

OVERVIEW OF CONTRACEPTION:

- Contraception is important in the lives of women, their male partners, and society as a whole
- Preferences are changing – family size and timing of starting a family
- Being able to plan a pregnancy can have positive impacts on health, education, workplace and financial stability
- The Society of Obstetricians and Gynaecologists Canada (SOGC) strongly supports appropriately trained pharmacists to provide contraceptives and family planning services

TRENDS IN REPRODUCTIVE HEALTH: Canadian women will:

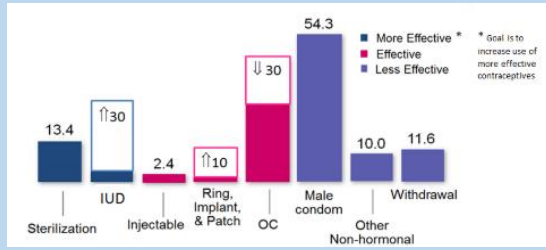
- Spend 3 years or fewer pregnant, attempt to conceive, or immediately post-partum
- National maternal average age at first birth is over 30 years
- Women now spend at least half their reproductive years at risk of an unintended pregnancy
- Nearly one-third of women have at least one abortion

CHALLENGES WITH CONTROLLING FERTILITY:

- 40-50% of Canadian pregnancies are unplanned
 - Most unplanned pregnancies occur in women ages 20-29
 - Vulnerable populations with lower education, lower income, recent immigrants, and in rural and remote areas often have “high unmet need”
- The cost of unplanned pregnancies is high, and increases poor outcomes
- Cause is usually contraceptive non-adherence

CANADIAN WOMEN ARE USING INEFFECTIVE CONTRACEPTION:

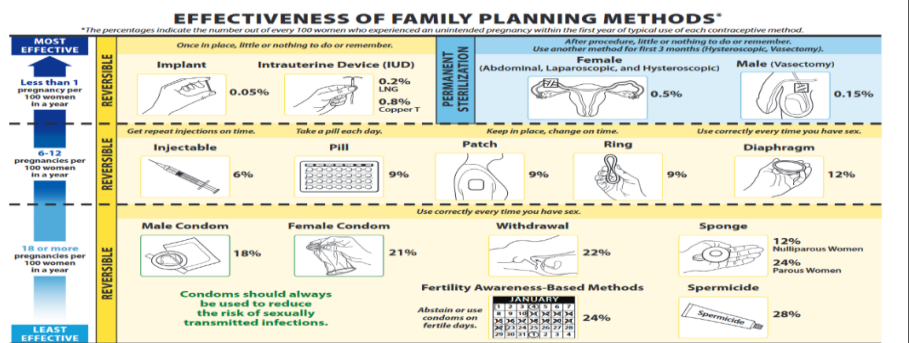
goal is to use *more effective* contraception



- Pharmacists have an important role to play in this shift to more effective methods of contraception!
- Pharmacists need to initiate the birth control conversation:
 - Oral contraceptives typically 21/7 format
 - Hormone-free interval may be unnecessarily long
 - Other combination hormonal contraceptives may be more effective as do not require daily use
 - Depo-Provera, copper IUDs and levonorgestrel are more effective than hormonal contraceptives

EFFICACY VERSUS EFFECTIVENESS:

- **Efficacy** = refers to number of pregnancies prevented during correct and consistent use of a method (*perfect use*)
- **Effectiveness** = refers to number of pregnancies prevented during *typical use*
 - Discussing effectiveness and typical use provides more realistic information for the patient and is preferred
 - Methods that are dependent on user adherence have lower effectiveness rates (ex// anticipating sexual contact, STI risk)



CONSIDERATIONS IMPACTING PATIENT CHOICE:

- While the Top Tier contraceptive methods are most effective, the best “user-method fit” also needs to consider *patient personal properties*:
 - Safety, effectiveness, and previous use
 - Accessibility, affordability, and acceptability
 - Personal beliefs, culture and desire for future children
 - Preferences, lifestyle and ability to be adherent
- Contraceptive cost as a barrier:
 - Spending on hormonal contraceptives was almost exclusively privately financed (through private insurance or out of pocket)

FOSTERING A REPRODUCTIVE LIFE PLAN:

- Assisting women to consider their plans for a future pregnancy is an important part of family planning
- Women may be unaware of the substantial decrease in fertility that occurs by their late 30s
 - Miscarriage rates also increase in their late 30s

CONTRACEPTION AND STIs:

- Contraceptive care should include discussion of STIs as appropriate:
 - Condom use alone
 - Condom use as dual protection combined with CHC or IUD
 - Condom use as a back-up if adherence with CHC not optimal
 - Vaccinations such as Hep B or HPV
 - Screening tests (ex// PAP Test, STI screening)

TRANSITIONS IN CONTRACEPTIVE METHODS:

- Reproductive needs change over time:
 1. Barrier method
 2. Combination Hormonal Contraception (pill, patch, ring)
 3. Baby and progesterone-only pill during breastfeeding
 4. IUD
 5. Sterilization or vasectomy
- Ongoing contraceptive consultations can help patients transition seamlessly

PHARMACISTS’ ACTION PLAN:

1. Provide confidential, non-judgmental & respectful family planning care
2. Improve access to highly effective contraceptive options that best meet the needs of your patients
3. Discuss practical information on contraceptive use, adherence, condoms, and STIs to support successful family planning outcomes

CONTRACEPTIVE INFORMATION TO SHARE:

- Pharmacists can promote adherence by providing accurate, practical, and non-judgmental information on:
 - The range of birth control methods
 - How to use a chosen method correctly and consistently
 - What to do if problems occur
 - Back-up strategies (ex// EC and/or condoms)
 - Information on preventing STIs when using the chosen method