

## Taking simulated contraception training online

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### Background/Purpose:

Long Acting Reversible Contraceptive (LARCs) including the contraceptive implant are recognised as the most effective contraceptives. Uptake continues to be low in Australia and this is in part due to the lack of suitably trained health professionals to insert LARCs<sup>1</sup>. Access to training in rural and remote areas is limited by the availability of trainers or the ability of health professionals to travel to receive training.

### Approach

This presentation will describe how the authors developed and implemented an online training program to deliver simulated contraceptive implant training remotely in Australia.

### Outcomes/Impact:

The Australian Longitudinal Study on Women's Health highlighted the generally poorer health of women living in rural, regional and remote areas, in part due to lack of access due to medical services<sup>2</sup>. This program has improved access to implant training by rural and remote participants which will improve access to LARC in these areas.

### Innovation and Significance:

This project also provides a model for continued LARC training during the COVID-19 pandemic. We are currently developing a model for remote access train the trainer for both contraceptive implants and intra-uterine devices.

### Disclosure of Interest Statement:

*The main author has previously received funding from MSD to attend an expert advisory committee. No pharmaceutical grants were received in the development of this project.*

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