

# HIV Provider-led Reproductive Health Visits to Increase Contraception Counseling Among Persons with HIV

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# Introduction and Methods

- Unintended pregnancy is associated with lower rates of viral suppression at delivery and higher perinatal HIV transmission
- Unfortunately, fertility desire is not routinely addressed in HIV care
- In our Ryan White Clinic in the Southeastern U.S. the percentage of people who could become pregnant and had **no form of contraception** rose from 13% to 22.5% between 4/2020-4/2021
- **Using a “Model for Improvement” framework we completed multiple PDSA cycles with the overall aim of increasing equitable access to reproductive health preventive care and affordable contraception for individuals living with HIV that can become pregnant between 2/1/2022-7/1/2022.**

# Key Drivers of Reproductive Health Maintenance in HIV Care at UNC ID

## Aims

By July 1st, 2022, we will decrease the percent of individuals that can become pregnant ages 18-45 on no contraception from 22.5% (33/147) to 17%

## Key Drivers

Limited assessment and inconsistent documentation of reproductive health maintenance among HIV providers

Unreliable reproductive health maintenance tracking for patients and providers

Limited access to reproductive specialty care

Lack of trust of outside providers

## Change Ideas

Survey HIV providers about barriers to discussing contraception and providing pap smears and STI testing

Survey patients about preferences and barriers to reproductive health maintenance

Provide patient centered reproductive wellness tracking cards to patients with dates of appointments & screenings

Pull data from state HIV patient data tracking system of patients due for reproductive health maintenance screenings

Establish a reproductive health preventive care visit within our Ryan White HIV care clinic

# Results-Qualitative Survey of Key Informants (PLWH that can become pregnant)

Who do you prefer to go to for your reproductive health visits? Ob/Gyn, PCP or HIV provider?

“My HIV provider is my PCP”

“What’s the difference?”

“I go to the health department for birth control, it’s easier”

Any barriers to staying up to date on your reproductive health maintenance?

“I don’t know”

“No barriers, but I think I need a pap since he’s seeing me virtually”

“No barriers, I think I’m up to date”

# Results-Quantitative Survey of HIV Providers

How comfortable do you feel talking to individuals that can become pregnant about contraception and reproductive health maintenance?

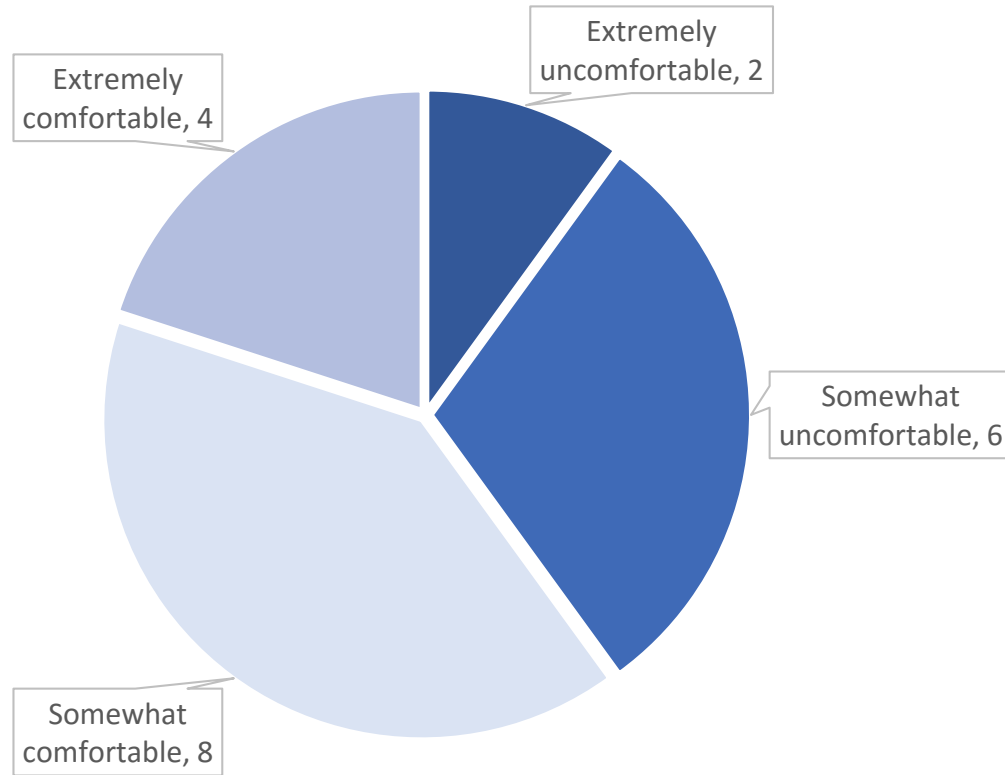


Figure 1. Survey responses of 20 providers to question; How comfortable do you feel talking to individuals that can become pregnant about contraception and reproductive health maintenance?

In regards to pap smears and contraceptive counseling, would you prefer to provide yourself or refer out?

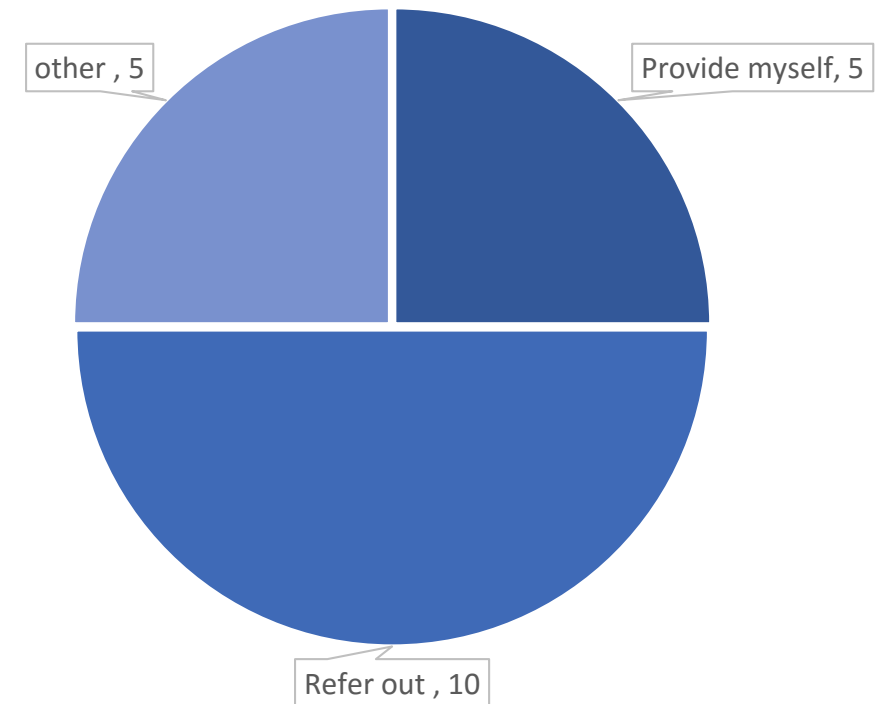


Figure 2. Survey responses of 20 providers to question; In regards to pap smears and contraceptive counseling, would you prefer to provide yourself or refer out?

# Results

- A reproductive wellness tracking card was developed to;
  1. Increase discussion between providers and patients about reproductive health maintenance
  2. Give patients increased agency to keep track of their reproductive health maintenance including, family planning, cervical and breast cancer screenings

<b>Birth control</b>		<b>Inner Top</b>	
<input type="checkbox"/> Pills	<input type="checkbox"/> None		
<input type="checkbox"/> Ring	<input type="checkbox"/> I want more info		
<input type="checkbox"/> My IUD or Nexplanon was placed	<input type="checkbox"/> Not interested		
_____			
<input type="checkbox"/> My next Depo shot is due	Take a picture of me in case you lose me!		
_____			
<b>Pap Smear</b>	<b>Mammogram</b>		
My last pap was	My appt. is on	My next scan is due	
_____	_____	_____	
My next pap is due	My last scan was		
_____	_____		
		<b>Inner Bottom</b>	
		<b>Outer Front</b>	
			
We are here to help! Call us at 984-974-7198 or visit: <b>myUNCChart™</b>			
		<b>Outer Back</b>	

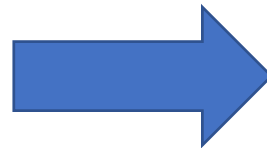
There have been 77 recipients of the wellness tracking card to date

Percentage of individuals who can become pregnant 18-45 with no contraception reduced from 22.5% (33/147) to 18.4%(27/147) by July 1, 2022

# Conclusions & Next Steps

## Conclusions

- Key informants surveyed saw HIV providers as their PCPs
- Almost half of HIV providers surveyed were **somewhat or extremely uncomfortable** discussing contraception or reproductive health with their patients
- Reproductive wellness tracking cards were easy to distribute to patients. However, it is yet to be seen if the cards improve reproductive health maintenance tracking or increase reproductive health discussions between patients and providers.
- 6 women chose a new form a birth control; condoms(3) IUD(1), OCPs (1), hysterectomy (1).



## Next steps

- Survey recipients of the reproductive wellness tracking cards about utility and sustainability
- Increase tracking of reproductive health maintenance among HIV provider patient panels and inform providers of gaps in care.
- Increase use of reproductive preventive care visits to reduce reproductive health maintenance gaps including family planning and cervical and breast cancer screening