

A Qualitative Exploration of Women's Experiences Around Long-Acting Reversible Contraception



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Background

- One in five Canadian women will have an unintended pregnancy despite 74% of women using a contraceptive method.
- Long-acting reversible contraception (LARC) methods include intrauterine contraception and implants.
- LARC are the most effective forms of reversible contraception, yet only 5% of Canadian women use LARC methods.
- We conducted a scoping review that identified studies attempting to increase LARC use. Other studies have looked at barriers to LARC use; however, there are limited studies exploring the process of deciding to use and access LARC methods.

Research Question

How do women experience accessing LARC therapy for contraception?

Objectives

To explore how women access LARC therapy.

To conceptualize the decision-making process around LARC.

To identify women's needs when considering and accessing LARC.

To explore how others, including healthcare providers, influence access to LARC.

Community Partner

AHS Birth Control Centre

- Sexual health and contraception clinic
- Serves teens and young adults with barriers to healthcare.
- LARC methods available at reduced cost or free (if eligible)

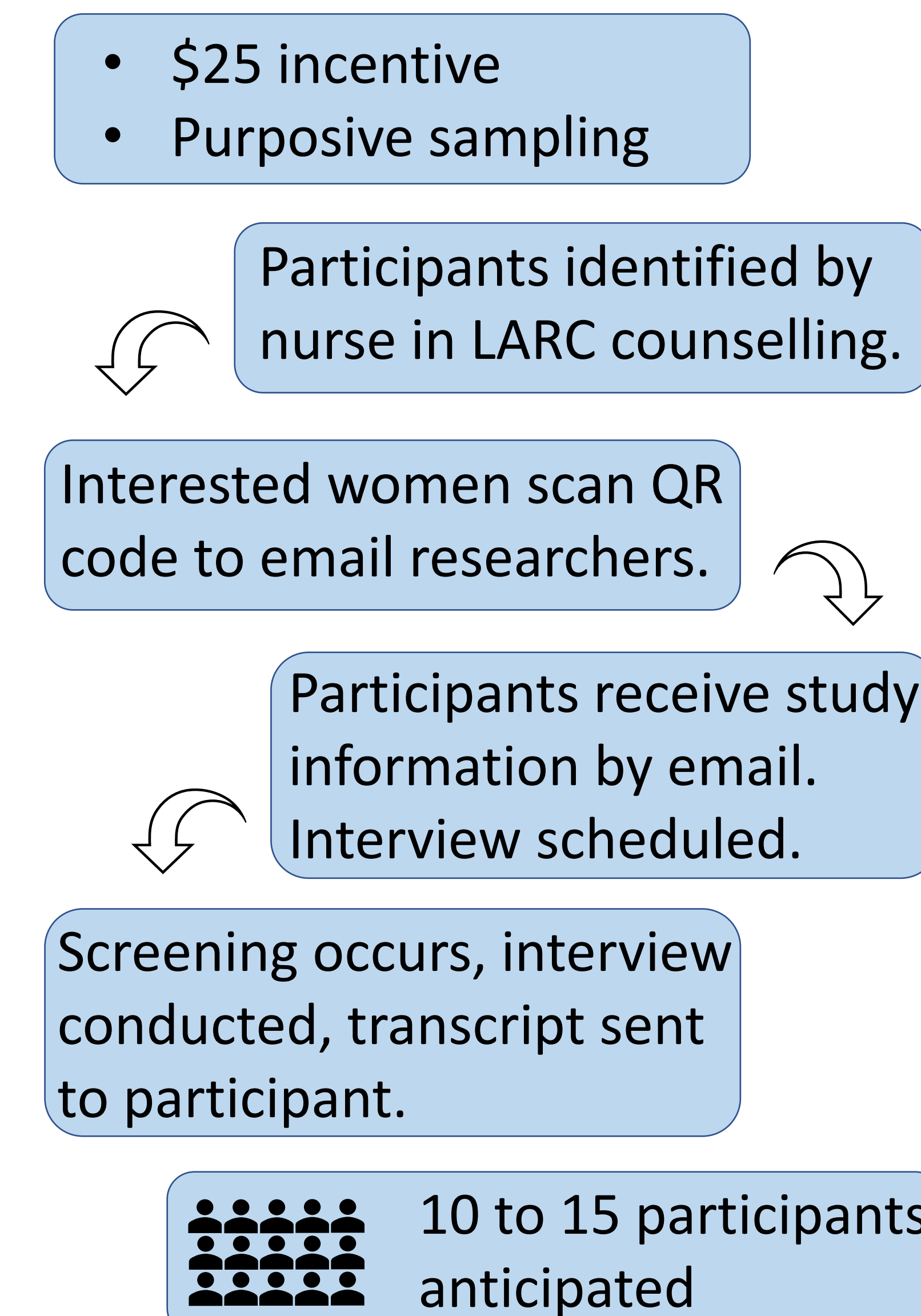
Methods

Design	<ul style="list-style-type: none">• Qualitative study• Semi-structured virtual interviews
Frameworks	<ul style="list-style-type: none">• Qualitative Description,^{1,2} Community Engagement³
Recruitment	<ul style="list-style-type: none">• 10 to 15 participants anticipated.• Participant recruitment through the Birth Control Center using purposive sampling.
Analysis	<ul style="list-style-type: none">• Reflexive Thematic Analysis⁴

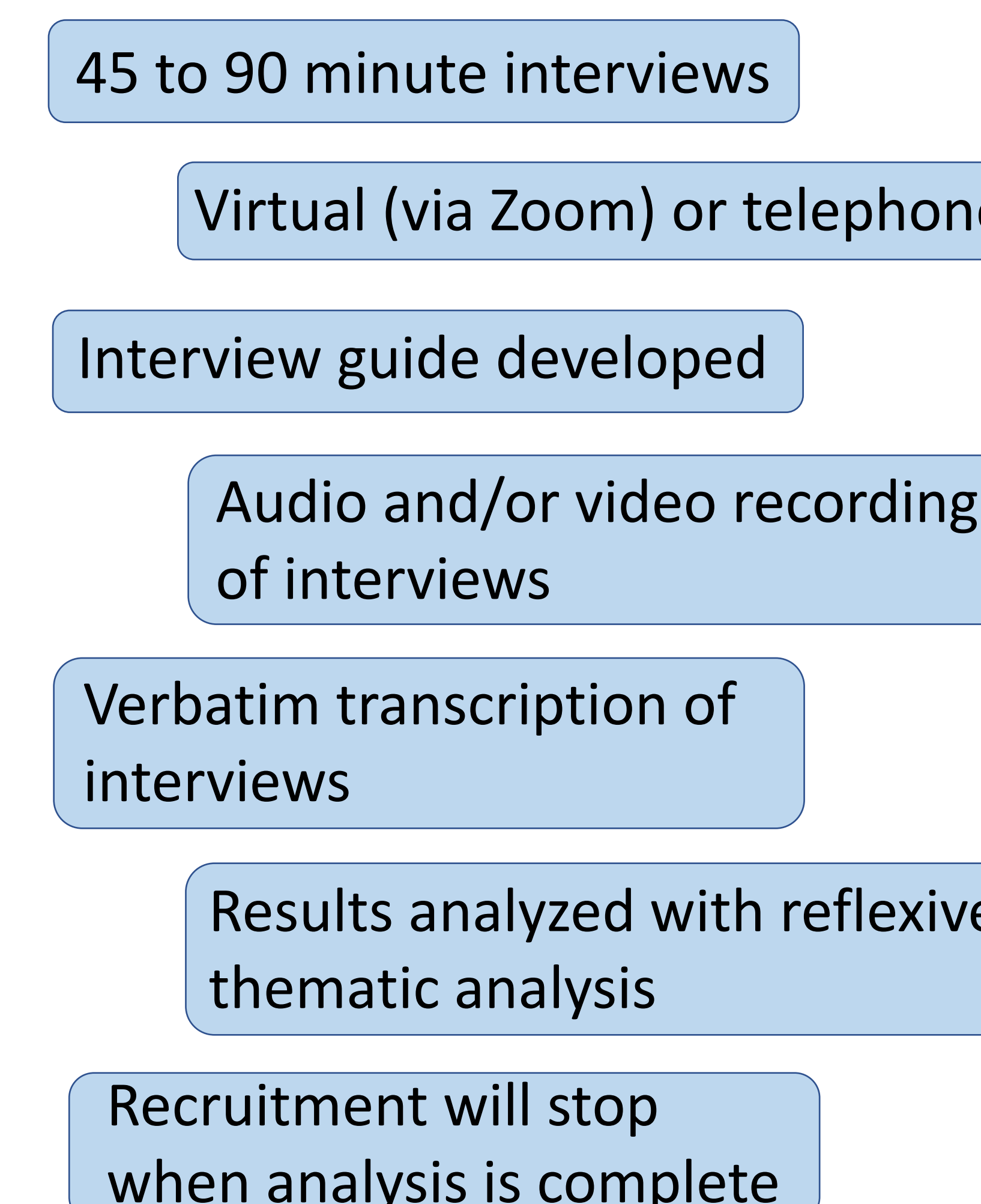
Inclusion & Exclusion Criteria

Inclusion Criteria	<ul style="list-style-type: none">• Identify as a woman• Have female reproductive anatomy• Aged 18 and older• Using LARC for contraception
Exclusion Criteria	<ul style="list-style-type: none">• Not using LARC for contraception• Using LARC for emergency contraception• Unable to complete the interview in English

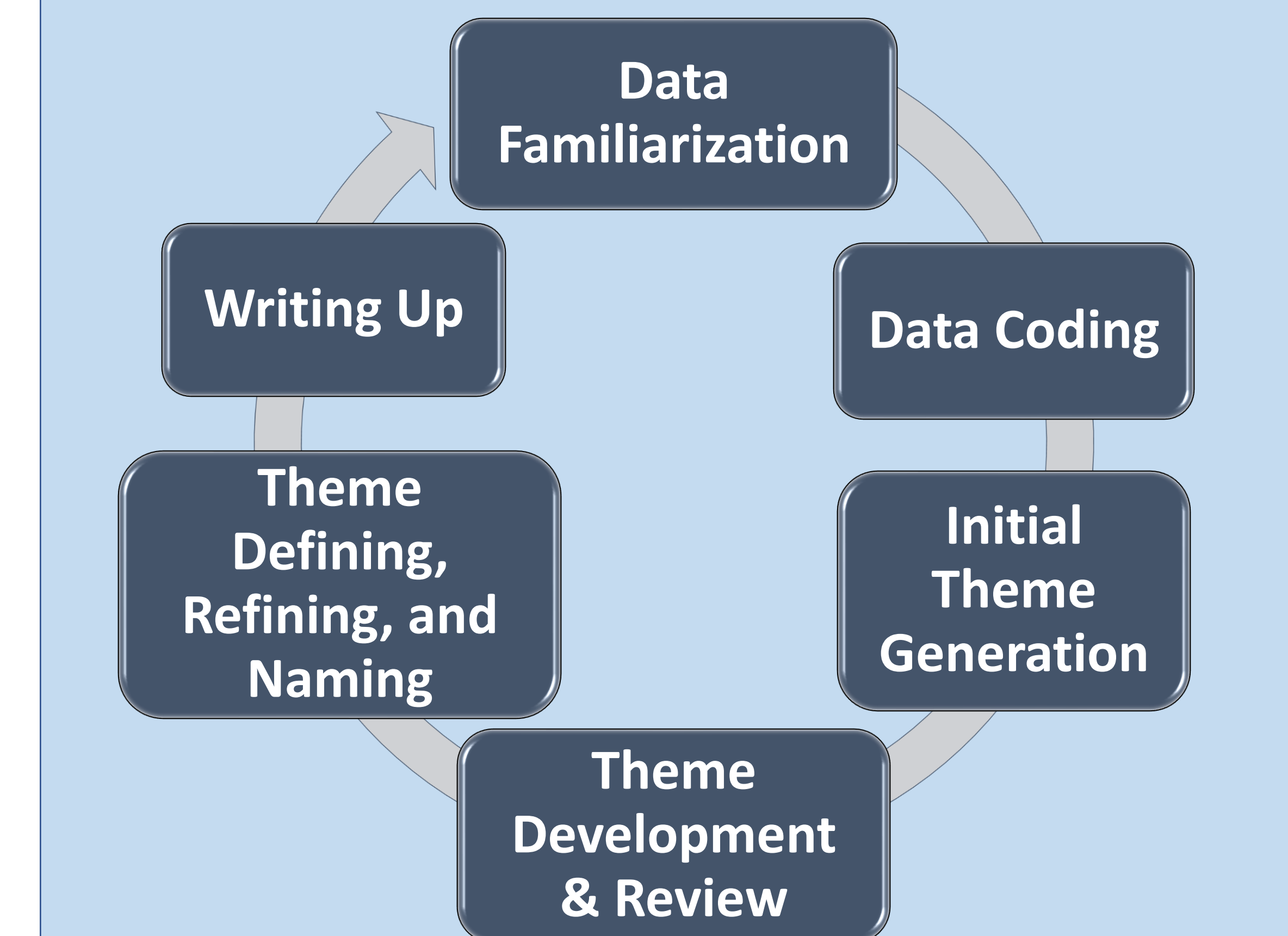
Study Process



Data Collection



Data Analysis



Discussion

- Study submitted to ethics (Pro00116700) in March 2022.
- Research team includes a Master's student, a physician from the community partner site, a qualitative researcher, and a pharmacist researcher/clinician.
- We will recruit and complete interviews in Summer 2022.
- Results will contribute to our understanding of women's LARC needs.

Acknowledgements

- WCHRI Patient and Community Engagement Training (PaCET) Award
- Bayer Project Funding
- FoPPS Graduate Research Fellowship

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