

# EMPOWERED in General Practice

**Evaluating the Effectiveness of  
Education through online Media  
around Pregnancy planning and  
cOntraception for Women's  
EmpoweRmEnt in Diabetes in General  
Practice: a feasibility, acceptability  
and efficacy study**

CRTCOS 00026A



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# Who are we?

A/Prof Emily Hibbert



Endocrinologist,  
Nepean Hospital

Prof Kirsten Black



Gynaecologist  
Prof of Sexual &  
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3<sup>rd</sup> year medical student  
MD project

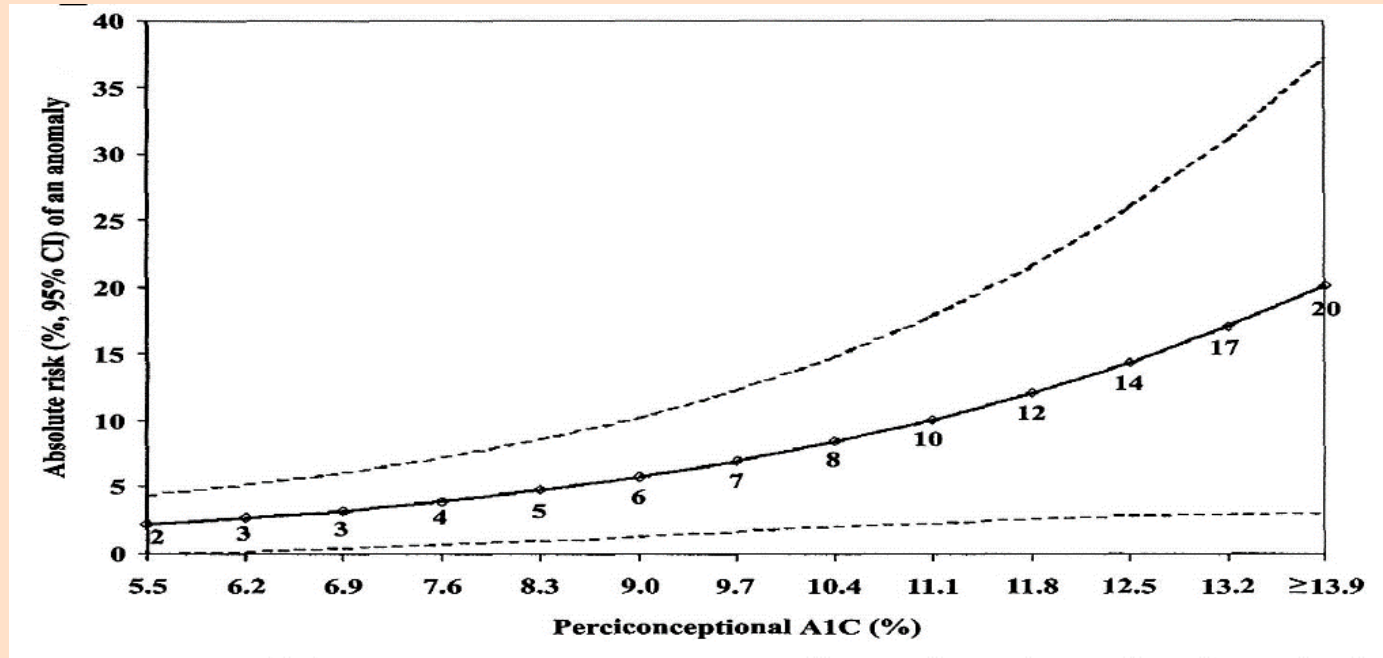
## What are we aiming to do?

*For women with diabetes, can we help improve their knowledge around contraception and pregnancy planning, their behaviour in this area and pregnancy outcomes ?*



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# Why are we doing this?



**Figure 1: The exponential increase in absolute risk with elevated periconceptional HbA1c**

Guerin, A et al 2007. *Diabetes care*.



# How do we plan to improve contraception, pregnancy planning & pregnancy outcomes in women with diabetes?

Through intervention with:

- **A brief structured conversation initiated by General Practitioners (GPs) around contraception and pregnancy planning and**
- **GP Referral to 2 online education videos on these topics (which we co-developed with Diabetes Australia and women with diabetes)**

## Why GPs?

## Who are we seeking ?

**5 General Practitioners/General Practices in the Nepean Blue Mountains area** who/ which see women with diabetes of reproductive age and would be interested in participating.

Not every GP in a practice needs to participate.

# What would participating involve for you?

- **Co-designing a brief structured conversation** around reproductive planning with women with diabetes & the research team
- **Identifying women of reproductive age with pre-existing diabetes in your practice** & inviting them to participate
- **Initiating the reproductive planning conversation & referring women to 2 education resources (videos and a booklet)** on the NDSS website.
- **Using a simple reproductive planning decision tool** to determine next steps, tailored to women's individual needs.
- **Collecting data on the reproductive planning conversation.**
- **Attending a focus group or semi-structured interview** ( $\leq 2$  further meetings  $\leq 1$  hour)



# What will the research team contribute ?

The research team will:

- **Audit participating GPs' electronic medical records for contraceptive use and methods** in participating women with diabetes pre- and post-reproductive planning conversation, as well as other markers of pregnancy planning, where relevant, and pregnancy outcomes.
- **Evaluate women participants' knowledge on contraception and pregnancy planning through pre and post intervention online surveys** distributed directly to their phones/ emails.
- **Evaluate feasibility and efficacy of the intervention** in consultation with participating GPs and women.



# What's in it for you?

## If you wish to participate in this study :

- You will be compensated for your time in group meetings or interviews about the study (\$165 per hour for up to a maximum of 3 meetings).
- The 5 participating General Practices will be compensated \$1000 each for administrative work associated with the study in payments over the study period.
- The project and the associated audits may be eligible for **CPD hours** under the **Measuring Outcomes CPD activities** eg. *Evaluating your patient care or practice-based processes can be done in many ways. You can conduct a mini audit over a fixed period or choose a number of patients. As few as 5-10 patients will provide enough data for you to review, depending on what you want to achieve.*
- **Most importantly, you may help improve pregnancy outcomes for women with diabetes!**



# How to get involved?

QR code for Study Flyer for GPs



## Who to contact?

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## Questions?

*Come and talk with us at the stand outside the presentation room.*



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