

Contraception Essentials in Primary Care



Dates and Times:

- Part 1: Wednesday, March 4 2026
6:30pm – 9:00pm (AEDT)
- Part 2: Wednesday, March 11 2026
6:30pm – 8:30pm (AEDT)



Location: Online via Teams



Suitable for: (but not limited to) GPs, Nurses, Nurse Practitioners, Midwives and Practice Nurses working in primary care settings.

Increase your knowledge and confidence in discussing the benefits of Long-Acting Reversible Contraception (LARC) to reduce the incidence of unintended pregnancy amongst their patient population.



Featured speakers

- **Cherie Bennett** | Nursing Policy & Advocacy Lead & Medical Educator | ASHM/Clinical Nurse Specialist (Sydney Sexual Health)
- **Regan Chesterfield** | Regan Chesterfield | AHPRA Endorsed Nurse Practitioner, Sexual Health
- **Angela Smith** | Senior Medical Officer | Metro North Sexual Health and HIV Service



Learning Outcomes

1. Discuss available contraceptive methods' safety, efficacy, and side effects.
2. Implement a contraception consultation framework that demonstrates patient-centred shared decision-making.
3. Outline common issues and side effects that arise in contraceptive care.
4. Propose strategies for breaking down barriers to contraception access.

This training is endorsed by RACGP, ACN, and APNA as a CPD activity for 5 CPD hours. See website below for more details.

More information



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