

Ectopic Pregnancy

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This information is compiled by our team of medical advisers





Ectopic pregnancy is a condition that occurs in 1 in 80 pregnancies affecting many people in our society. It may affect you or your family directly or it may affect a friend, colleague, employee or neighbour, or it may affect one of your patients. The incidence is rising and it is the leading cause of maternal death in the first trimester of pregnancy with a death rate of approximately 5 deaths per year⁽¹⁾.

For these reasons it is vitally important that everyone is aware of the condition and is provided with information to understand the impact it has both upon individuals and society at large.

Until the Ectopic Pregnancy Trust was established in 1998, no body existed which focused exclusively on this devastating condition. The Trust was set up to respond to the specific needs of those directly affected and to raise awareness of the condition among healthcare professionals and the general public.

The Trust provides:

- Information
- Education
- Support



⁽¹⁾Why Mothers die 2000-2002: Report on confidential enquiries into maternal deaths in the United Kingdom

What is Ectopic Pregnancy?

Ectopic pregnancy occurs when a fertilised egg implants itself outside the womb, usually in the fallopian tube, but occasionally in other sites, such as the ovary, abdomen or cervix.

It is a potentially life-threatening condition involving both considerable emotional and physical pain which, for many, is devastating.

How common is ectopic pregnancy?

It affects one in 80 pregnancies in the UK, with 6,500 emergency admissions to hospital in England alone each year. The incidence is rising.

How is it diagnosed?

Ectopic pregnancy is diagnosed through a combination of ultrasound scans and blood tests.

How is it treated?

It can be treated in a combination of ways – either through surgery, drugs or further observations and tests.

The method of treatment is discussed with the patient to agree the most suitable course of action.

Who are we?

The Ectopic Pregnancy Trust was established in 1998 in memory of Sophie Winter, a young actress who died tragically at the age of 34 from a misdiagnosed ectopic pregnancy. Until its launch there was no body in the UK which focused exclusively on this relatively common condition.

The founders of the Trust are Tina Jones (the founding Director), Jane

Griffiths (former MP), Ruth and John Winter (the parents of Sophie Winter) and Professor James Walker, Professor of Obstetrics and Gynaecology at St. James University Hospital, Leeds. The Trust is now run by a group of trustees, a small team of staff and a large team of volunteers who work together to deliver quality service and support.

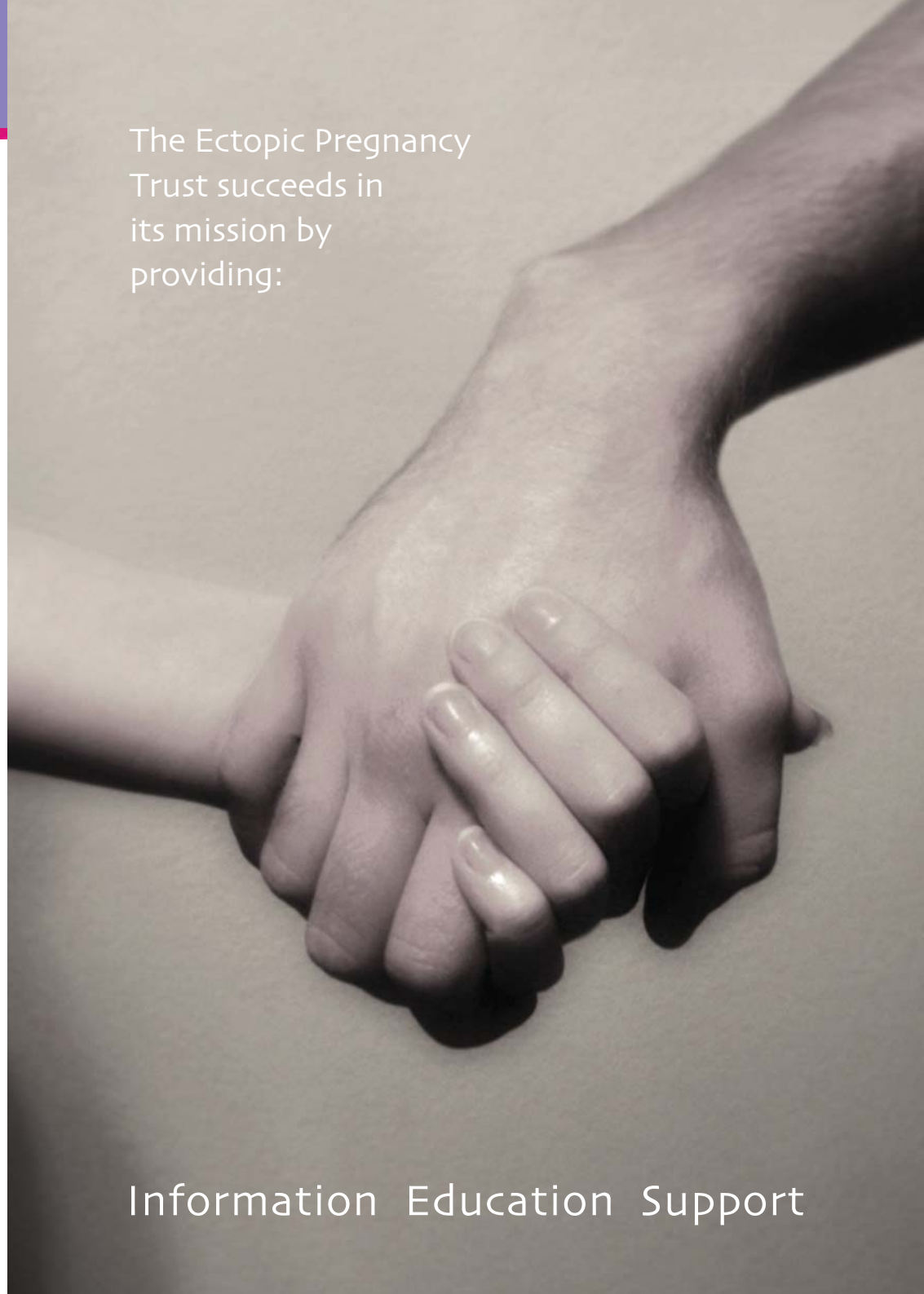
What are our aims?

The Trust believes that deaths should be prevented and trauma minimised. It seeks to relieve the emotional and physical distress of women experiencing ectopic pregnancy and to provide ongoing support to them when they are ready to try for another baby or to those unable to conceive.

The Trust's overall aim is to raise awareness of the risk of ectopic pregnancy and to do this, it seeks to:

- **Raise awareness of the condition and its effects amongst the medical profession and the general public by providing a wide range of information and support services**
- **Encourage 'Best Practice' within the medical profession through its own or other professional body guidelines and to raise awareness of the diagnostic tools and treatments available**
- **Encourage sound research and distribute the findings**

The Ectopic Pregnancy Trust succeeds in its mission by providing:



Information Education Support

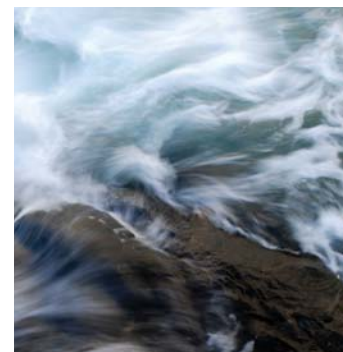
These are a few of our many achievements so far...

🕯️ Help and support provided via a dedicated helpline and website

- Our office staff responds to over 10,000 requests annually for support and information via telephone, email and post.
- Our website receives over 50,000 visits per month. It has a message board forum allowing anyone who suspects they are having or have had an ectopic pregnancy instant, easy, unrestricted access to our information and medical advisers.
- The website provides instant answers prepared by medical advisers to frequently asked questions. It is recommended by health information gateways as a source of good quality health information and won a National E-Wellbeing award in 2007.
- Our Buddy Service, established in 2007, provides sufferers with valuable one-to-one support.
- Constant review of our services ensures that we meet the needs of our users. This recently led to the launch of a candle tribute page on our website that enables sufferers to make a tribute of remembrance to the loss of their baby.

🕯️ Improved education within the medical profession and among sufferers of ectopic pregnancy by:

- Holding highly successful study days for health professionals, both independently and in collaboration with other professional bodies such as the Association of Early Pregnancy Units.
- Producing a comprehensive suite of literature in conjunction with our specialist medical advisers. By 2006 our leaflets were also available in Gujarati, Bengali and Hindi, and in 2007 we included Urdu and Punjabi.
- Producing guidelines for GPs on the symptoms and management of patients with ectopic pregnancy.
- Increasing awareness of ectopic pregnancy through various media including:
 - Providing medical information to local and national newspapers and leading women's magazines
 - Participating in interviews for television and radio for news programmes such as This Morning, GMTV, BBC Health Watchdog
 - Providing advice for dramatic productions such as Coronation Street.



🕯️ Established a 'Friends of the Trust' scheme.

Members of the scheme are given an exclusive pin badge and gain access to regular information and news about ectopic pregnancy through:

- Receipt of our newsletter topic
- Access to our helpline service
- Priority invitation to support and information days

🕯️ Extensive research programme into the care and management of ectopic pregnancy

- We developed a Patients' Questionnaire covering all aspects of ectopic pregnancy. It is accessible on our website and has been completed by over 1,000 women. The research results were published in our newsletter TOPIC in 2003 and are used in our study days. Data continues to be collected to monitor changing trends in diagnosis and treatment.
- Results from a further study carried out in 2002 on the 'Psychological Aspects of Ectopic Pregnancy' were presented at the RCOG Study Day, the RCN Annual Conference, the Risk Management & Medico-Legal Issues Annual Conference and at the AGM of the Association of Early Pregnancy Units.



How we are funded

We need to raise a minimum of £92,000 each year to fund our core services. We do not receive any formal government funding and rely heavily on donations and personal fundraising efforts to enable us to continue to provide information, education and support.

How you can support us

There are many ways in which you can help the Trust to continue to provide and extend its services in support of those suffering ectopic pregnancy. You can help us as an individual or through your company, either by giving your time or by making donations. Ways to help include:

- Making a single donation (with gift aid)
- Setting up a regular gift donation, starting at £2 per month
- Making a corporate donation and/or adopting the EPT as your corporate charity of the year
- Sponsoring an event or service, such as a training day, website development or providing T-shirts for people participating in our events
- Donating gifts in kind, such as skills or services
- Running or walking for us at one of the many events held during the year
- Celebrating and giving – instead of gifts for a party or wedding why not guests to donate to your charity ask?

- Using Everyclick as your search engine – 1p is donated for every click you make
- Purchasing items over the Internet through suppliers such as Amazon, who will donate a percentage to the EPT (details of all suppliers can be found on our website)
- Donating raffle prizes as a corporate body or as an individual

OR Become a volunteer giving your time and skills to us, however great or small that commitment can be is invaluable to our existence - our volunteers form the lifeblood of our organisation.

What the money will achieve

- £5 will enable us to send out seven leaflets to help seven people
- £15 will enable us to operate our helpline service for one hour
- £50 will enable us to provide our comprehensive help and support package to one person who has suffered ectopic pregnancy
- £100 will help us to run our website for a week
- £500 will enable us to hold a volunteer training day
- £1,000 will help us to develop our website

“Become a volunteer giving your time and skills to us, however great or small that commitment can be is invaluable to our existence.”





We look forward to hearing from you

How to contact us:

For further information on the Ectopic Pregnancy Trust and how to support us,

- Please visit our website on www.ectopic.org.uk
- You can email us at ept@ectopic.org

or you can

- telephone us on the following number **0207 733 2653**

Write to us at:

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