

Provision of Long-Acting Reversible Contraception at a Publicly Funded Sexual Health Clinic in Sydney: Expanding Access Through Nurse-Led Care

Authors:

Ray A¹, Doab A^{1,2}, Mawson J¹, Christie N¹, Khan A¹, Belackova V^{1,3}, Anderson I¹, Priscott E¹, Machin W¹, Read P^{1,4,5}

¹ Kirketon Road Centre, South Eastern Local Health District, Sydney, ² School of Public Health, University of Technology, Sydney, ³ Social Policy Research Centre, University of New South Wales, Sydney, ⁴ Sexual Health and Blood Borne Virus Services, South Eastern Local Health District, Sydney, ⁵ Kirby Institute, University of New South Wales, Sydney

Background:

Kirketon Road Centre (KRC) provides nurse-led sexual and reproductive health services for priority populations including sex workers, women experiencing homelessness, at risk young people and people who inject drugs. Long-acting reversible contraception (LARC), including etonogestrel implants and intra-uterine devices (IUDs), has traditionally been provided by doctors at KRC. Since 2021, KRC registered nurses have also been trained and authorised under a standing order to insert etonogestrel implants, and one nurse is accredited to perform IUD insertions. We examined the implementation of this model of care.

Approach:

We audited all recent LARC prescriptions between 1 August 2025 – 31 January 2026 from Kirketon Road Centre's (KRC) electronic medical records (eMR). We also audited the prescription of etonogestrel implants on KRC's legacy eMR between 1 January 2019 – 31 July 2025.

Outcomes:

From recent prescriptions in KRC's eMR, 22 (54%) of LARC were administered by a nurse; this was 33% for IUDs (4 out of 12) and 62% for implants (18 out of 29). Drawing from all data over time, the proportion of implants inserted by nurses increased from none in 2019 and 2020, to 21% in 2021, and 73% in 2025. Over this period, there was an almost three-fold increase in the yearly number of implants inserted at KRC (from 16 per year in 2019 to 45 in 2025). Half (50%) of etonogestrel implants at KRC were provided to people who sex work and 22% were given to people who inject drugs; 30 % of visits were for clinic returnees.

Innovation and Significance:

The increase in LARC insertions demonstrates expanded workforce capability of a nurse-led model of care, improved service flexibility and efficiency. This model supports nurse training and expanded scope of practice as strategies to enhance capacity and promote equitable access to long-acting contraception.

Disclosure of Interest Statement:

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