

## Discuss Pregnancy Intention and Support Patients through Evidence-Informed, Patient-Centered Counseling Contraceptive Access Change Package: Best Practice 2

<h3>How to Use This Guide</h3>	<p>This guide is designed to support facilitation of an interactive learning session about how to <b>Discuss Pregnancy Intention and Support Patients through Evidence-Informed, Patient-Centered Counseling: Best Practice 2</b> from the Contraceptive Access Change Package, whose purpose is to drive improvement on the <a href="#">contraceptive care performance measures</a>.</p> <p>Facilitators should feel free to adapt and revise this guide. Facilitators may choose to:</p> <ul style="list-style-type: none"> <li>» Convene staff from one or more clinics for a standing meeting (e.g., monthly) to discuss each Best Practice (in order or as needed) from the Contraceptive Access Change Package. <i>(See other Best Practice discussion guides.)</i></li> <li>» Convene a one-time meeting with clinic staff about this topic.</li> </ul>
<h3>Learning Objectives</h3>	<p>By the end of the discussion, participants should be able to:</p> <ul style="list-style-type: none"> <li>» <b>Describe the rationale for using a shared decision-making approach to contraceptive counseling</b></li> <li>» <b>Identify at least two best practice strategies for ensuring counseling is patient-centered</b></li> <li>» <b>Identify at least two strategies for ensuring providers routinely assess patients' pregnancy intention and need for contraceptive counseling</b></li> </ul>
<h3>Length</h3>	<p>At least <b>75 minutes</b>, with more time for discussion as schedules allow. Example discussion questions are provided; facilitators can use them based on participant interest.</p>
<h3>Materials</h3>	<ul style="list-style-type: none"> <li>» <b>Contraceptive Access Assessment:</b> Site-level assessment to identify strengths and areas of opportunity to increase access to contraceptive methods</li> <li>» <b>Contraceptive Access Change Package:</b> Summary of evidence-based recommendations for increasing access to contraceptive methods, strategies, case studies, tools, and resources</li> <li>» <b>PowerPoint Slides with Notes:</b> Slides with speaker notes and discussion questions</li> <li>» <b>FPNTC Counseling Resources</b> including:             <ul style="list-style-type: none"> <li>» <a href="#">Providing Quality Contraceptive Counseling &amp; Education: A Toolkit for Training Staff</a> (training guide): Included in the toolkit are instructional tools and training activities along with job aids to help staff practice and apply the QFP Principles for Providing Quality Counseling</li> <li>» <a href="#">Quality Contraceptive Counseling and Education: A Client-Centered Conversation</a> (eLearning course)</li> <li>» Patient education resources, including the <a href="#">Birth Control Method Options Chart</a>, online <a href="#">Decision Support Tool</a>, and <a href="#">Explaining Contraception</a> handouts</li> </ul> </li> </ul>

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<b>Format</b>	Discussions can be facilitated <b>virtually or in person.</b>
<b>Suggested Participants</b>	<b>Staff from one or more family planning clinics.</b> Involving multiple sites can facilitate peer-to-peer sharing. Having representation from clinical, administrative, and financial staff can help address system issues.
<b>Before you start...</b>	Participants should <b>complete the Contraceptive Access Assessment</b> and bring their completed assessments to the meeting. If this is not possible, the facilitator should provide printed assessments and an additional 10-15 minutes for participants to complete them during the meeting.

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Orientation to Discuss Pregnancy Intention and Patient-Centered Counseling: Topic and Objectives



10 minutes



Slides 1-6

 Present Slide

Facilitate

**1** Discuss Pregnancy Intention and Support Patients through Evidence-Informed, Patient-Centered Counseling: Contraceptive Access Change Package: Best Practice 2

Activity:

- » Conduct participant and facilitator introductions.

**2** Introduction to the Contraceptive Access Change Package

**3** Contraceptive Access Change Package: Best Practice 2

**4** Meeting objectives

**5** Rationale for routine, patient-centered counseling

**6** Overview of strategies

Challenges to Routinely Assessing Pregnancy Intentions and Providing Patient-Centered Counseling



10 minutes



Slides 7-8

 Present Slide

Facilitate

**7** Contraceptive Access Assessment: counseling practices

Activity:

- » Participants will fill out or refer to the Contraceptive Access Assessment tool. Ask participants to fill out ahead of time, or provide 10-15 additional minutes to fill it out during the session.



**8** Discussion of current implementation of best practice

Discussion:

- » Which of the counseling practices are most frequently being done?
- » What practices are least frequently being done, or harder to do consistently? What is challenging about these practices in particular?

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**Routine Assessment of Pregnancy Intention**  10 minutes  Slides 9-10



 Present Slide Facilitate

**9** Routine assessment of reproductive intention

**10** Discussion of challenges related to assessing pregnancy intention

Discussion:

- » Are you routinely (at least annually) assessing pregnancy intention? How are you ensuring this is done, regardless of reason for visit?
- » What is working well currently?
- » What is challenging about routine assessment of pregnancy intention?

**Shared Decision-Making Approach to Patient-Centered Contraceptive Counseling**  25 minutes  Slides 11-22

 Present Slide Facilitate

**11** QFP 5 principles of quality contraceptive counseling

**12** Approaches to counseling

**13** Shared decision making

**14** Patient considerations in choosing a method

Discussion:

- » Which factors do patients mention most often that contribute to their choice of contraceptive method?

**15** Patient-centered counseling: how to start

**16** Birth Control Method Options Chart

**17** Case Example: Meet Tina

**18** Using the Birth Control Method Options Chart

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**19** Benefits of shared decision making

**20** Patient-centered counseling  
 sample questions

**21** Putting patient-centered counseling  
 into practice

**22** FAQs about shared decision making

Discussion:

- » Are staff routinely using a patient-centered approach to contraceptive counseling when patients do not desire pregnancy currently?
- » What strategies do you use for ensuring quality counseling? What is working well currently?
- » Who provides contraceptive counseling? How is that information conveyed efficiently to clinicians?
- » What is challenging about utilizing a shared decision-making counseling approach?
- » What changes will you need to make, so that you can use patient-centered counseling more consistently?

**Resources for Patient-Centered  
 Contraceptive Counseling**



10 minutes



Slides 23-29



**Present Slide**

**Facilitate**

**23** Quality contraceptive counseling  
 and education: a client-centered  
 conversation eLearning course

**24** Counseling observation checklist

**25** Interpersonal quality family planning  
 scale

**26** Patient education: Bedsider.org

**27** Patient education:  
 online decision support tool

**28** Patient education:  
 explaining contraception handouts

Discussion:

- » What patient education resources do you use? How do you use them?

**29** Further reading on shared decision making

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Success Stories: Lessons Learned From the Field



5 minutes



Slides 30-31



Present Slide

Facilitate

**30** Success Story: standard messages and documentation (*Arizona Family Health Partnership*)

Discussion:

- » What strategies have you used/can you use to increase consistency of messaging and/or documentation of counseling?

**31** Success Story: engaging all staff (*New Jersey Family Planning League*)

Discussion:

- » What roles can your front desk, billing, and administrative staff play in implementation of counseling best practice strategies?

Conclusion



5 minutes



Slides 32-33



Present Slide

Facilitate

**32** Closing and reflection

Discussion:

- » What other questions do you have for each other before we end? Are there other issues or challenges that we haven't discussed yet?
- » What is one thing you will take away from today's discussion?

**33** Thank you