

CART-GRAC

Contraception
and Abortion
Research
Team



Groupe de
recherche sur
l'avortement et
la contraception

CART-GRAC CNO Meeting

Planning to advance Nursing policy, systems and practice

Goal

To identify and prioritize population health gaps and opportunities for advancing nursing policy, systems and practice to improve equitable access for people to the knowledge, methods and services they need to time and space their children.

AGENDA

- Land Acknowledgement, Welcome
- Introductions- Position, role in nursing advances to improve access to contraception and abortion.
- CART – brief overview on progress to improve access to contraception and abortion
- CART – Review of Nursing policy, systems and services advances to date to improve access to contraception and abortion, provincial and national achievements, international exemplars.
- Round table poll – Potential gaps and opportunities to leverage Nursing skills to advance to improve access to contraception and abortion policy, systems and services
- General discussion
- Identify priority opportunities, rank
- Next steps

Land

Acknowledgement

Welcome

Introductions

Canada's Chief Nursing Officer,
Dr. Leigh Chapman, NP, PhD (10 mins)

Then all others: 3 minutes each

- Your position, organization
- Your affiliation with CART
- Role in advances to improve access to contraception and abortion

CART-GRAC:

What is CART, and brief overview on progress to improve access to contraception & abortion

Norman

THE CONTRACEPTION AND ABORTION RESEARCH TEAM- GROUPE DE RECHERCHE SUR L'AVORTEMENT ET LA CONTRACEPTION



@cartgrac



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



DISCLOSURES

Our studies are funded by government and non-profit foundations.

CART-GRAC policy excludes financial relationships with commercial or pharmaceutical industry commercial interests.



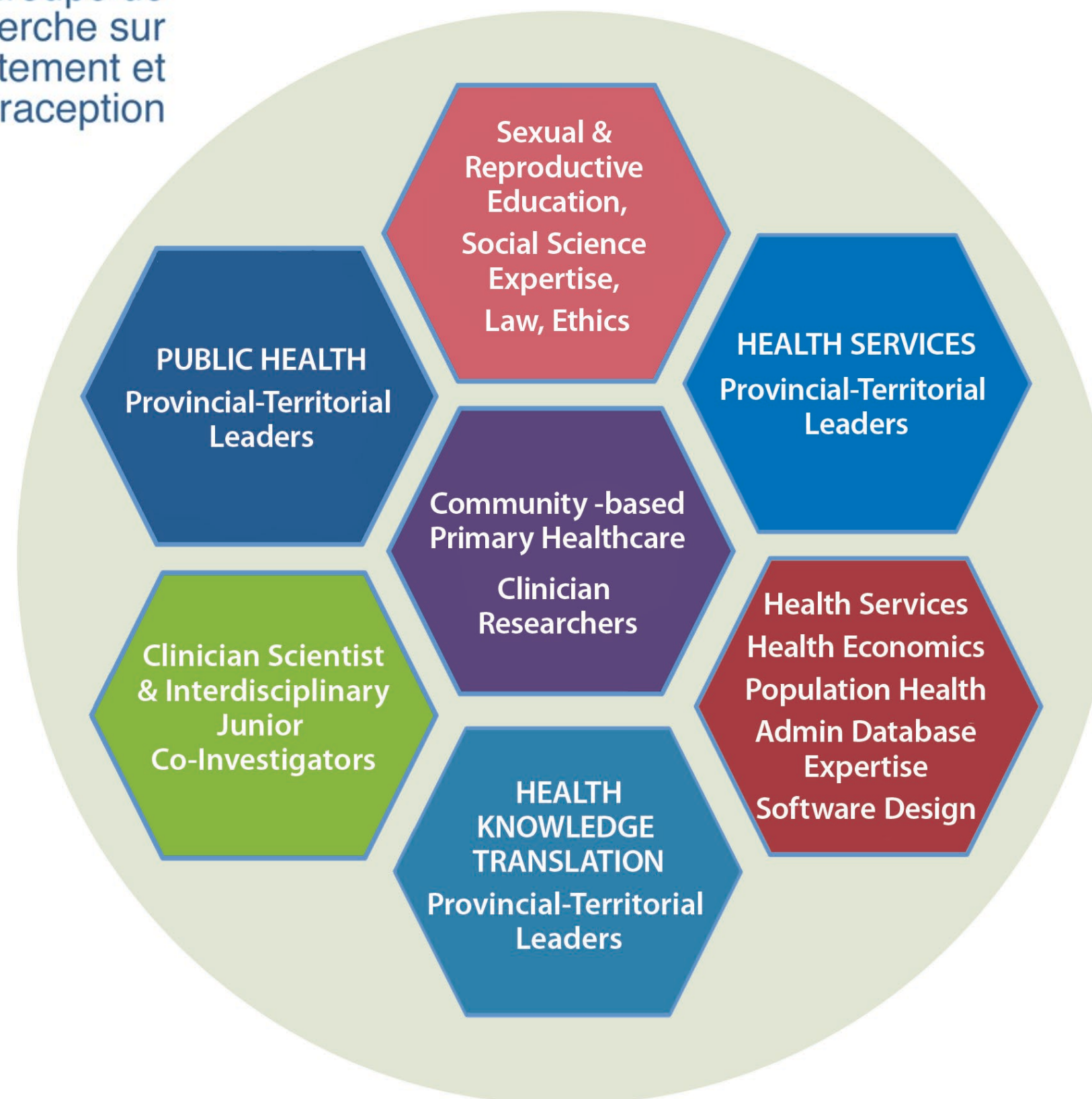
CART-GRAC

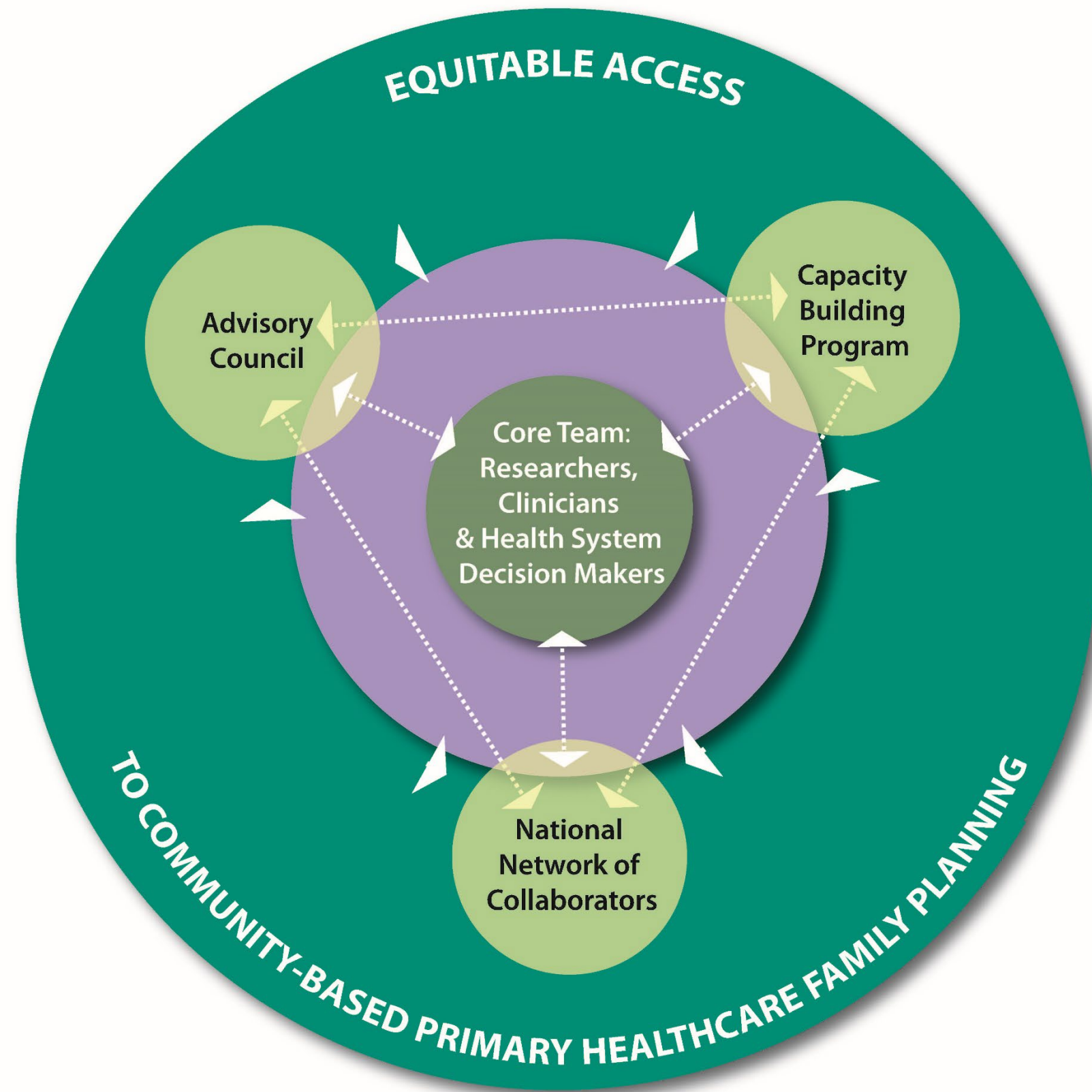
Contraception
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CART-GRAC: The Core Team

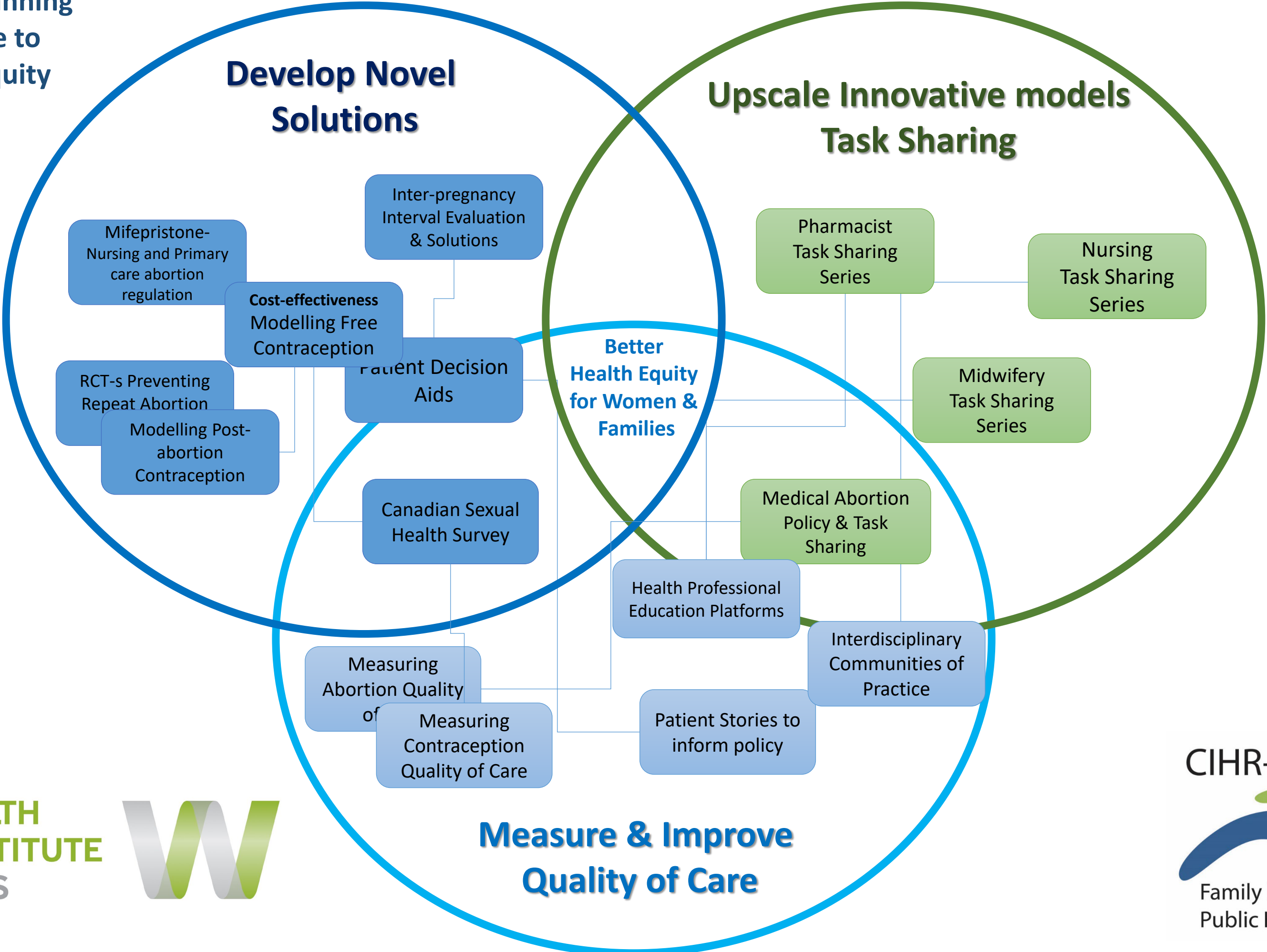






- **Better access to contraception**
- **Better access to abortion**

Chair in Family Planning
policy and practice to
improve health equity



WOMEN'S HEALTH
RESEARCH INSTITUTE
AT BC WOMEN'S

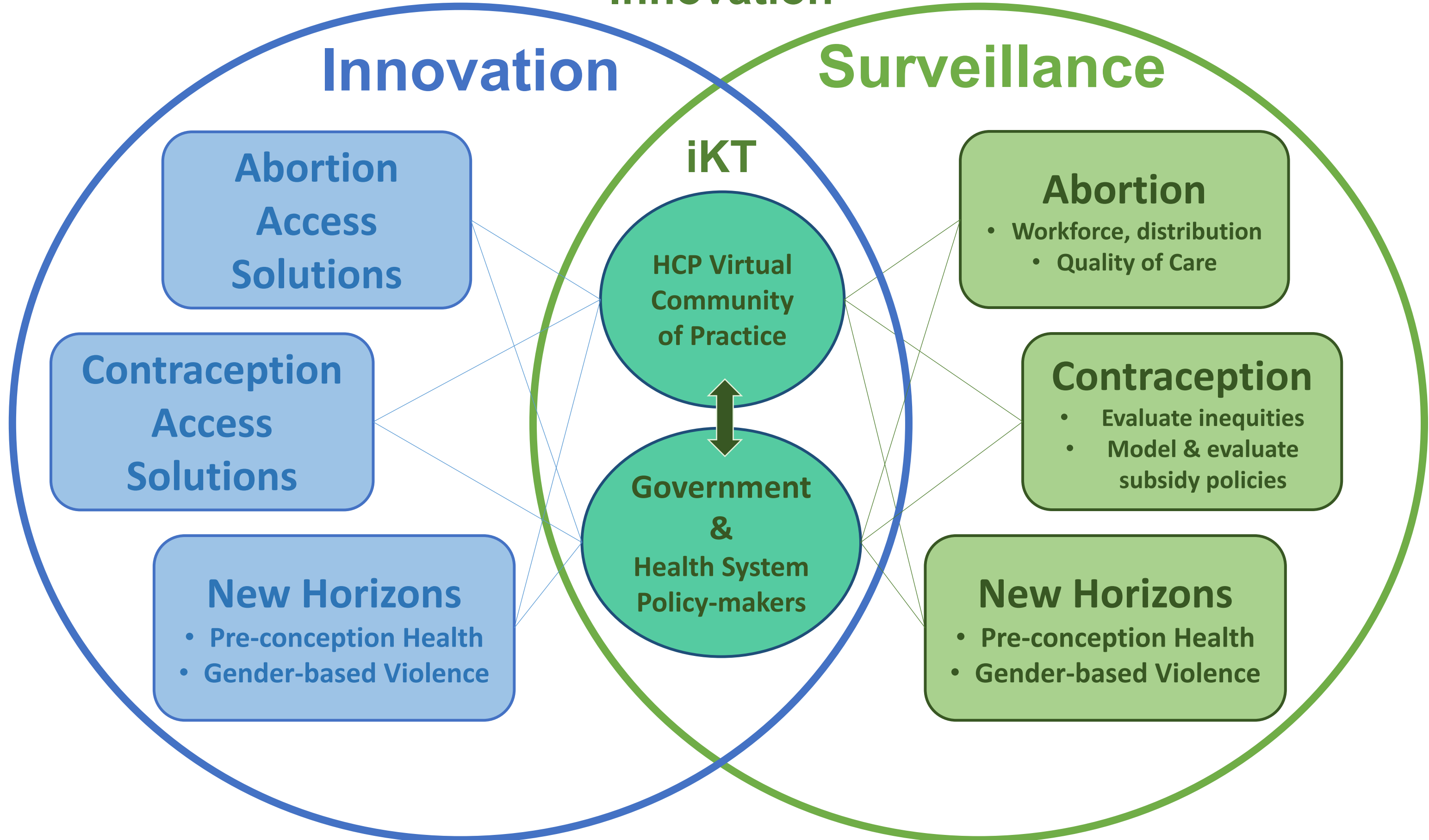


CIHR-PHAC CHAIR



Family Planning
Public Health Research

CRC in Family Planning Innovation



CART-GRAC



Co-Directors
Sarah Munro
Wendy Norman



Director,
Nursing Research

Director,
Midwifery Research

Director, Quebec

Director,
Digital Health Research

Director,
Social Work Research

Director,
Epidemiology

Director,
Global Health Research

Director,
Indigenous Health Research



Martha Paynter



Liz Darling



Carol-Anne Vallée



Abdul-Fatawu Abdulai



Stephanie Begun



Laura Schummers



Roopan Gill



Danette Jubinville

EXPERIENCE GUIDING RESEARCH GUIDING CARE

CART-GRAC
 Contraception and Abortion Research Team / Groupe de recherche sur l'avortement et la contraception

Developing a National Family Primary Healthcare Research Opportunities and Prior Identified Through Stake and Expert Consultation
 Fall 2011

Contraception and Abortion in BC
 Experience Guiding Research

Report of Proceedings
 April 28, 2011

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 BC WOMEN'S HOSPITAL+ HEALTH CENTRE
 An agency of the Provincial Health Services Authority

Contraception and Abortion in BC

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Contraception & Abortion in BC

Experience Guiding Research Guiding Care

2020 THE YEAR of the NURSE & MIDWIFE!



2009

2011

2014

4th BC Women's & CART Meeting
 October 14, 2016

2016

2018

6th BC Women's & CART Meeting
 Friday, March 6, 2020

2020

2022

WOMEN'S HEALTH RESEARCH INSTITUTE AT BC WOMEN'S

EXPERIENCE GUIDING RESEARCH GUIDING CARE

CART-GRAC
 Contraception Access Research Team / Groupe de recherche sur l'accès à la contraception

Developing a National Family Planning Primary Healthcare Research Program

Opportunities and Priorities Identified Through Stakeholder and Expert Consultations

Fall 2011

CIHR IRSC

2011

CART-GRAC

Putting Technology in the Service of Family Planning:

Developing Best Practices for Informing the Public and Training Health Professionals

Event Proceedings: February 26, 2013

CIHR IRSC

2013

Productive Health Industry National Meeting

Wednesday, February 27th, 2013
 8:00 a.m. – 4:30 p.m.
 The Sheraton Gateway Hotel

Recommendations for the Canadian Community Health Survey Content Redesign 2015 Sexual Health Behaviours Module

2013

CART-GRAC
 Contraception Access Research Team

GOVERNMENT REPORT

2014

Defining the CART-GRAC organization: Governing Council, Officers, Membership Privileges and Obligations.

2014



Canadian Centre for Advanced Practice Nursing Research (CCAPNR)

Planning for Canada's NP-Midwife Implementation

Design and Planning Day
 2017 July 21

2017

CART-GRAC
 Contraception Access Research Team / Groupe de recherche sur l'accès à la contraception

Proceedings of a National Research Planning Meeting

PLANNING CANADA'S MIDWIFERY ABORTION IMPLEMENTATION STUDY

Detailing the national meeting of midwifery regulators, associations, academic leaders and practitioners, with Canada's Contraception & Abortion Research Team – Groupe de recherche sur l'avortement et la contraception (CART-GRAC), to determine implementation research strategies appropriate to support the introduction of abortion care within the scope of midwifery

2018



WOMEN'S HEALTH RESEARCH INSTITUTE AT BC WOMEN'S





Canadian Centre for Advanced Practice Nursing Research (CCAPNR)



Optimizing the Nurse Role in Abortion Care

Planning research priorities to support the role of nurses to provide optimal medical abortion care

Design and Planning Day
2019 Sept 14



Optimizing the Nursing Role in Abortion Care: Considerations for Health Equity

Carson A, Paynter M, Norman WV, Munro S, Roussel J, Dunn S, Bryant-Lukosius D, Begun S, Martin-Misener R. Nursing Leadership. 2022;35(1):54-68.



Public Health Agency of Canada

Agence de la santé publique du Canada

Institut national de santé publique Québec



BC Women's Hospital+ Health Centre



BC Centre for Disease Control



WOMEN'S COLLEGE HOSPITAL Health care for women | REVOLUTIONIZED



UNIVERSITY OF TORONTO



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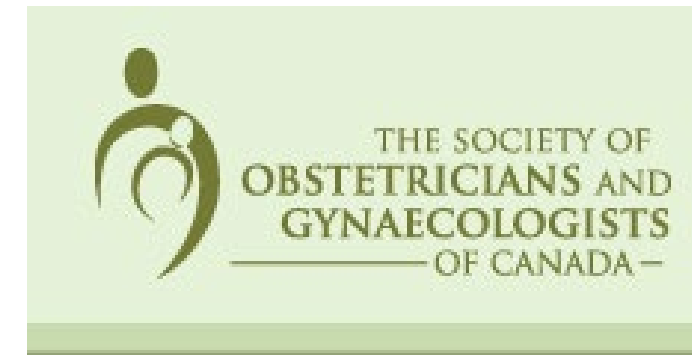
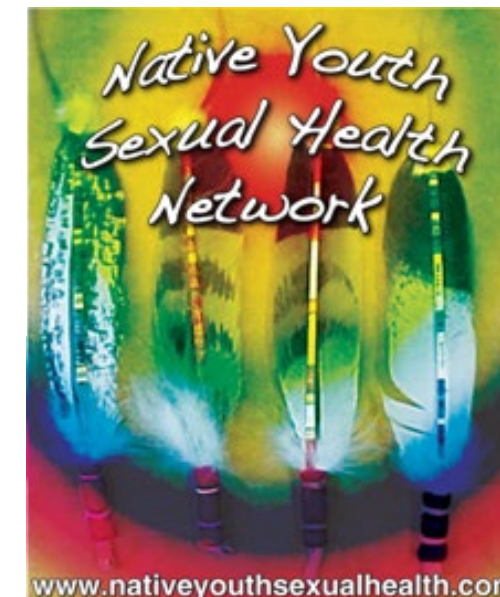
Contraception and Abortion Research Team



Groupe de recherche sur l'avortement et la contraception

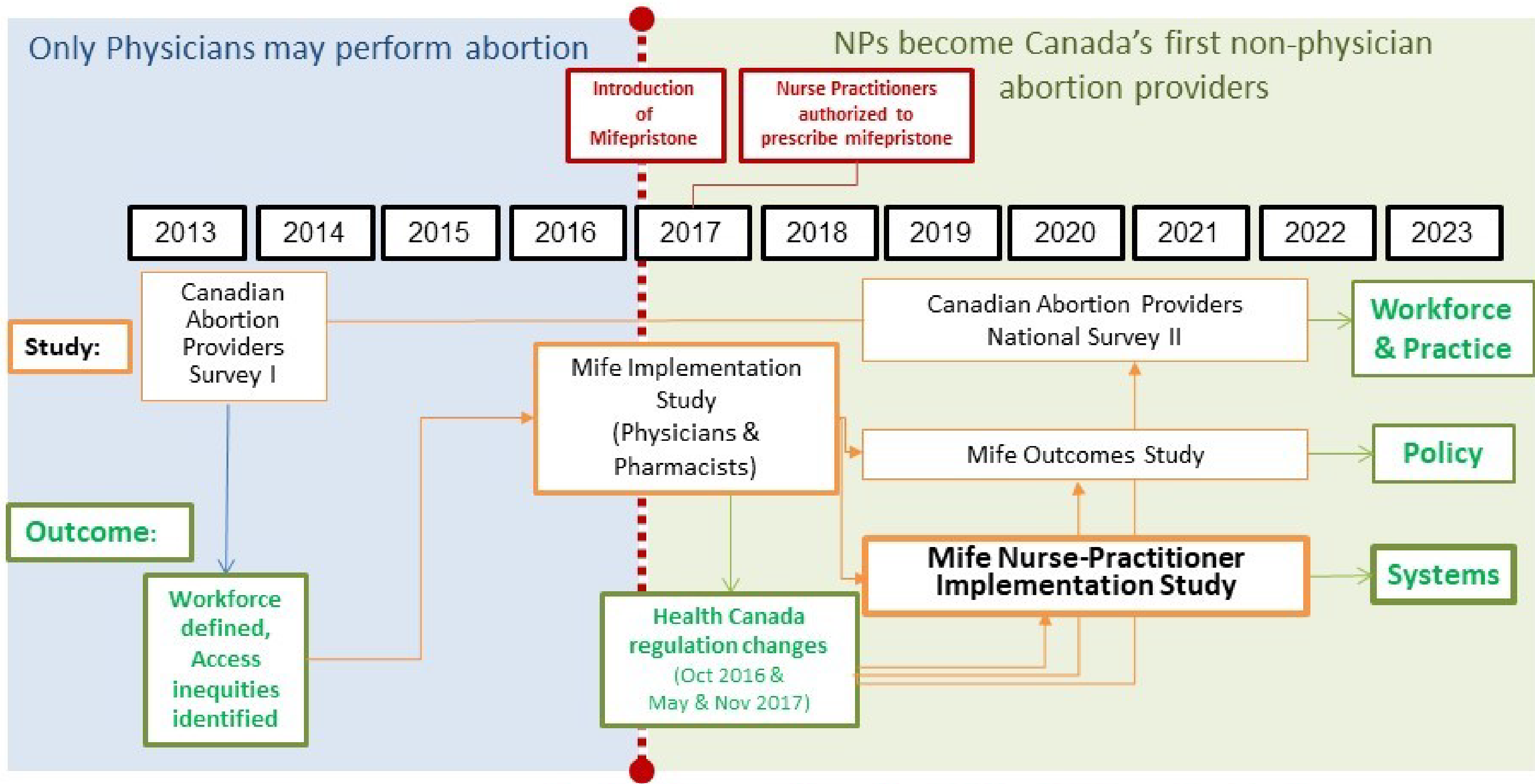


WOMEN'S HEALTH RESEARCH INSTITUTE AT BC WOMEN'S



ASSOCIATION DES PHARMACIENS DU CANADA





Canadian Abortion Providers Survey II -- Identify abortion **workforce** characteristics, clinical practices & resilience
 Mife Outcomes Study- Linked admin database analyses-- Identify **health policy** and systems relation to access, events, and costs
 Mife Nurse-Practitioner Implementation Study – Identify and **mitigate system and practice barriers** to implementation

People

Refer a Colleague

For All Members

Helpful Resources

Take a Poll

Share a Case or Experience

Frequently Asked Questions

Who supplies/pays for Mifegymiso?

Latest News

For Certified Members

Ask an Expert

Locate a Pharmacy

Add a Pharmacy

About

Learn more about the website here.



CAPS CPCA

Canadian Abortion Providers Support
Communauté de pratique canadienne sur l'avortement

Welcome to Canada's online community for health professionals certified to provide Mifepristone.

- Exchange tips, resources, and best practices
- Gain feedback from experts
- Locate pharmacies in your region

Access to this site is restricted to certified Mifepristone providers.

For more information, visit our [About page](#). Get started by visiting

[Helpful Resources](#)

Have you taken the SOGC Medical Abortion Training program?

[No – Take SOGC training now!](#)

[Yes – Take CAPS survey now!](#)

Does your pharmacy provide mifegymiso? If so, please register your pharmacy on our site, using our [Locate a Pharmacy Feature](#)



Weekly Poll

Q: What do you think is the most important reason why a woman may not choose medical abortion over surgical abortion?

- Requirement of several visits
- Lack of immediacy
- Swallowing pills
- Fear of pain

Helpful Resources



People

Add Member

Edit Role

Registration Queue

Email List

Refer a Colleague

Reset Password

For All Members

Helpful Resources

Take a Poll

Discussion room

Locate a Pharmacy

What's happening in your province?

Latest News

Frequently Asked Questions

Below are the different categories of resources available in CAPS. Click on the icons to view the files for each category.



Clinical Guidelines



Tools & Tips



Organizations



Articles



Patient Resources



Canadian Resources



Advanced Nursing Practice Resources



Formulaires en français



THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA



Canadian
Pharmacists
Association

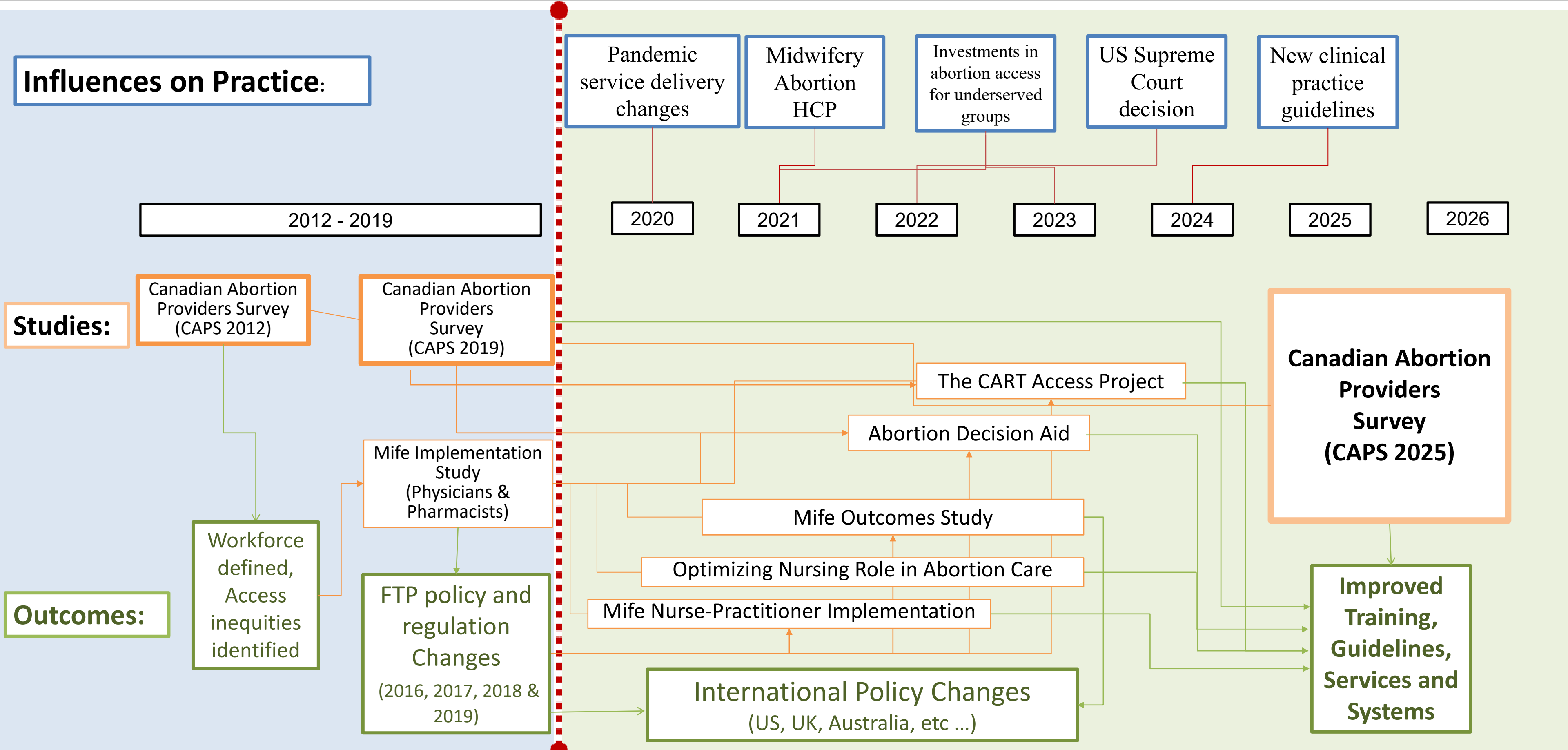
Association des
pharmaciens
du Canada

CART-GRAC

Contraception
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Groupe de
recherche sur
l'accessibilité à
la contraception



Mife Nurse-Practitioner Implementation Study – Identify and **mitigate system and practice barriers** to implementation of **mifepristone** medication abortion
Mife Outcomes Study- Linked admin database analyses - Identify **health policy** and systems relation to access, events, and costs
Canadian Abortion Providers Survey 2019, 2025 - Identify abortion **workforce** characteristics, clinical practices & resilience
The CART Access Project - Advancing access to abortion for under-served populations through tools for healthcare professionals and people seeking care
Abortion Decision Aid – Shared-decision making tool for choice of early abortion method

Health Canada

Sexual & Reproductive Health Fund

\$3.8M
2023-24



CART PROVIDES EVIDENCE TO SUPPORT POLICY

In BC

- Free post-abortion contraception 2016 (modelling- accurate when rolled out)
- Evidence to de-regulate health professional provision of abortion pills 2016
- First Population representative Sexual Health Survey 2017
- Free medical abortion pill 2018 (modelling- more accurate when rolled out than CADTH)
- Universal free contraception for all based on our modelling implemented Apr 2023



Canada

- Expanded range of contraception options for FNIHB status Aboriginal peoples 2012
- Deregulation of mifepristone medical abortion pill 2016-19
- Evidence calling for introduction of subdermal implant contraception 2016-2020
- Evidence for a National Sexual Health Survey 2021-2025
 - Statistics Canada \$7.6M project (modelled on BC Sexual Health Survey)
- Evidence for a National Policy of Universal Free Contraception in Canada



THE UNIVERSITY OF BRITISH COLUMBIA

Wendy Norman

Professor, Department of Family Practice, University of British Columbia

Principal Investigator & co-Director, Contraception and Abortion Research Team

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www.cart-grac.ubc.ca



[@cartgrac](https://twitter.com/cartgrac)

[@wvnorman](https://twitter.com/wvnorman)

Nursing Advances to date:

Canadian and international exemplar nursing policies, systems or services to improve access to contraception & abortion

Paynter

ADVANCING THE NURSE ROLE IN FAMILY PLANNING

Defining priorities for future research and action



PRESENTED BY DR. MARTHA PAYNTER, RN, PHD,
Assistant Professor
Faculty of Nursing
University of New Brunswick, Canada



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@marthpaynter
@wvnorman



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RECENT CRITICAL ADVANCES IN CANADA



Expansion of pharmacist, NP and midwifery prescribing



Approval, availability, public funding and wide uptake of Mifepristone for medication abortion



Approval of Nexplanon contraceptive implant for LARC in 2020

What happened as a result?

Medication abortion up, abortion rate stable, 2nd tri down

Figure 1a. Medication abortions

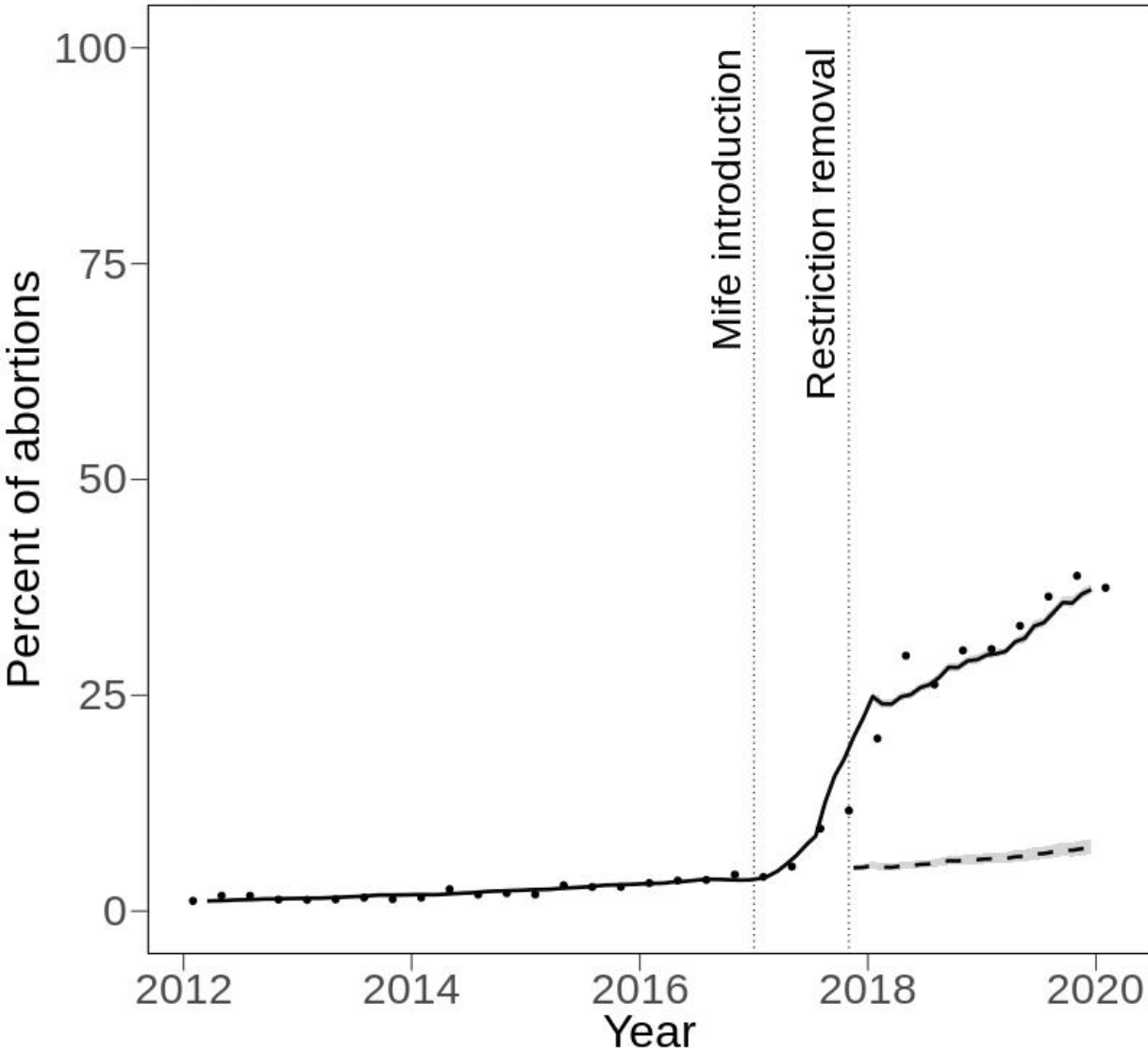


Figure 1b. Monthly abortion rate

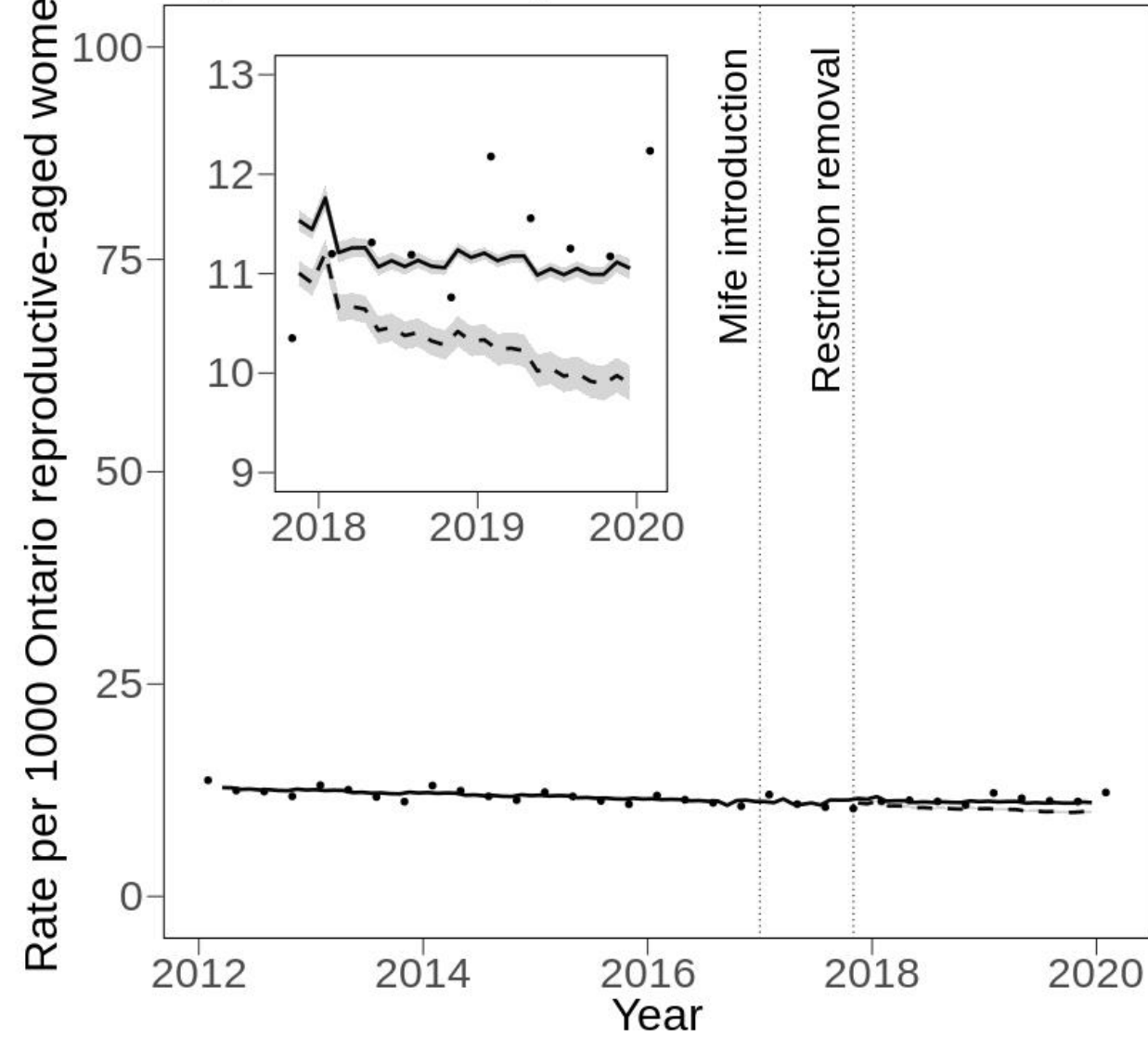
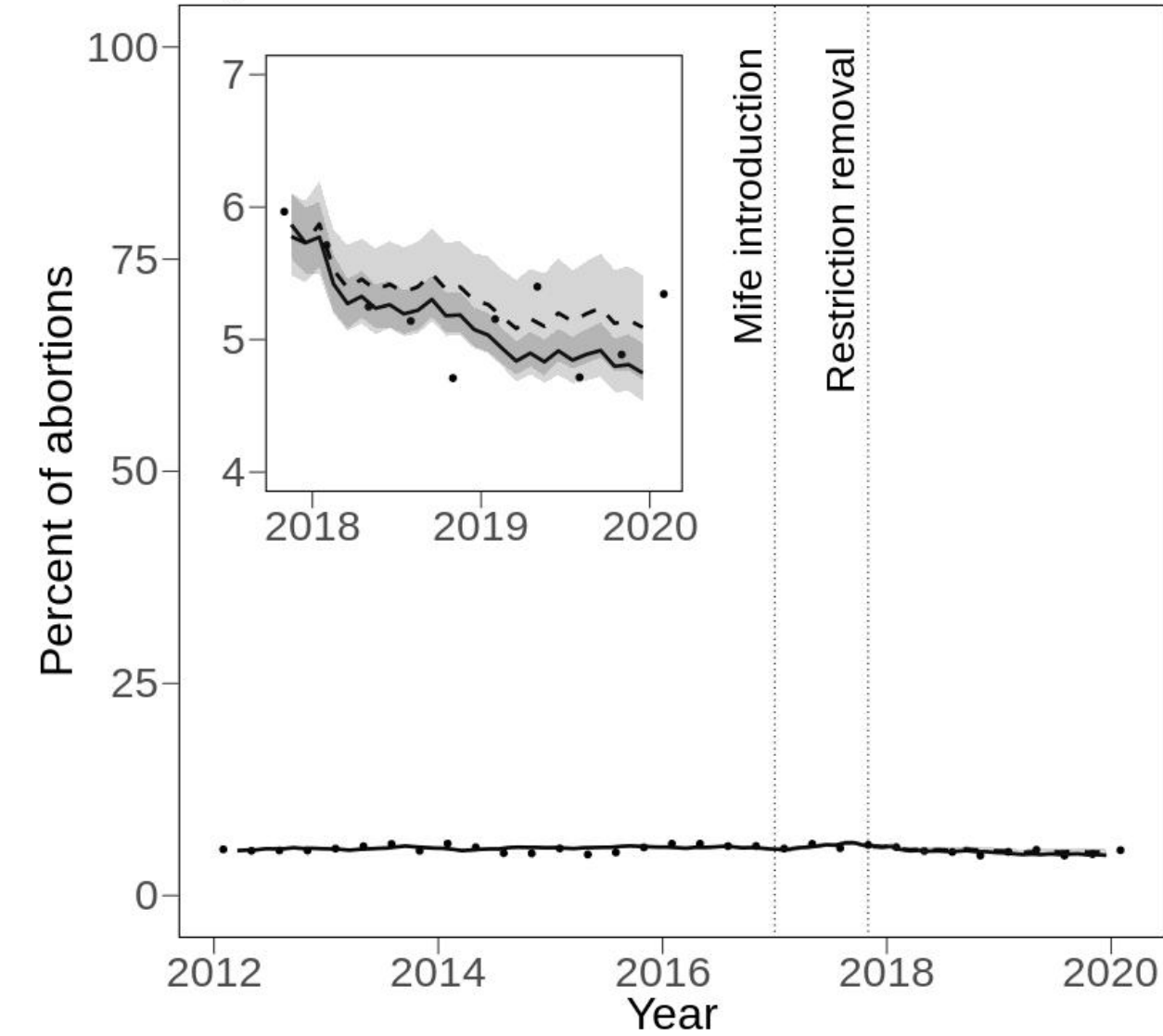


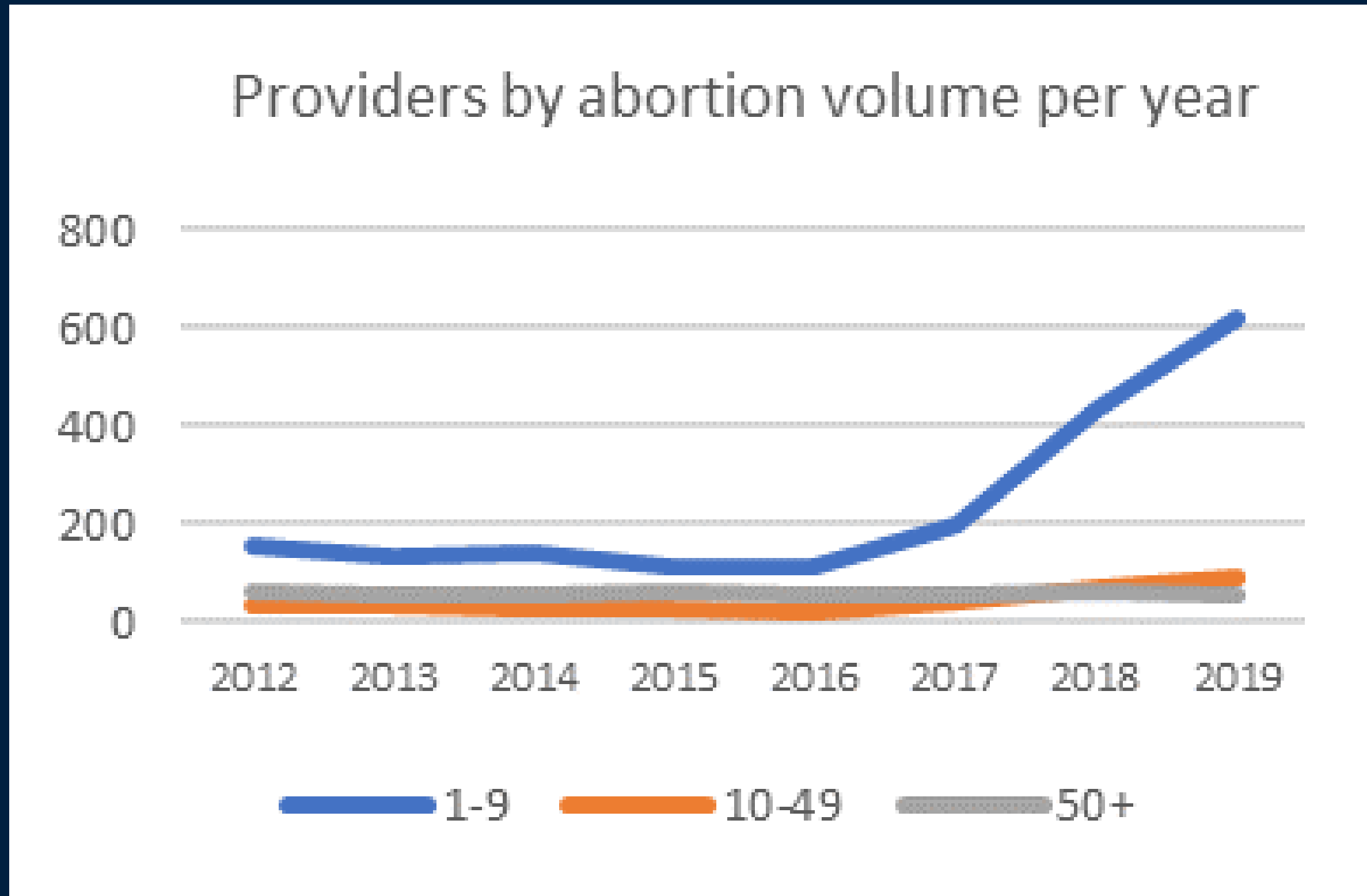
Figure 1c. Second trimester abortions



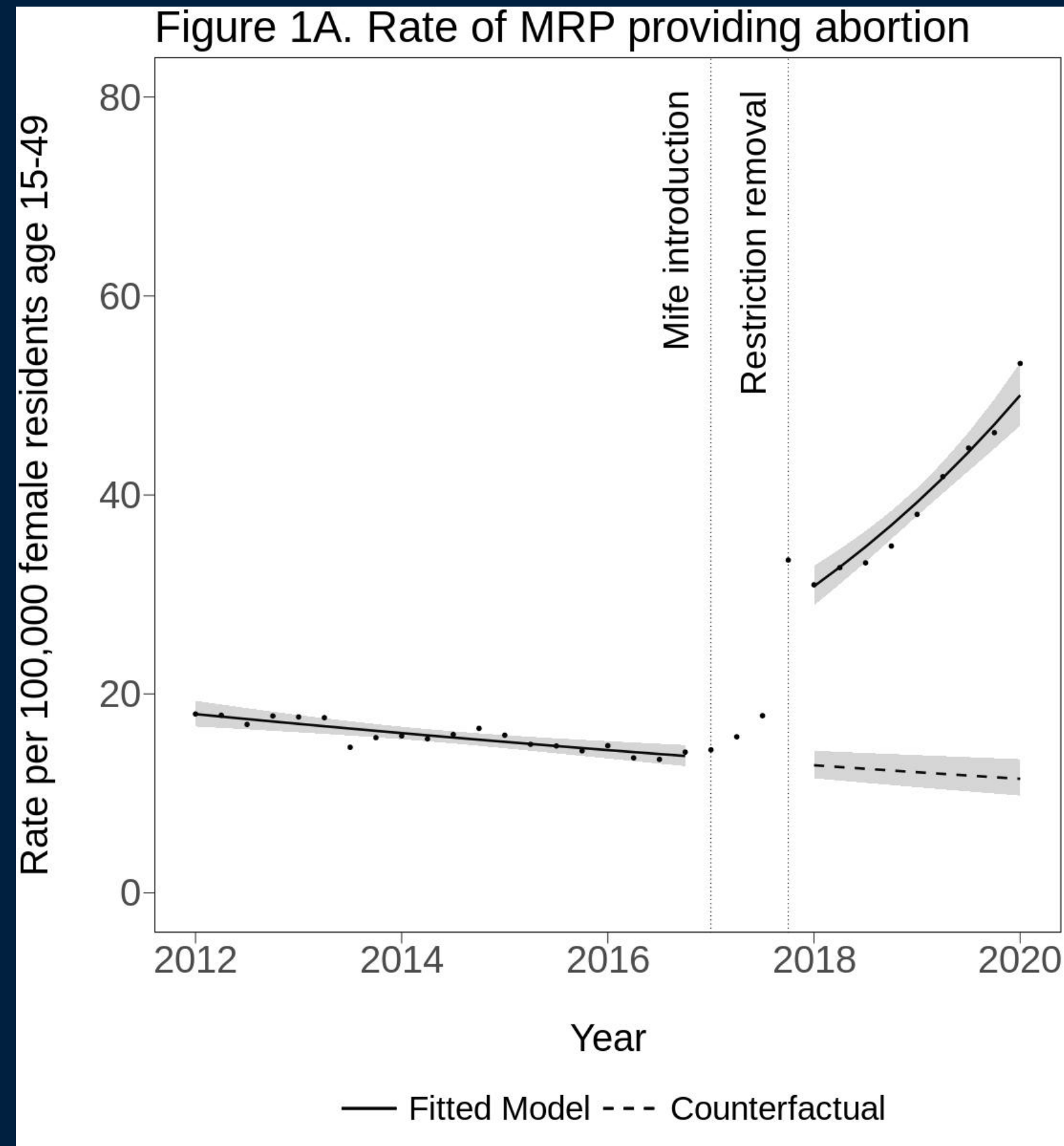
— Fitted Model - - - Counterfactual



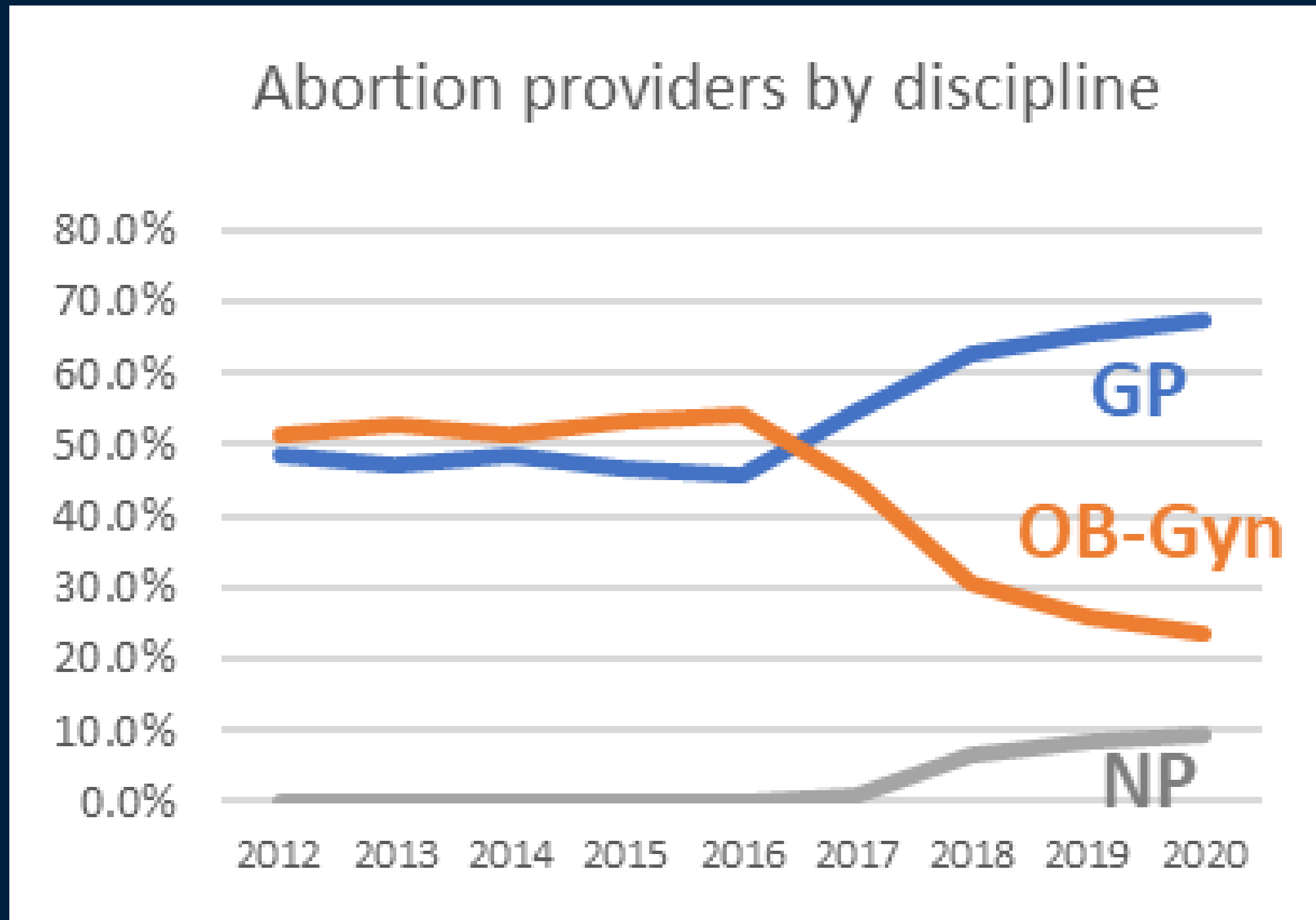
Increasing low-volume providers of abortion



Number of abortion providers climbs 4-fold; 20-fold in rural areas



Changes in dominant discipline among abortion providers



This is amazing! But...

PERSISTENT BARRIERS TO EQUAL ACCESS



Out of pocket expenditures for underinsured, noncitizens, and later gestational duration



Lack of instruction about family planning in health professional programs



Delays in accessing care

So where do we go next ? Registered nurse roles.

WHAT COULD RN DO?



Prescribe contraception



Insert Nexplanon



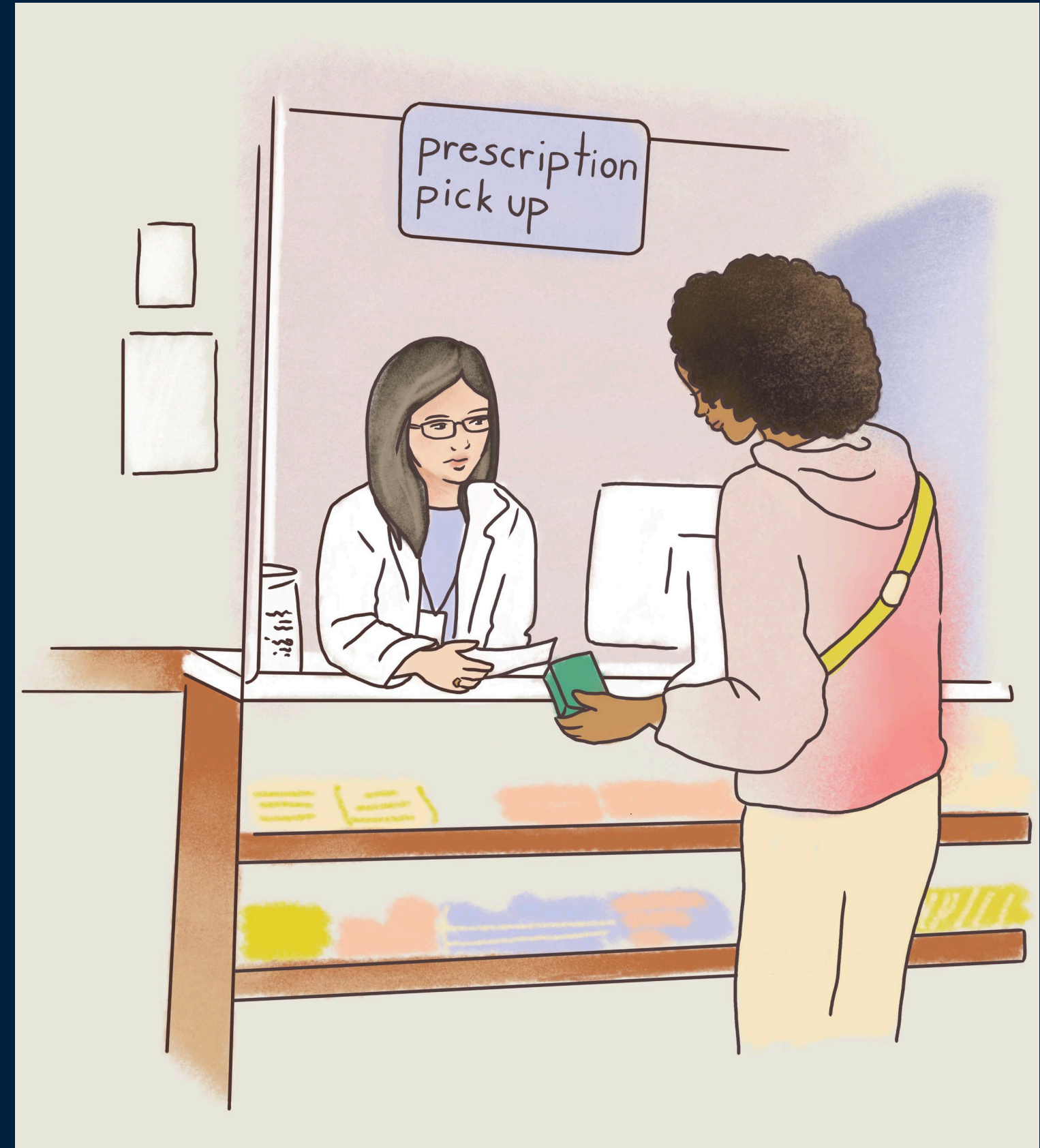
Prescribe medication abortion

Clear evidence of safety and efficacy
Opportunity for Canadian leadership

1. RN PRESCRIBING OF CONTRACEPTION

Pharmacists already are prescribing contraception in X provinces/territories
RN prescribing established in some settings for some medications
Internationally, RNs prescribe contraception routinely (e.g. Colombia)
Contraception increasingly available OTC (e.g. EC, Opill)

RNs are well-positioned to prescribe contraception



BC “CERTIFIED PRACTICE” RNS

BCCNM- approved Certified practice courses

Sole accountability for RN (C) for diagnosis
and treatment of patients

Decision Support Tools (DSTs)



QUEBEC IMPLEMENTED RN RX IN 2016

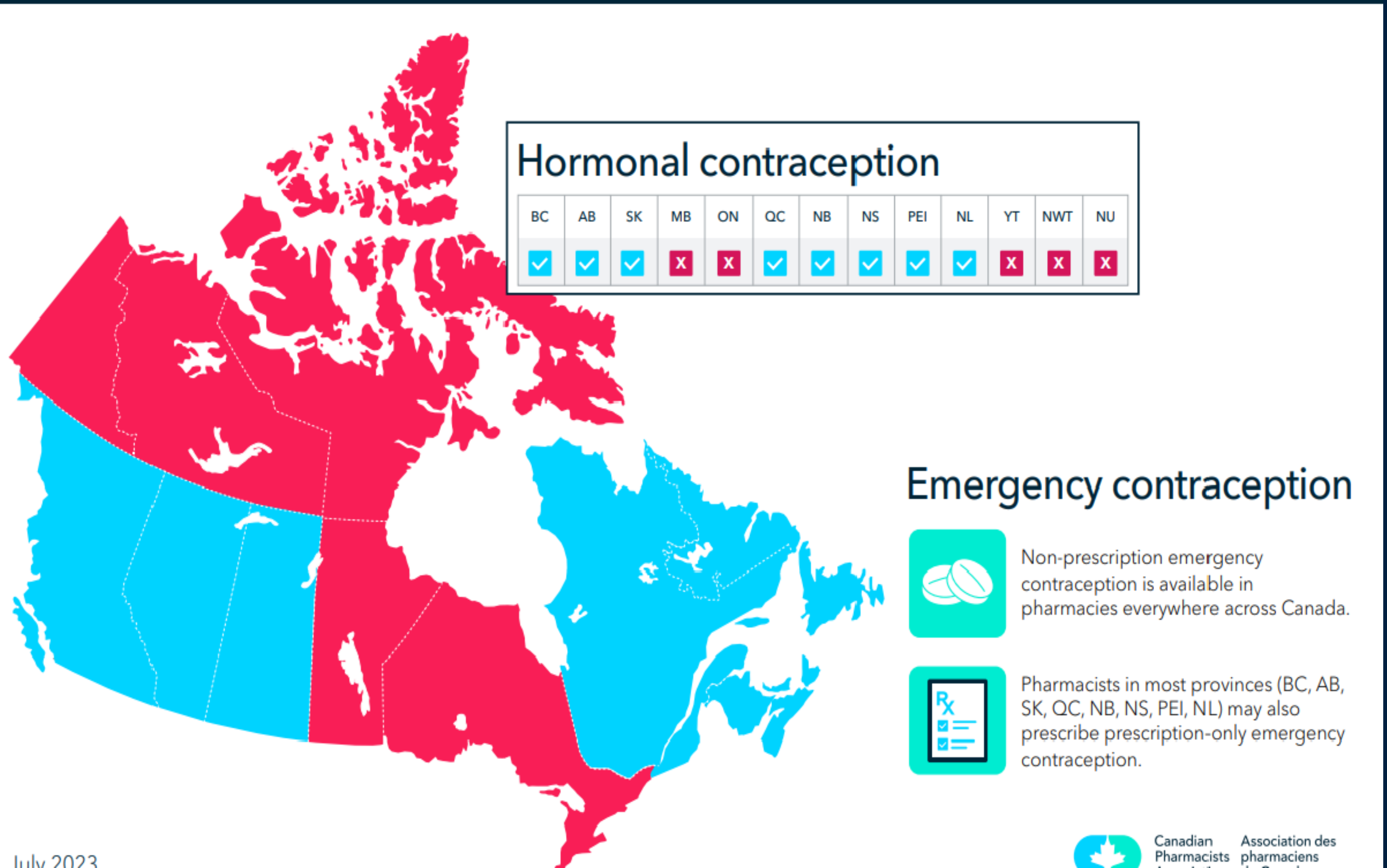
Hormonal contraception “collective” prescriptions available for 6 months;
RN evaluates state of health;
Gives information about birth control methods;
Determines whether there are certain hormonal birth control methods that you should not use;
Helps patient choose the method that best meets their needs;
Gives a form to bring to pharmacy of patient choice

www.cart-grac.ubc.ca

 @wvnorman



Pharmacist contraceptive prescribing across Canada



2. RN INSERTION OF CONTRACEPTIVE IMPLANT

NPs routinely insert implants

Similar to pap test manual skill requiring additional training for RN

RNs performing insertions in Europe, Australia

RNs are well-positioned to insert Nexplanon

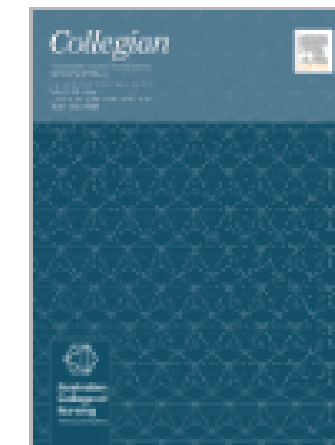




ELSEVIER

Collegian

Volume 28, Issue 1, February 2021, Pages 114-120



Training nurses in contraceptive implant procedures: implications for practice in Australia

[Jessica R. Botfield](#)  , [Sarah M. Wright](#), [Sarah E. Fenwick](#), [Yan Cheng](#)

Show more 

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<https://doi.org/10.1016/j.colegn.2020.04.005> 

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3. RN PRESCRIBING OF MIFEPRISTONE

Nurse practitioners (and in some jurisdictions, midwives) are already prescribing Mife

NPs were quick to uptake

Mife is a safe and effective medication to add to RN prescribing

RNs are well-positioned to prescribe Mifepristone



 OPEN ACCESS  PEER-REVIEWED

RESEARCH ARTICLE

Barriers and enablers to nurse practitioner implementation of medication abortion in Canada: A qualitative study

Andrea Carson , Emma Stirling-Cameron, Martha Paynter, Sarah Munro, Wendy V. Norman, Kelley Kilpatrick, Stephanie Begun, Ruth Martin-Misener

Published: January 26, 2023 • <https://doi.org/10.1371/journal.pone.0280757>

SUMMARY

In Canada, the approval of mifepristone and its implementation across primary care shifted the family planning landscape. Additional barriers to access could be improved by enhancing nurse roles:

- 1) RN prescribing of contraception
- 2) RN insertion of contraception implants
- 3) RN prescribing of medication abortion

CART has the approach, experience and expertise to generate evidence to propel these developments in RN scope.



Round Table Poll

Potential gaps and opportunities to leverage Nursing skills to advance to improve access to contraception and abortion policy, systems and services

General Discussion

Potential gaps and opportunities to leverage Nursing skills to advance to improve access to contraception and abortion policy, systems and services

Rank Priority Opportunities

**Potential gaps and opportunities to leverage
Nursing skills to advance to improve access
to contraception and abortion policy,
systems and services**

Meeting Summary

Paynter

Next steps

Norman

THANK YOU!