

## EDUCATION SPOTLIGHT...



### **Nese Yuksel, BScPharm, PharmD, FCSHP, NCMP CSHP Foundation Education Grant Recipient**

***“The development of a combined hormonal contraceptive practice tool for pharmacists will provide an accessible, practical, and easy to use practice tool to support pharmacists at the point of care with patients.”***

*Co-applicants: Anne Marie Whelan, BScPharm, PharmD, FCSHP*

#### **Project Summary**

Effective contraception, such as combined hormonal contraceptives (CHC's), are underutilized in Canada for a variety of reasons. As a result, our team recognized the need to support our colleagues with the management of CHCs at the point of care with an accessible, practical and easy to use practice tool.

#### **What gap did you see in your practice that led to this project?**

Pharmacists can now initiate a prescription of CHC's in most Canadian provinces because of pharmacists expanding scope of practice. It is now recognized that pharmacists are a convenient, approachable and reliable healthcare provider to support women with their contraception decisions.

There are currently several barriers for women to obtaining or continuing effective contraceptives, including women not being adequately informed and issues of access. The Practice Tool for CHC has been designed to support pharmacists with prescribing and initiating CHCs and managing ongoing therapy. The Practice Tool includes four sections: Step 1: Assess if CHC is appropriate; Step 2: Initiate a CHC product; Step 3: Patient education; Step 4: Follow-up monitoring.

#### **How will this project impact pharmacy practice and/or care of patients?**

This Practice Tool offers a framework for pharmacists to manage CHC including assessing patients, decision making and choosing a CHC, patient education and follow-up. It is our hope that this tool will provide a guide for pharmacists when prescribing CHC and supporting patients with CHC.

#### **What did you learn that you weren't expecting?**

The process of development of the practice tool took time and patience and involved multiple drafts and revisions. The expert reviews, as well as the pilot evaluations with the pharmacists provided very helpful and insightful comments and suggestions, which we were able to incorporate into future drafts.

The development team consisted of myself, Dr Anne Marie Whelan and Christine Maslanko. We also wanted to give a shout out to all the pharmacy students who were involved in the development of the CHC Practice Tool over the years. Special thank you as well to all of the expert reviewers and pharmacists who took part in the evaluation, Christine Maslanko, Dr Judith Soon for the initial review of the tool and Broken Arrow Solutions for the graphic design.

#### **Where should people go to learn more about this topic if they are interested?**

Individuals interested in learning more about our practice tool are welcome to contact me at [nese.yuksel@ualberta.ca](mailto:nese.yuksel@ualberta.ca). A recent publication in January 2024 in the Canadian Pharmacists Journal presented a case highlighting how to use the CHC Practice Tool. The publication can be found by visiting <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10729716/>.

The development of the CHC Practice Tool could not have been achieved without the support of the CSHP Foundation for their financial support.

**The role of the hospital pharmacist is changing; research and education will support the change.**

**CSHP Foundation grant and scholarship recipients are changing the face of pharmacy practice.**

**Find out more at [www.cshpfoundation.ca](http://www.cshpfoundation.ca).**