



INTEGRATING PATIENT-CENTERED CONTRACEPTIVE CARE INTO CLINICAL PRACTICE

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PERSONAL INTRODUCTION

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LEARNING OBJECTIVES

1. Demonstrate skillful, efficient, patient centered questioning
2. Display patient-centered counseling skills
3. Use paraphrasing when addressing reproductive goals and contraceptive preferences



SHARED DECISION MAKING

“...clinicians provide patients with information about all the options and help them to identify their preferences in the context of their values.”

PATIENT CONTRIBUTION:

- Their values
- Their preferences
- Their goals
- Their past experiences

CLINICIAN CONTRIBUTION:

- Assist in clarifying patient's goals and preferences
- Provide scientific/medical information that is:
 - relevant
 - Assimilated/integrated by the patient!

REPRODUCTIVE INTENTION/GOALS

PATH QUESTIONS

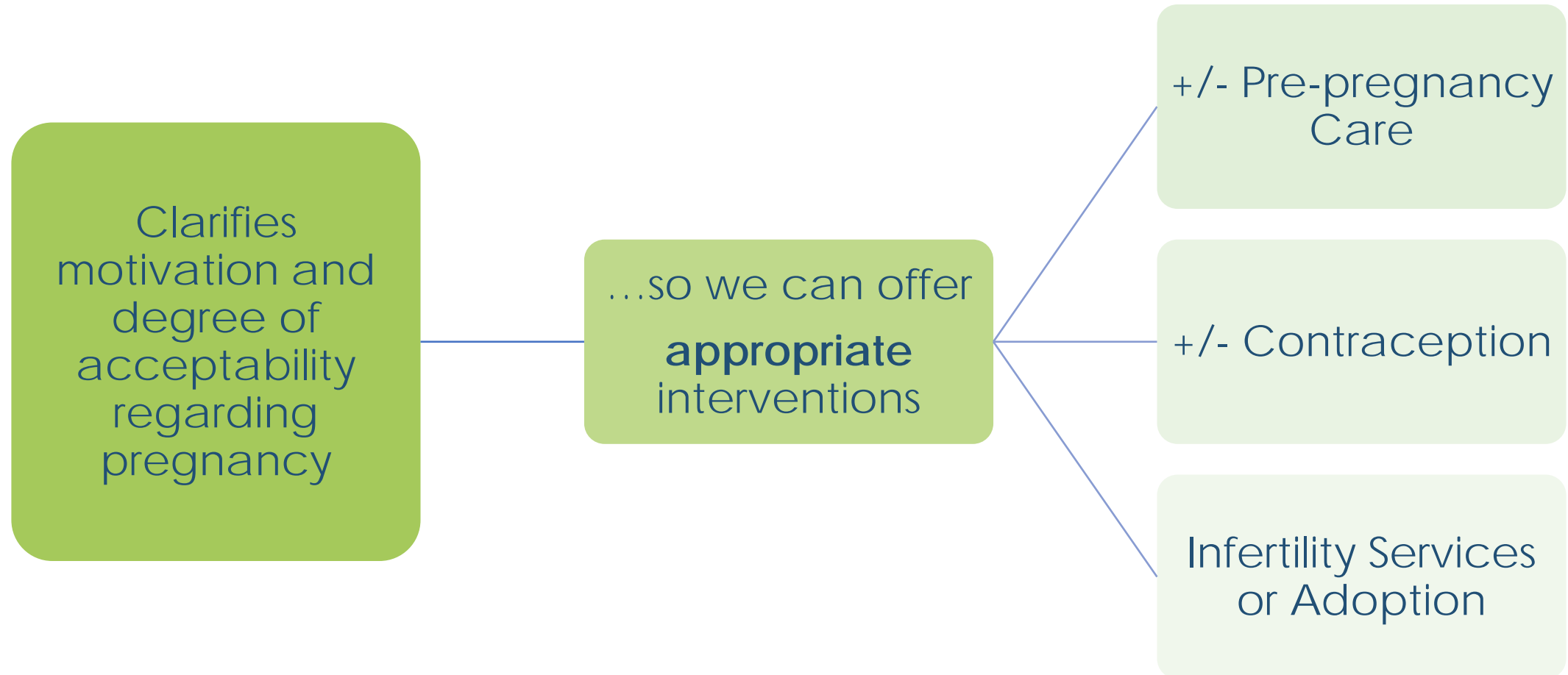
PA: Parenting/Pregnancy Attitudes:

Do you think you might like to have (more) children at some point?

T: Timing: When do you think that might be?

H: How Important: How important is it to you to prevent pregnancy (until then)?

REPRODUCTIVE INTENTIONS/GOALS





DESIGNED FOR ALL

- Teens
- Older clients
- All genders
- Any sexual orientation
- Does not stigmatize those struggling with infertility

LISTEN ACTIVELY

PA: Parenting/Pregnancy Attitudes

Do you think you might like to have children at some point?

"Yes! I definitely want to be a parent someday. I am pretty traditional and family is one of the most important things in my life but I definitely want to be married first which I don't see happening any time soon."



LISTEN ACTIVELY

PA: Do you think you might like to have children at some point?

Since the patient already answered the timing based question in their reply to the first question,

skip:

~~**T: Timing:** When do you think that might be?~~

ask:

H: How Important: How important is it to you to prevent pregnancy until you're married?



PA: "YES"

T: When do you think that might be?

Answers that indicate *no time soon*, you ask:

H: **How important:** How important is it to you to prevent pregnancy (until then)?

tone of voice, body language, and facial expression



Example

"Yeah, I want to have kids... some day"

- They pull their body back or hold their arms up as if to protect them self
- If their face were to light up with a grin and they were to be leaning forward they might be telling you that the idea of becoming a parent is joyful



H: Individualize the question with information the client has shared

H: How important is it to you to prevent pregnancy _____?

- Until you are out of school
- Until your partner gets back
- For the next 5 years
- Until then (if you have no other information)

ADOLESCENTS

H: HOW IMPORTANT

PA: Do you think you might like to have children some day?

Yes

H: How important is it to you to prevent pregnancy until then?

H: HOW IMPORTANT

PA: Do you think you might like to have children some day?

No

H: How important is it to you to prevent pregnancy?

H: HOW IMPORTANT

PA: Do you think you might like to have children some day?

No

H: How important is it to you to prevent pregnancy?

PA: “NO”

PA: Parenting/Pregnancy Attitudes:

Do you think you might like to have more children at some point?

“No! I’m done, like done!”

~~T: Timing: When do you think that might be?~~

H: How Important: How important is it to you to prevent pregnancy?



T: TIMING “NOW”

PA: Parenting/Pregnancy Attitudes:

Do you think you might like to have more children at some point?

“Yes, we’ve been trying for a while actually.”

~~T: Timing: When do you think that might be?~~

~~H: How Important: How important is it to you to prevent pregnancy (until then)?~~



“SUPPORT FOR FERTILITY”

If the person says something that lets you know they have been having difficulty getting pregnant (or causing pregnancy):

“Would you like to talk about any concerns you have about trying to get pregnant?”

“I’m interested in answering any questions you have about your ability to get pregnant?”



“NOW”

PA: Parenting/Pregnancy Attitudes:

Do you think you might like to have more children at some point?

“Yes, we’ve been trying for a while actually.”

“So would you like to discuss ways **to be prepared** for a healthy pregnancy?”



PRE-PREGNANCY CARE

“Since_____ would you like to discuss ways **to be prepared** for a healthy pregnancy?”

For example

...you have said “if it happens, it happens...”

“Do you have a sense of what is important to you in your birth control?”





PARTICULAR CHARACTERISTICS OF CONTRACEPTIVE METHODS

“It sounds like one of the things that is important to you is that your birth control is very good at preventing pregnancy. Do you have a sense of what else is important to you?”



ATTITUDE ABOUT

- Need to conceal contraception;
 - no supplies?
 - normal bleeding pattern?
- Non-contraceptive benefits
- Side effects
- Menstrual cycle and bleeding profile
- Effectiveness
- Hormones
- Length of use
- Control over removal
- Object in body
- Return to fertility



PARAPHRASING

- “**It sounds like** you are not interested in kids any time soon. **Do I have that right?**”
- “**I am hearing you say** it’s super important to you to have a birth control method that you can rely on. **Is that correct?**”



PARAPHRASE ALTERNATIVE

“Many of my patients say that they_____. Is that what you mean?”

“**Many of my patients say that** they worry about weight gain with birth control **is that what worries you?**”

EXAMPLES OF PARAPHRASING AND ALTERNATIVES

“I hear you saying you really like the idea of continuing to use a method without hormones. **Is that what you mean?”**

“Wow, so you feel pretty strong about avoiding the side effects you had from those methods!”



POINT OUT HEALTH-SUPPORTING BEHAVIORS

- Condom use, adherence to a method, exercise, diet improvement.
 - Shows the patient that you are both on the same side (their side)
 - Builds rapport and trust



POSITIVE FEEDBACK

- “It’s great that you were so strong in standing up for yourself (asking your partner to use condoms.)”
- “Great question!”
- “I wish all my patients knew that...”
- “Not many people (your age) act so responsibly about using a condom every time.”

EMPATHY WITHOUT **LABELING** FEELINGS

- Rather than using a negative label:
 - “You sound angry” (or anxious)
- Use neutral words:
 - “It sounds like this is really concerning to you”
 - “Wow, anyone would find that really hard to deal with!”
- Not: “I know how you feel.”



MISINFORMATION...MISCONCEPTIONS

1. About relative effectiveness of methods
2. Underestimates their own or their partner's fertility
3. Belief that contraception harms future ability to get pregnant
4. Pregnancy is safer than contraception



WHY ON EARTH?!?

Instead:

- “What is concerning to you about_____”
- “Tell me more about that”
- “Different things are concerning to different people, I’d like to understand your particular concerns.”

TRY NOT TO CORRECT OR DISAGREE

"FIND THE YES"

First step is to find something in what the patient is saying to agree with or support

Instead of "No" or "But"

"Yes! And_____"



WAYS TO SAY “YES”

START with either:

1. Agreement
2. Demonstration of empathy
3. Validation



EXAMPLES OF FINDING THE “YES”

Rather than:

“No, that’s just an example of good old “Dr. Google”
that’s not true at all!”

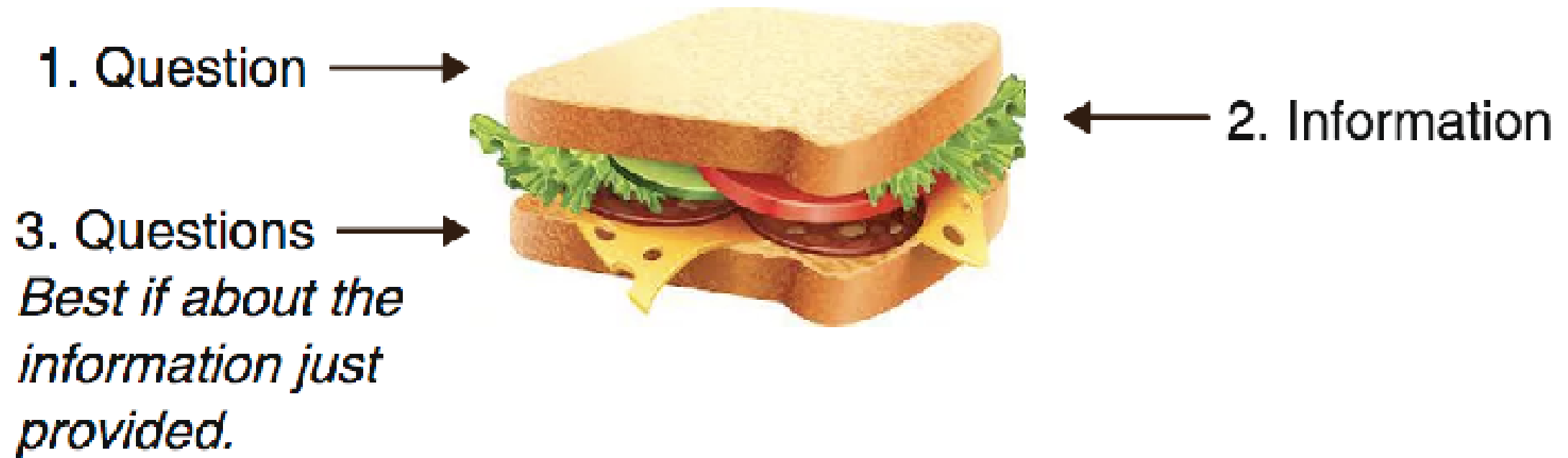


FIND THE “YES”

Try:

“It’s great you took the initiative to look this up on your own! I can see you’re really interested in taking care of yourself” “I have a great resource for you that I think you will love...” (Bedsider.org)

MAKE AN INFORMATION SANDWICH



A FOLLOW UP QUESTION REQUIRES THE PATIENT TO **INTEGRATE** INFORMATION

- How would that be for you?
- Has that ever happened before?
- How did you manage it?



USE THE YES IN AN INFORMATION SANDWICH

Q: “How would it be for you if you didn’t get your period while you are using the implant?”

A: “That would not be good!”

Q: “What is it about not getting your period that is concerning to you?”

A: “My mom said it’s not healthy not to get my period”



THE YES - AGREEMENT

“Your mother is completely right, when you are not using contraception that has hormones in it (like the implant) it *is* important to get your period every month, it’s great that you know that...”



WHAT QUESTIONS DO YOU HAVE?

Better than: “Do you have any questions?”



CONTACT INFO

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