



## 5 Steps to Increase Same-Day Access to LARC

If your office or health system is interested in increasing same-day access to long-acting reversible contraception (LARC), consider these 5 steps to guide your work.

### > Step 1

Solicit input from internal staff (finance, pharmacy, operations, etc.), and external contacts (pharmaceutical representatives and insurers) to identify barriers to provision of same-day LARC and initiatives that could be undertaken collaboratively to make this model successful.

- Discuss the concerns – both clinical and operational – that prevent implementation.
- Identify areas for improvement and possible discounts or processes that can help support implementation.
- Get necessary approval to begin or expand upfront purchasing of LARC.

### > Step 2

Analyze billing data to understand how many LARCs are used quarterly and how long it takes manufacturers to supply product once ordered.

- Based on these figures, determine how many of each type of IUD and how many implants are needed for a typical month of services.

### > Step 3

Coordinate with necessary finance and operations staff and sales representatives to order appropriate stock of LARC for office and to store boxes in an accessible location upon delivery.

- Due to the high cost of these devices, some practices will choose to keep their supply locked.
- Ensure that all the devices are well-labeled so that staff do not inadvertently open the wrong product.

### > Step 4

Modify office scheduling to accommodate this change in patient flow and provide links to materials for patients to review prior to appointment to prepare them for contraceptive counseling and potential LARC insertion.

- For example, a schedule might begin with a patient meeting a provider for counseling and, once shared decision-making has occurred and the patient has chosen a LARC, signing of consent forms and a urine pregnancy test (if needed) are completed. While patient provides sample and changes for appointment, staff can prepare procedure room and perform pregnancy test and the provider can complete a shorter patient visit before the insertion.

### > Step 5

Develop a spreadsheet to monitor LARC utilization over time and project future stocking needs. Document challenges with same-day visit model to be addressed with key staff. Use these tools and input from staff to complete process improvement measures. Questions to consider might include:

- What questions do providers and patients have about the process?
- What strategies are in place to increase access while keeping patient choice and education at the center of care?
- What quality and fiscal impact can be seen from implementation?