



THE **LET'S TALK** **BIRTH CONTROL** STUDY

Opportunity to Participate in an Evaluation of a Contraceptive Decision Aid

Why Participate?

Access to contraception is a key component of preventive health care, but contraceptive care is often inaccessible to adolescents (15-24 years of age). Community health centers are the largest primary health care system in the United States and serve over 2.4 million female adolescent patients per year, most of whom represent under-resourced groups. Community health centers are therefore uniquely positioned to improve delivery of contraceptive services to adolescents. The innovative intervention *Let's Talk Birth Control* (referred to as "*Let's Talk*") consists of a contraceptive decision aid (CDA) and an online provider training, concrete tools to strengthen patient-centered contraceptive counseling for adolescents. By participating in the evaluation of *Let's Talk*, health centers can help determine if this new care model is effective at increasing patient-centered contraceptive counseling and use of preferred contraceptive method among adolescents.

Health centers who participate in this study will receive:

- **Up to \$10,000 stipend**, paid in installments at the start and completion of the intervention.
- An orientation to the *Let's Talk* intervention and evaluation.
- Printed English and Spanish versions of the *Let's Talk* CDA for participating sites.
 - Sites randomly selected to standard of care will receive the printed materials once their participation in the study has concluded.
- Access to the online *Let's Talk* provider training. A "provider" is broadly defined as anyone who provides counseling to adolescent patients within a health center (e.g., physicians, advanced practice clinicians, registered nurses, medical assistants, health educators).
 - Sites randomly selected to standard of care will receive access to the online training once their participation in the study has concluded.
- Continuing medical education (CME) credits to providers who complete the *Let's Talk* training.
- Aggregate study findings of enrolled adolescents at the end of the intervention period.

About the Study

University of California San Francisco (UCSF) School of Medicine and Child Trends are implementing and rigorously evaluating *Let's Talk*. *Let's Talk* is a multi-level intervention addressing adolescents and providers that includes both in-person and online components and is feasible to implement in clinical settings. The intervention includes the following:



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1. A printed CDA designed for adolescents that addresses seven key factors salient to contraceptive decision-making.
2. An online training for providers on patient-centered contraceptive counseling, including how to use the CDA during clinic visits to support shared decision-making with adolescent patients.

All study procedures are approved by the Child Trends Institutional Review Board.

Which Health Centers Can Participate?

We will partner with ~30 health centers across the United States to enroll 1,500 female adolescent and young adult patients, aged 15-24 years, who are visiting a participating health center for a wellness visit or sexual and reproductive health services. Health centers will be selected for participation based on adolescent patient volume and health center interest and capacity. Participating health centers will be randomly selected to either receive the *Let's Talk* intervention or to continue with standard of care. All participating health centers must be:

- Not currently implementing a sexual and reproductive health training initiative focused on patient-centered care (for example, partnering with Upstream)
- Not currently using a CDA with adolescent patients

What Will Be Expected of Participating Health Centers?

All participating health centers will:

- Sign a memorandum of understanding with Child Trends
- Implement either *Let's Talk* or standard of care
- Identify at least two practice site locations to participate in the study
 - One practice site location may be feasible if your health center only has one location
- Identify a health center staff member for each site who will serve as a primary point of contact
- Support recruitment of approximately 50 female adolescent and young adult patients

All practice site locations participating in the study will be asked to:

- Have front desk receptionists, medical assistants, and any other staff who may be involved in recruitment and enrollment participate in a 45-minute virtual orientation with the study team
- Have points of contact at each site regularly check-in with the study team during recruitment and enrollment



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- Provide potentially eligible adolescent patients with a one-sentence verbal introduction of the study and ask them to scan a QR code that will link to information about the study
- Allow participants time in the waiting room/exam room to complete an eligibility screener, consent form, and baseline survey (approximately 10 minutes) on their personal device
- Attend regular virtual meetings with the study team

For health centers randomly selected to implement *Let's Talk*, practice site locations will additionally be asked to:

- Implement the asynchronous online *Let's Talk* provider training (approximately one hour) with all providers who counsel adolescent patients in advance of patient recruitment
- Distribute the *Let's Talk* CDA to enrolled adolescent patients to review on their own in the exam room *alone* before seeing their provider
- Have providers initiate a discussion about contraception with enrolled adolescent patients *using the CDA*
- Have providers complete a very brief fidelity log after each enrolled patient visit

Timeline

We anticipate health center participation in the study will last 6-12 months depending on patient volume. If you have any questions or are interested in participating, please contact UCSF's Outreach Lead, Julia Fritz at Julia.fritz@ucsf.edu.

