

# Contraception Essentials in Primary Care

**Date & Time:****Part 1:** Monday 30 November 2026

- 6:30pm – 9:00pm (AEDT)

**Part 2:** Monday 7 December 2026

- 6:30pm – 8:30pm (AEDT)

**Location:** Live Online – Zoom**Suitable for:** GPs, Nurses, Nurse Practitioners, Midwives and Practice Nurses working in primary care settings

Through case studies, presentations, group discussion and online learning the Contraception Essentials in Primary Care course will increase primary care providers' knowledge and confidence in discussing the benefits of Long-Acting Reversible Contraception (LARC) to reduce the incidence of unintended pregnancy amongst their patient population. This course will be particularly relevant for, but not limited to, general practitioners, nurse practitioners, and practice nurses working in primary care settings.



## Learning Outcomes

It is expected that after completing the course, attendees will be able to:

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



## Featured speakers

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

**RACGP** CPD Provider

**RACGP:** This is an approved activity under the RACGP CPD Program. Activity number 455466.  
4 Educational Hours / 1 Performance Review Hours

**APNA:** This activity has been endorsed by APNA according to approved quality standards and criteria. Completion of this educational activity entitles eligible participants to claim 5 CPD hours



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