



# Visual Report

**3<sup>rd</sup> BC CART Conference**  
**Contraception and Abortion in BC:**  
**Experience, Guiding Research, Guiding Care**  
Contraception Access Research Team (CART)  
Chan Centre for Family Health – Vancouver, BC  
May 5, 2014

# Executive Summary

This visual summary captures discussions and activities that occurred during the 3rd Contraception & Abortion in BC: Experience Guiding Research, Guiding Care Conference, held May 5th at the Chan Centre for Family Health in Vancouver.

## Why did we meet?

Health care providers, patient representatives, front-line workers, administrators, policy makers, researchers, trainees and patients met for this third interdisciplinary, inter-sectoral collaborative health systems improvement conference.

The rapid attrition of rural abortion services throughout BC was identified at the conference of April 2011, and research was planned to understand the etiology, gaps and barriers. The aim of this 2014 Conference was to facilitate the dissemination, evaluation and incorporation of the successfully completed research evidence, into potential strategies for health service improvement in BC. The over-arching goal for this meeting was improved health for women and families through access to high quality abortion care, closer to home.

## Morning Sessions Established best evidence, best practices, and gaps and opportunities in BC to date

The morning plenary, introduced on behalf of Dr. Perry Kendall, Provincial Health Officer of BC by Joan Geber, Executive Director, Population Health & Well-Being Branch, Government of BC, set the current context for abortion and contraception care with local, national and international speakers presenting the latest evidence, including the results of the BCAPS study, and best practices for family planning services delivery.

## Facilitated Afternoon sessions identified specific action plans and formed 5 committed “Regional Implementation Teams”

The afternoon workshop centered on interprofessional, inter-sectoral facilitated discussions where participants affirmed solutions for priority challenges and gaps in contraception and abortion health services in BC.

## Next steps

This conference is part of an ongoing engagement with stakeholders within the family planning community in BC. Participant input has designed evidence-based solutions for health system improvements and identified next-step research with the ultimate aim to equitably support British Columbians to time and space their pregnancies according to their reproductive health and family goals.

## Welcome and Overview



The session began with a First Nations Welcome Ceremony, delivered by Elder Mary Charles, of the Musqueam People. Joan Geber, Executive Director, Population Health & Well-Being Branch, Government of BC Welcomed delegates on behalf of Dr. Perry Kendall, Provincial Health Officer of BC. Dr. Jan Christilaw (President, BC Women's Hospital and Health Centre) also welcomed the delegates. Opening comments emphasized the key themes for the day: equitable and timely access to safe abortion services.

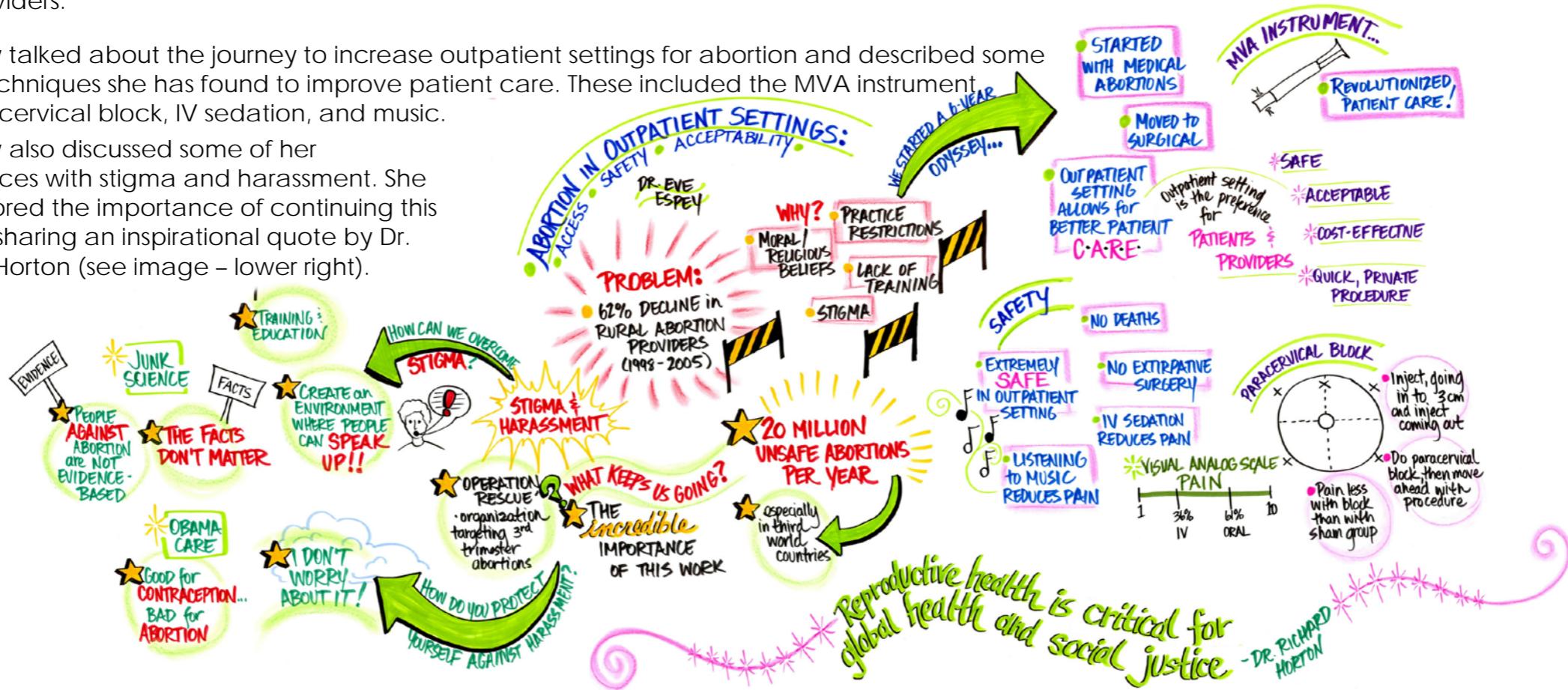
Dr. Brian Fitzsimmons (Assistant Professor and Director, Ryan Program in Family Planning, Dept. of Obstetrics & Gynecology, UBC) briefly introduced the Ryan Program and the keynote speaker.

# Keynote Address - Abortion in Outpatient Settings: Access, Safety, Acceptability

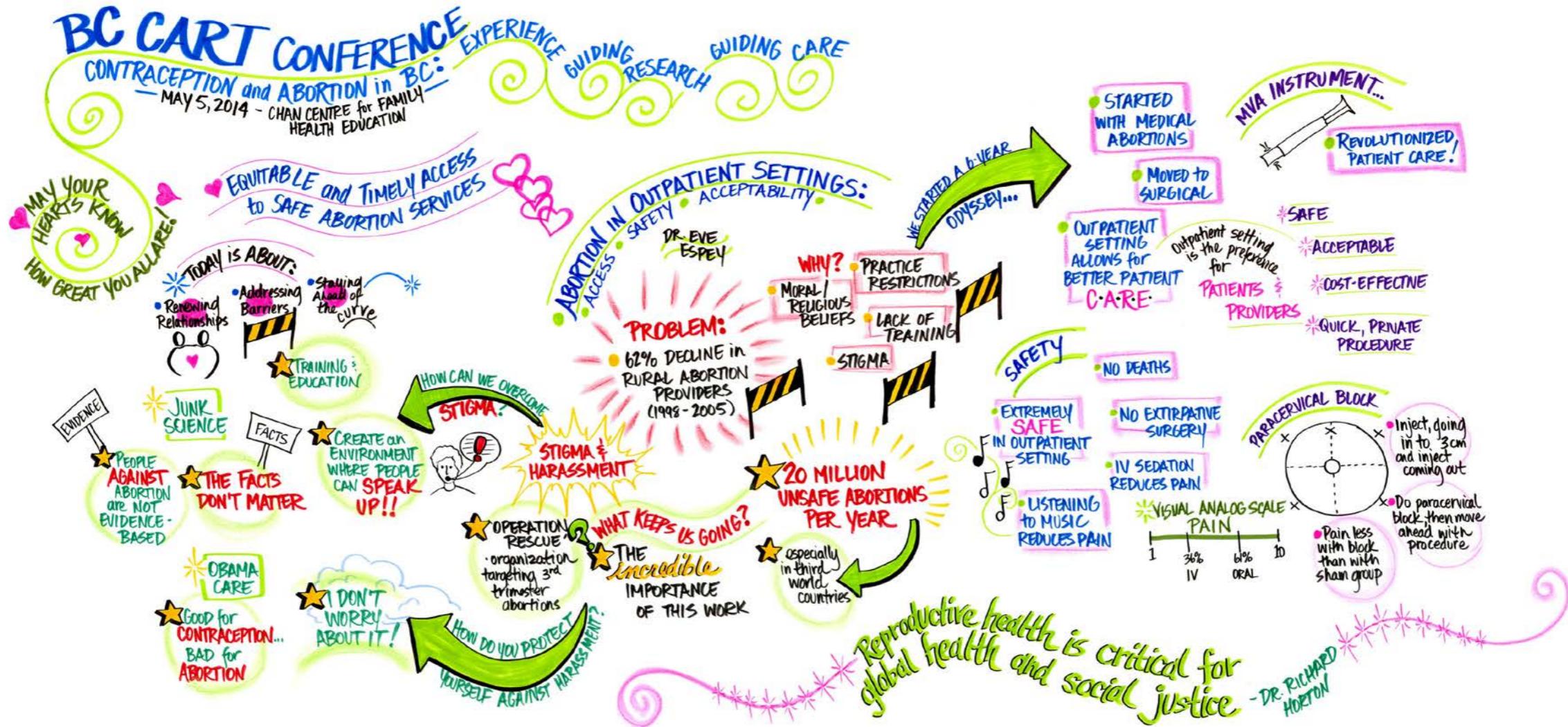
Dr. Eve Espey (Professor, Department of OB-GYN; Chief, Family Planning Division, University of New Mexico, Albuquerque, NM) began her address by highlighting the fact that there has been a sharp decline in rural abortion providers since 1998. She then went on to describe some of the barriers for rural providers.

Dr. Espey talked about the journey to increase outpatient settings for abortion and described some of the techniques she has found to improve patient care. These included the MVA instrument, the paracervical block, IV sedation, and music.

Dr. Espey also discussed some of her experiences with stigma and harassment. She underscored the importance of continuing this work by sharing an inspirational quote by Dr. Richard Horton (see image – lower right).



## Visual Summary – Welcome and Overview and Keynote Address - Whole View



## **Presentation – Abortion in the Global Context**



Dr. Dorothy Shaw (Clinical Professor UBC; Vice President, Medical Affairs, BC Women's Hospital) discussed abortion challenges in various countries around the world. She highlighted progress that is occurring globally, as well as major initiatives designed to help overcome some of the challenges in providing safe abortions.

Dr. Shaw closed her presentation by affirming that the problem is highly solvable.

## **Presentation - Abortion in Canada: You Are Not Alone**



Dawn Fowler (Director, National Abortion Federation, Canada) gave delegates an overview of the National Abortion Federation (NAF), Canada's professional association of abortion providers. She discussed the organization's background and the many services they offer members. Dawn emphasized that NAF is there to support abortion providers and bring them to a level of comfort in providing abortion care.

## **Presentation – Medical Abortion - How To and What's New**



After a nutrition and networking break, Dr. Ellen Wiebe (Clinical Professor, UBC) gave a presentation about medical abortion techniques and innovations. She began by discussing the pros and cons of medical abortion and asserting that women are choosing medical abortion over surgical abortion.

One of the innovations highlighted by Dr. Wiebe is the use of Skype for medical abortions. To do this, the medications are sent by courier and support is provided via Skype.

# Visual Summary – Abortion in the Global Context, Abortion in Canada and Medical Abortion - Whole View



## **Presentation - Abortion Service in BC: Findings From the British Columbia Abortion Provider's Survey**

Dr. Wendy Norman (Assistant Professor, UBC) and Dr. Jennifer Dressler discussed the findings of the British Columbia Abortion Providers Survey (BCAPS), which explored the experiences of BC rural and urban physicians providing abortion services. They highlighted the 62% decline in rural providers that occurred between 1998 and 2010 and identified some of the barriers faced by these providers.



## **Lightning Presentations – BC Services, Organizations and Opportunities**



The following presenters delivered two-minute lightning presentations to highlight services, organizations and opportunities in BC:

- Joan Gerber – BC Ministry of Health
- Cheryl Davies – BC Women's Hospital and Health Centre
- Jennifer Breakspear – OPTions for Sexual Health
- Dr. Brian Fitzsimmons – Ryan Program: Training at BC Women's Hospital
- Dr. Kristie Overhill – Rural Coordination Centre of BC
- Dr. Kathryn Dewar – Women's Health Research Institute

Participants were then invited to give additional lightning presentations and \_\_\_\_\_ talked about a free, accredited, emergency contraception training program.

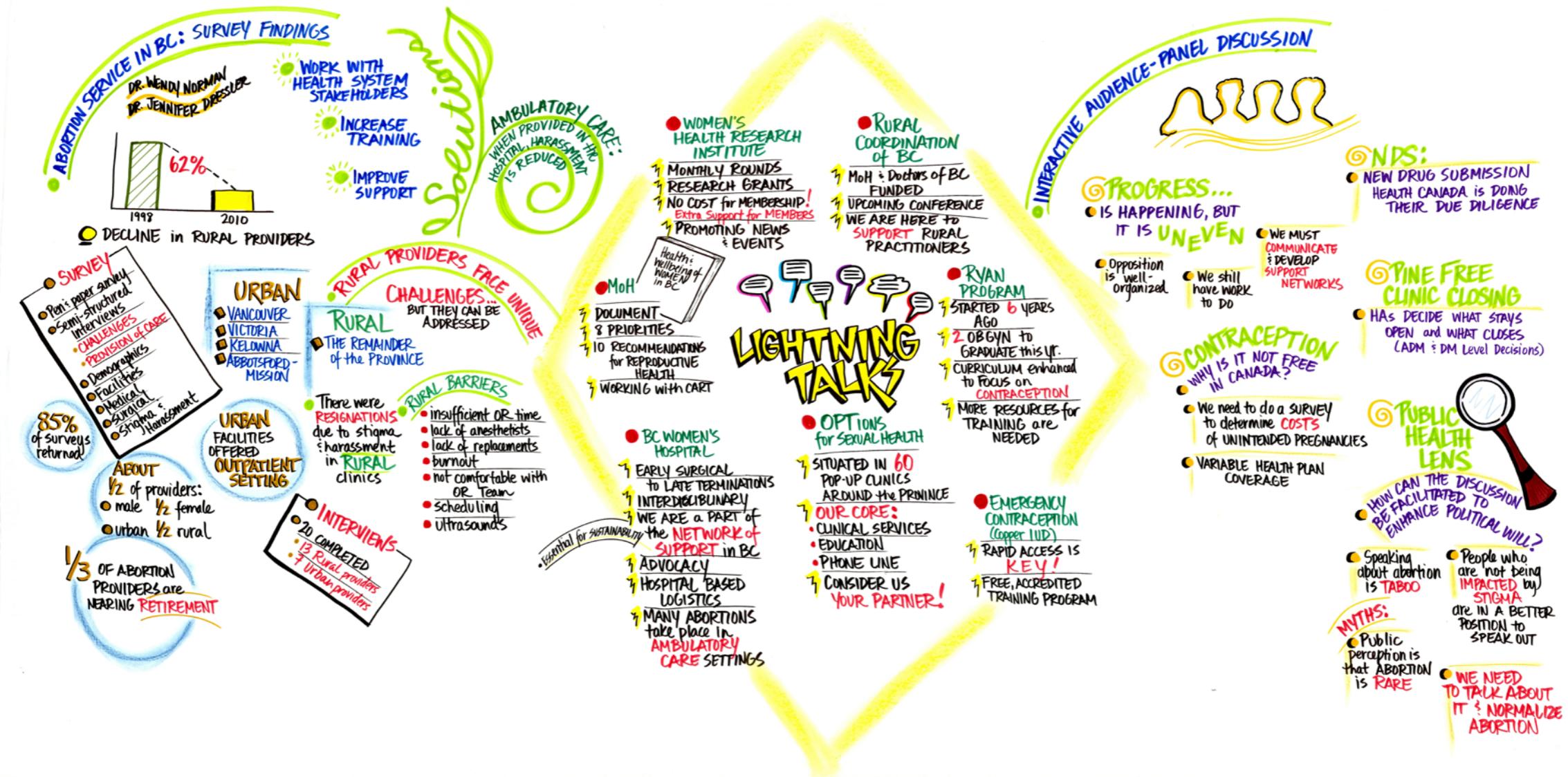
## Interactive Audience-Panel Discussion

Dr. Eve Espey, Dr. Dorothy Shaw, Dawn Fowler and Dr. Ellen Wiebe were panelists in the interactive audience-panel discussion, which brought the morning to a close.

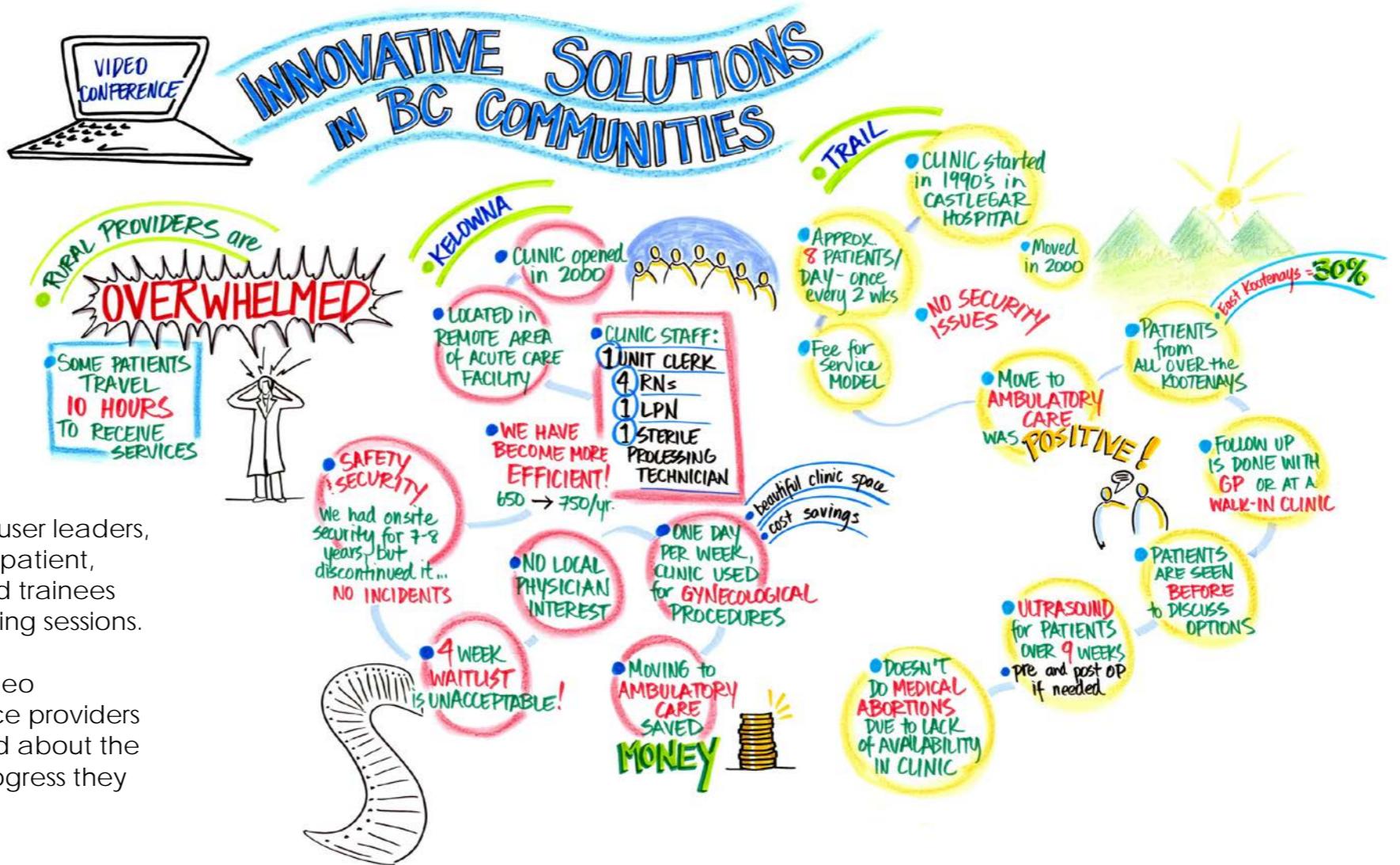
Discussion topics included the need to communicate and create support networks to ensure progress, the closing of Vancouver's Pine Free clinic, the lack of free contraception in Canada and ways to enhance political will for safe abortion.



# Visual Summary – Survey Findings, Lightning Presentations and Panel Discussion - Whole View



## **Video Conference – Innovative Solutions in BC Communities**



After lunch, invited knowledge user leaders, health system decision makers, patient, rural physicians, researchers and trainees participated in interactive working sessions.

The afternoon began with a video conference with abortion service providers in Kelowna and Trail, who talked about the evolution of their clinics and progress they have made.

## **Open Space – Creating Change Conversation Rounds**



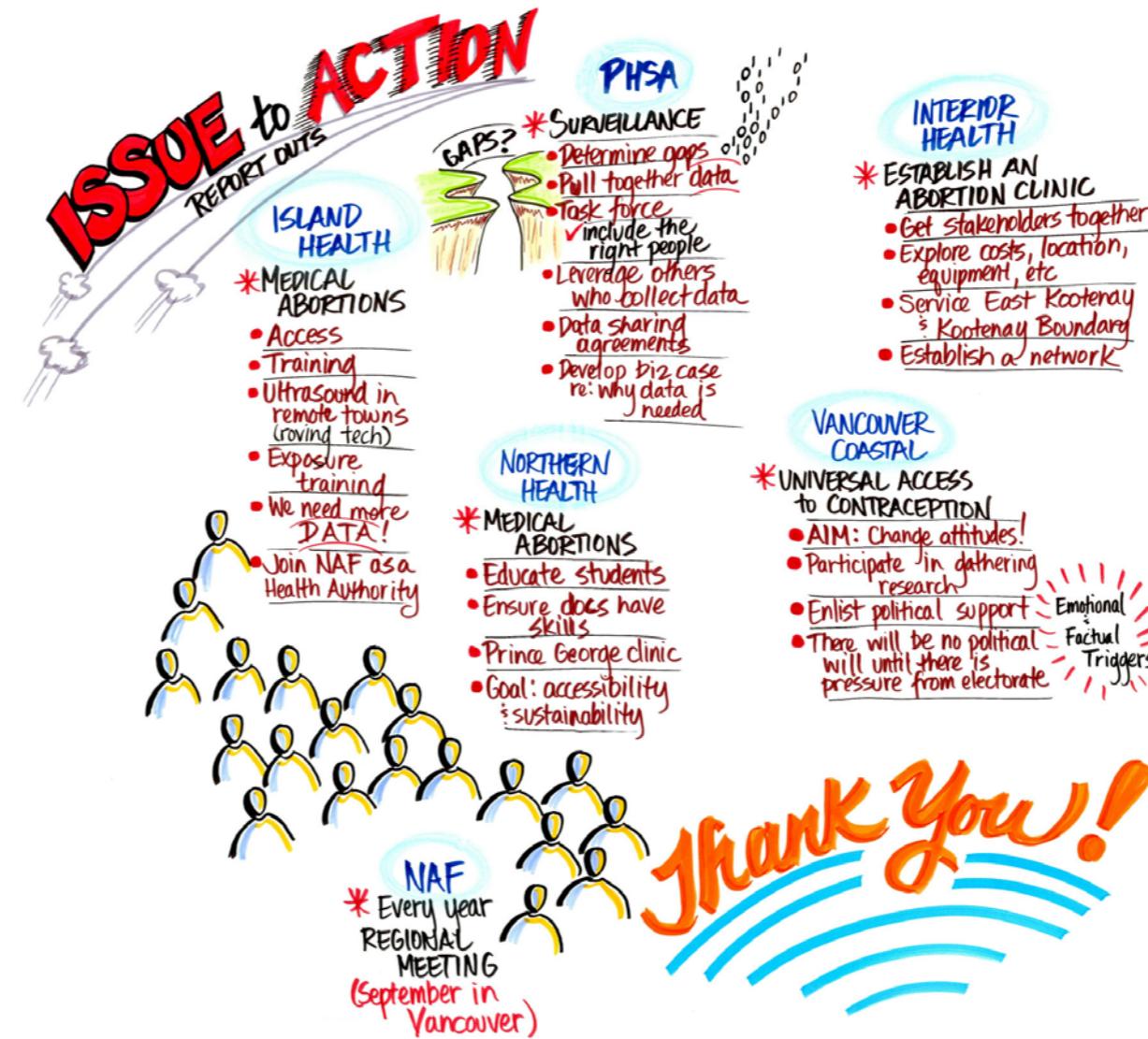
For the remainder of the afternoon, facilitator Jen Reed-Lewis lead the group through an Open Space process to explore creating change in abortion services throughout the province. Change topics were generated by participants around the focus statement, "If we are going to provide safe, high quality abortion support in rural communities, we need to focus on..." The change topics were then divided into three rounds.

Participants were invited to participate in the discussions that most interested them in each of the three rounds. A note taker in each group captured the key information and actions needed to move forward from the conversation rounds.

## **Small Group Work and Report Out – Issue to Action**

After a nutrition and networking break, participants divided into groups by region. Each group chose a theme to act on and identified improvement areas to take on. In the report out, the groups shared their theme and actions they intend to take with the larger group.

To close the day, Dr. Wendy Norman thanked participants for attending and expressed appreciation for everyone who contributed to making the conference a success.



## Visual Summary – Open Space and Issue to Action – Whole View

