

Beyond the Pill: Expanding Contraception Education in Primary Care Providers

Authors:

Kloosterman S¹, Barry E², Jaworski A¹, Gibbs C¹

¹ Australasian Society for HIV, Viral Hepatitis & Sexual Health Medicine, ² National Aboriginal Community Controlled Health Organisation

Background:

Long-Acting Reversible Contraceptives (LARCs) are a recommended first-line contraceptive option, however, are less likely to be recommended by GPs compared to other contraceptive options. Misinformation about safety and efficacy remains an issue, along with limited training in insertion. This project aimed to assess the need for further education on LARC for primary care providers and develop a continuing professional development program to address this need.

Approach: The main areas for education development were identified through an online survey of ASHM course participants. Course design was then guided by a steering committee of subject matter experts and delivered nationally in 2023. Evaluation of this training was informed by a mixed methods approach utilising pre and post-course participant surveys.

Outcomes: The online survey was completed by 119 respondents. Most felt confident in discussing the advantages and disadvantages of LARC, however, 14% reporting little or no confidence at all. One quarter of respondents did not have existing provision or referral pathways for LARC. An interactive and case based training was developed, incorporating key identified topics such as drug interactions/contraindications and clear referral pathways to support patients interested in LARC.

Innovation and significance: Despite relatively high confidence among respondents in discussing LARCs with patients, there was considerable interest in further education, with responses highlighting knowledge gaps within the counselling and provision of LARC. With recent literature supporting the importance of a renewed focus on LARC options, education is critical in providing primary care providers with the confidence and knowledge to discuss and recommend LARCs with their patients.

Disclosure of Interest Statement:

This work was financially supported by Organon. Sponsorship is governed by ASHM's sponsorship policy. Organon had no control over content, tone, emphasis or allocation of funds. ASHM does not endorse or promote any sponsor's product or service.