



Starting Contraception: Not Talking About Sex



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CUE Study

- Contraceptive Understandings and Experiences of Australian Women
- ARC Linkage Project with Family Planning NSW
- Co-Investigators from UNSW and University of Sydney

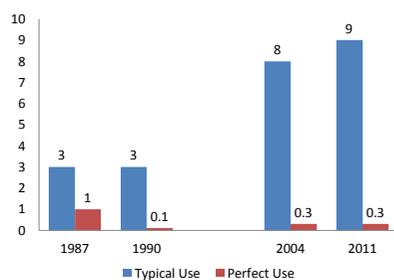


My Project

- Attached to CUE project
- Analysed data from CUE project in-depth interviews relevant to young women starting contraception
- Interviewed additional 12 young women

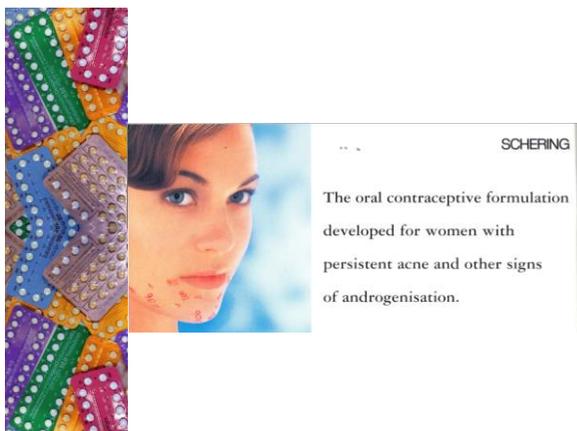


Trussell et al.



Key Questions

- Why have typical-use failure rates increased?
- How do young women experience their initial contraceptive consultations?
- What happens to women who are prescribed the pill for non-contraceptive reasons?



Focus of Analysis

- Initial contraceptive consultation
- Context of commencing contraception
- Understanding of the pill
- Sexual health counselling/safe sexual practice education
- Follow-up consultations



The Consultation

Doctors Suggesting Pill Prescription

Like I felt like they were pushing me towards the pill more than they were kind of taking into account what I wanted and what I felt like I needed.

(K28)



Women asking to be prescribed the pill

Do you remember what happened when you went to the doctor's at the beginning?

I went to the doctors. Told them I was gonna start having sex. I wanted to be safe so could I please have the pill. [He] just prescribed me the pill.

(F09)

Sexual History Not Taken

And they were making all these assumptions that first of all I was sexually active—they didn't even ask. They didn't even ask if I even liked men so they made that assumption as well.

(K12)





Rushed consultations

I think she was really rushed, pressed for time, and she was like, "Here, try this one. This is the one we start people on. Take it," you know ... and then out the door. So it was very like quick and easy. "Off you go!"

(F10)



Concealment of Sexual Activity

Were, were you trying to keep the fact that you were sexually active at that point, a secret from your doctor?

Yes ... you know, I'm pretty sure she asked the question, "Are you sexually active?" and, yes, I lied. I mean obviously that's now, you know, in part, my fault. [...] that information [...] she probably felt no need for it.

(F05)



Lack of Contraceptive Counselling

And it's also just amazing how much I wasn't told when I was put on it. I mean I originally went on it for my skin [...] and I was 13 so she probably didn't feel she needed to talk to me about how it works, contraception, but I'd never, no one had ever really explained it to me. And the pamphlet that comes in the packet isn't very good at explaining, in easy English how, exactly how it works.

(IN15)



Sexual Health Counseling not Revisited

'cause, even when I'd go in for renewals of my pill scripts, when I was in my late teens, my GP still never went through any of it with me. So ... I don't know whether she just assumed I'd been on it so long I must know ... I hadn't really had it sort of explained to me properly.

(IN15)



Booklet Replacing Personal Information

Like they told me to read the instructions ... But there was never anything formal like in, within the consultation.

(F04)



Recommendations

- Family Planning contraceptive handbook
 - General patient-centred advice
 - Early contraceptive consultations are "teachable moment" for safe sex
- Longer consultation times
- Follow-up consultations



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