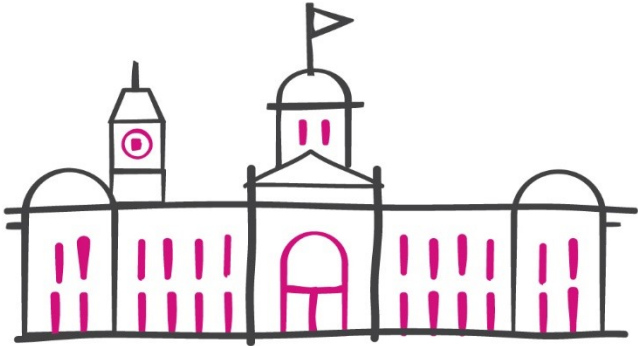


Long-Acting Reversible Contraception

Birmingham Measurement Tools Webinar Series



 **RESET**

 **RESHAPE**

 **RESTART**

Introduction



Impact and outcome measurement should be a key part of any intervention.

Measuring in the impact of what we do helps us demonstrate that what we are doing is making a difference. They help us demonstrate that an intervention is having an impact in a measurable way rather than using just stories.

Using standard tools allows us to compare different interventions impact. Combining these standard measures with standard questions on people's identity helps understand if different interventions are more effective for different groups. We can also combine them with information on the cost of an intervention and the numbers of users to look at cost effectiveness.

Without clear impact and outcome measurements it is difficult to support funding for interventions or to justify that the approach used should be continued or scaled up.



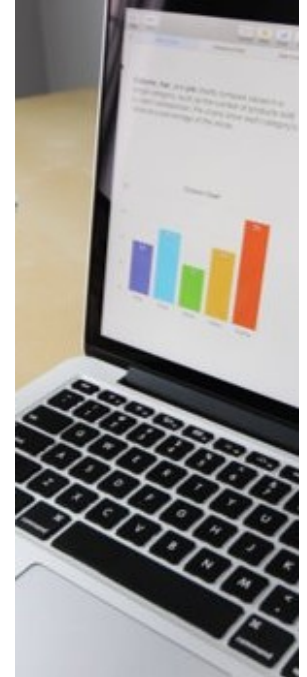
Birmingham Public Health Measurement Toolbox

The Birmingham Public Health Measurement Toolbox has been developed to standardise impact and outcome measures for interventions that are trying to improve health and wellbeing across Birmingham.

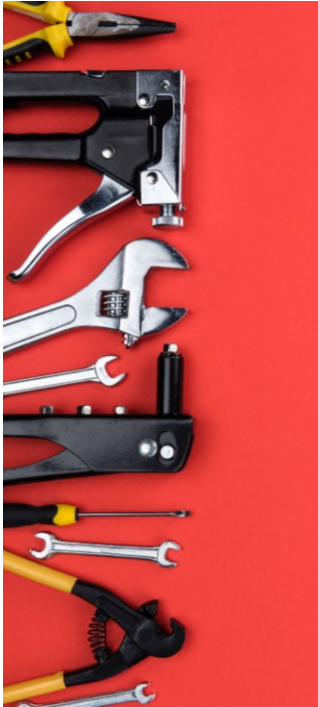
The toolbox supports organisations when they are developing projects to build the appropriate measures into their service design.

It provides clarity and transparency on how to clearly assess and measure interventions based on their focus, which can then be demonstrated clearly when applying for funding.

It allows for accurate and meaningful comparisons between different programmes and interventions to help inform decision-making.



Contents



The Tool Box is a developing set of resources to support measurement related to different areas of health and wellbeing, these include:

- Physical activity
- Smoking
- Mental Wellbeing
- High Blood Pressure/Hypertensions
- Long-acting Reversible Contraception
- HIV and Hepatitis Risk Reduction

For each section there is:

- A description of the issue/topic
- Links for local or national information on the issue/topic
- A description of the tool
- Information on any registration requirements to use the tool
- Useful links to support behaviour change and evidence-based interventions related to the issue/topic
- A case study example of using the tool in practice

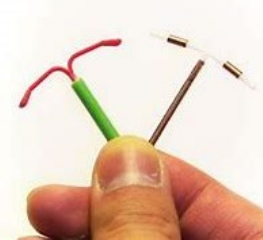
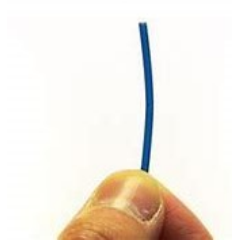


Long- Acting Reversible Contraception (LARC) Toolkit



What is LARC?

- LARC methods are the most effective types of contraception and can last from a few months up to ten years
- They do not rely on a person remembering to take them, but they do need a trained doctor or nurse to administer or fit them
 - The term LARC encompasses contraceptive coils, injections and the implant.



National and Local Context

- Although LARCs are the most effective types of contraception
 - LARC rates in Birmingham are much lower than the national average
 - The rate of abortions in Birmingham is higher than the national average
- The evidence suggests lack of awareness and understanding, which are key barriers to uptake



Target Groups

- Sexually active women under 25 years old
- Specific Communities identified with increased inequalities
 - Pakistani, Indian & Bangladeshi women
 - African and Caribbean women
 - Central and Eastern European women



What are we aiming to measure in the tool?

- We aim to measure the number of women using LARC before and after an intervention
- To help evidence interventions that improve uptake, or monitor how interventions effect results



Measurement tool: LARC Questionnaire

Question	Response options
Are you planning on becoming pregnant in the next year?	<ul style="list-style-type: none"> • Yes • No • Not sure • Not applicable
Are you using contraception currently?	<ul style="list-style-type: none"> • Yes • No • Not applicable
What form of contraception are you currently using?	<ul style="list-style-type: none"> • Contraceptive pill • Contraceptive patch/ring • Contraceptive Injections • Condoms • Contraceptive Coil/IUD • Contraceptive Implant • Male/female sterilisation • Other
Have you heard about Long-Acting Reversible Contraception?	<ul style="list-style-type: none"> • Yes • No • Not sure



Using the tool

- The tool could be used for women within the target groups, or others of reproductive age
- It is important to use the tool in a sensitive way, and ensure women consent prior to participation
- Conversations about contraception should be confidential, with the explicit reassurance that confidentiality will not be broken unless the service user or another person's safety is at risk
- The tool should be used in a private setting, where service users are alone and cannot be overheard by others



Specific risk and issues to consider

- It is important to remember that contraceptive use is not always an individual's sole decision or responsibility
- We must respect service user's choice to not use contraception, or not engage with the tool, without any judgement



Case study

- A charity working with young women can discuss contraception at each contact and measure if these discussions are leading to increased uptake/awareness of LARC



Additional resources

- [Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)
- [Which method of contraception is right for me? | Sexwise](#)
- [Effectiveness | Contraception Choices](#)
- [Your contraception guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Leaflets \(sandyford.scot\)](http://sandyford.scot) (contraception information in other languages)

