutions with the development and delivery of high-quality abortion education.

How can you adapt a Best Practice Paper?

If there is an acknowledged need for a BPP, the initial step would be to identify a lead/s to oversee the review process. Their role would be to edit the text to ensure it meets the requirements of their national laws, and remove any text not relevant to their context; for example, female condoms are not available in Pakistan therefore they would not be referenced in their adaptation. It is recommended that early in the process, the lead/s make contact with the Ministry of Health in their country to discuss the BPP adaptation and gain early ministerial endorsement. This will aid the process towards official ministerial validation of the adapted paper where appropriate. In addition, lead/s should also seek consensus from other relevant stakeholders, such as the OBGYN society, technical working groups, NGOs, etc., to encourage local ownership and aid dissemination. Please note that use of RCOG branding (co-badging) is only possible if the RCOG is involved from the beginning of the adaptation process.

A set of recommendations for adapting BPPs have been collated from the evaluation of the adaptation process in Zambia, Zimbabwe, Kenya, Pakistan and Bangladesh, and from the RCOG [Development of RCOG Green-Top Guidelines: Consensus Methods for Adaption of Green-Top Guidelines](#) (2010).

The RCOG permits reproduction of text, algorithms, tables and figures from our guidelines in academic papers, medical publications, dissertations etc. as long as you request permission from the College in advance.

To request permission, please email the College copyright administrator at copyright@rcog.org.uk with the following information:

Full details of the material you want to reproduce (please be as specific as possible, with figure/table and page references)

- How you want to use the material
- The nature of your publication
- Your contact details (full contact name and address)

We will respond within 2 weeks, providing a permissions letter if your application is successful.

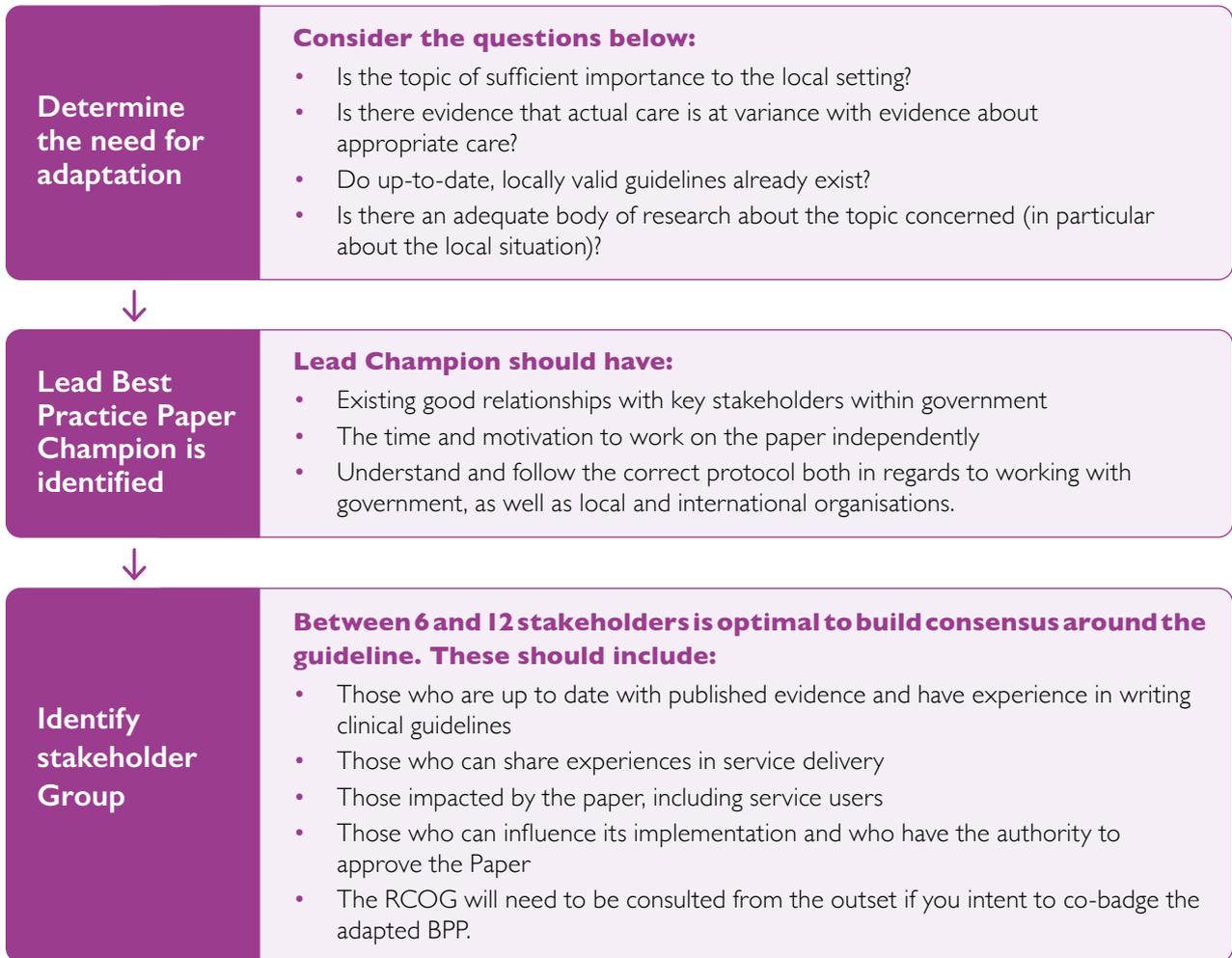
Kenya adapted the RCOG Best Practice Paper in CPAC in 2019 and based on the Post Abortion Care Pocket Guide that was developed, the Ministry of Health has also developed the Post Abortion Care Training Package, the Post Abortion Costed Implementation Plan and the Post Abortion Care Standards.

Adaptation of the RCOG Comprehensive PAC has helped Kenya to develop Policies, Standards and Guidelines on Post Abortion Care and now we are using the developed training materials to train service providers in the public Health Sector.

(John Nyamu, Kenya, 2021)

Initiation stage

When you are thinking about adapting a BPP, it is useful to think through the questions outlined in the flowchart below:



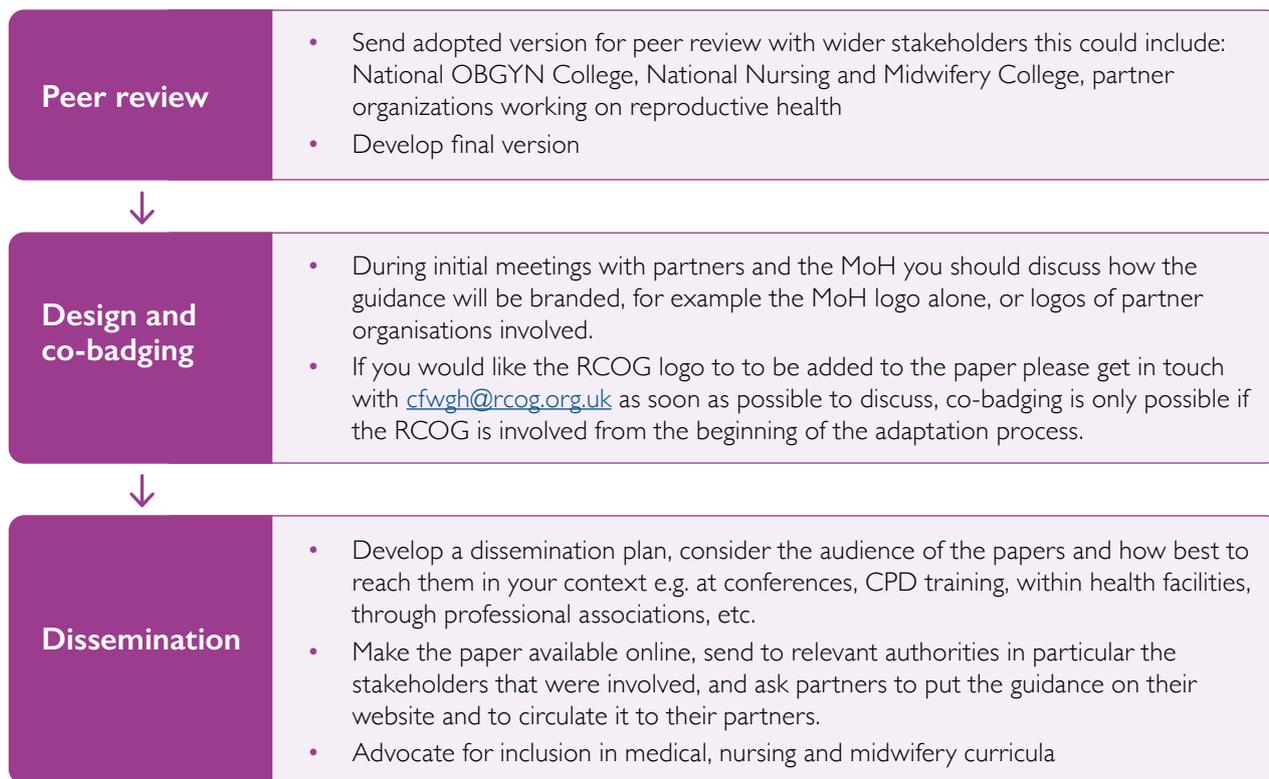
Development stage

When you are at the development stage, it is useful to think through the questions outlined in the flowchart below:



Completion

When you are finalising your BPP adaptation, it is useful to think through the steps outlined in the flowchart below:



Call to Action

We encourage you to consider if adaptation of a BPP would be helpful in your country context. Using the best available evidence is a fundamental aspect of providing quality healthcare. Evidence-based, locally adapted and endorsed clinical guidance can provide knowledge and confidence for healthcare providers to improve the quality of their services. If you would like more information about previous adaptations or access to the previous adaptations as reference materials email: cfwgh@rcog.org.uk

We had many different guidelines including WHO, FIGO and Ipas, which were used sporadically. Now they are collated into one, after adapting the BPP we want to use it as a national guideline.
(Prof Fawzia Hossain, Bangladesh)



Website: www.rcog.org.uk/global-network

Contact: cwgh@rcog.org.uk