Implementing a Learning Framework to Guide Evidence-Based and Patient-Centred Contraceptive Consultations

Authors: ALEXANDRA LIPA[1], CHERIE BENNETT[1,2,3], SARAH MAUNSELL[1], COURTNEY GIBBS[1], LONA BROWN[4], SARA WHITBURN[4]

[1] ASHM, [2] Sydney Sexual Health Centre, [3] The Kirby Institute, University of New South Wales, [4] Sexual Health Victoria

Background:

A needs assessment of 119 ASHM course participants revealed knowledge gaps within the counselling and provision of contraceptive options, particularly Long-Acting Reversible Contraceptives (LARC). This project aimed to develop a learning framework for primary care providers to increase their confidence and skills to conduct an evidence-based, patient-centred contraceptive consultation.

Approach:

The learning framework aims to support clinicians to develop their knowledge of contraceptives and consultation skills through a multi-modal learning hub. ASHM partnered with Iris Education to develop a decision-making tool (DMT) that supports clinicians in their contraceptive consultations. A national online course expanded on the principles of the tool, addressing additional knowledge gaps identified by survey respondents. In response to positive engagement, ASHM collaborated with Sexual Health Victoria to publish a roleplay video demonstrating a best practice contraceptive consultation. In 2025, the course will be converted into an online learning module that will be free to access. Between 2025 – 2027 ASHM will deliver biannual sessions of the Contraception Essentials in Primary Care live-facilitated course, a LARC Quality Improvement Mini Audit, a Sexual and Reproductive Health DMT for Pharmacists, and a Gender-Affirming Contraception DMT.

Outcomes:

Over 5,800 unique users viewed the DMT (Dec 22 – Oct 24), and the video received 365 views since June 2024. The Contraception Essentials in Primary Care course was delivered nationally to 288 participants in 2023, with participants reporting a 53% increase in their ability to structure an evidence-based, patient-centred contraceptive consultation (n=78). An additional survey three months after the course revealed that LARCs were the most common contraceptive option that respondents recommended to patients in the last 30 days (n=17). Users of the course and resources will be surveyed on their experiences to produce a comprehensive evaluation of the entire learning framework. Results will be available mid-2025.

Significance:

The learning framework supports clinicians to develop their contraceptive consultation skills, which addresses gaps in existing training that primarily focuses on practical skills such as insertion. The needs assessment survey ensured that the learning framework addressed learner-identified needs, and the multi-modal

approach caters to different learning needs and contexts. The upcoming expansion of the framework will further address learner identified needs and will see increased reach to health professionals across Australia.

Disclosure of Interest Statement: