

FPA HEALTH

FPA Health (formerly Family Planning NSW) has been providing reproductive and sexual health services in New South Wales for nearly 80 years. Services include health promotion, professional education, research, training and clinical services.

FPA HEALTHLINE

FPA Healthline is a confidential telephone information service providing evidence based information to both health professionals and health consumers on a wide range of reproductive and sexual health topics. The service is staffed by clinical nurse specialists.

FPA HEALTH LIBRARY

The FPA Health Library contains a unique collection of books, journals and reports focusing on sexual and reproductive health. It facilitates access to a variety of electronic information sources such as Medline, CINAHL, the Cochrane Library and the library's e-journal collection. The library also holds an historical collection that covers sex education, contraception, 'marriage manuals', population issues, human sexuality and reproductive health from the 1920s to the 1960s.

Information and research services are provided to FPA Health staff as well as a wide range of clients across NSW including health professionals, disability workers and health consumers.

FREQUENTLY ASKED QUESTIONS (FAQ)

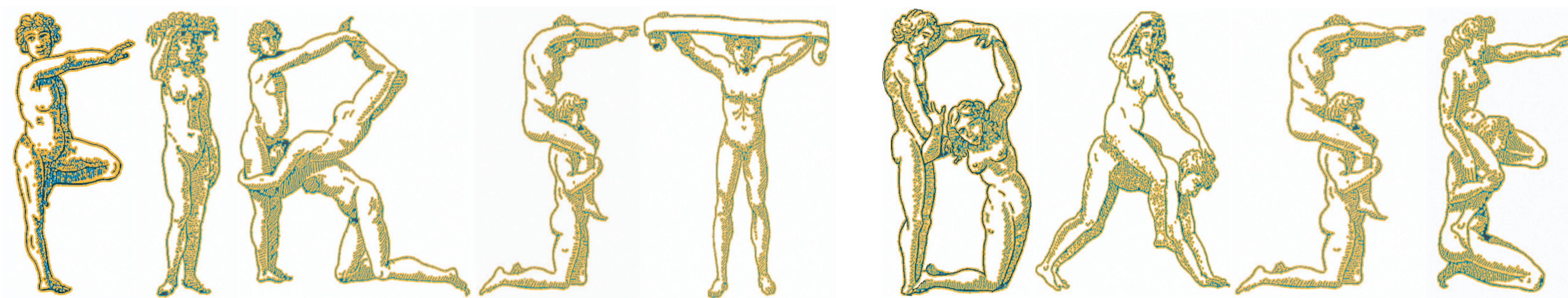
Frequently asked questions are identified by the FPA Healthline nurse using an ongoing process of assessing questions asked by health professionals and the general public. The FAQs cover topics such as contraception, women's health, puberty, disability, menopause, parenting and pregnancy.

An FAQ is developed by the FPA Healthline nurse, approved by the Medical Director for clinical accuracy and posted to the FAQ section of the FPA Health website. This section of the website allows users around the world to access new evidence based information. FPA Health clinicians also apply that new knowledge, information and learning in their daily service delivery. Visit www.fpahealth.org.au/sex-matters/faq/

FIRST

FIRST is the FPA Health library management system which provides access to a range of FPA Health databases to FPA Health staff via their desktop. It includes information on projects and reports, a referral book and the library catalogue. Access is also provided to a growing collection of electronic evidence based articles and resources.

GETTING TO FIRST BASE



EXPLORING EVIDENCE BASED SEXUAL HEALTH

EVIDENCE WITHIN EVIDENCE

How does a library work together with a telephone information service to provide up to date evidence based information to health professionals and the general community?

Not only does the information provided need to be evidence based but it is essential that the methods employed for information provision are evidence based as well.

Are the information sources used suitable? Is information provided in a timely manner? Is it relevant and what tools are used to make information accessible?

A range of databases and hardcopy sources are used and information is generally provided electronically using a range of methods including email and FIRST.

An electronic current awareness system has been set up to ensure that relevant information is 'pushed' to staff working in particular areas.

The librarian seeks feedback from library users to ensure that the information provided is timely and relevant. The resulting evidence base is a collaborative effort involving FPA Health staff at all levels.

CASE STUDY

An FPA Healthline nurse takes a call from a health service provider asking for further clarification of a recent news report on the possible effect of the contraceptive injection depot medroxyprogesterone acetate (DMPA) on bone density.

The nurse checks FPA Health's *Clinical Practice Guidelines* which notes that there is conflicting evidence about whether long term use of DMPA results in loss of bone density.

She asks the librarian to conduct a literature search on the topic.

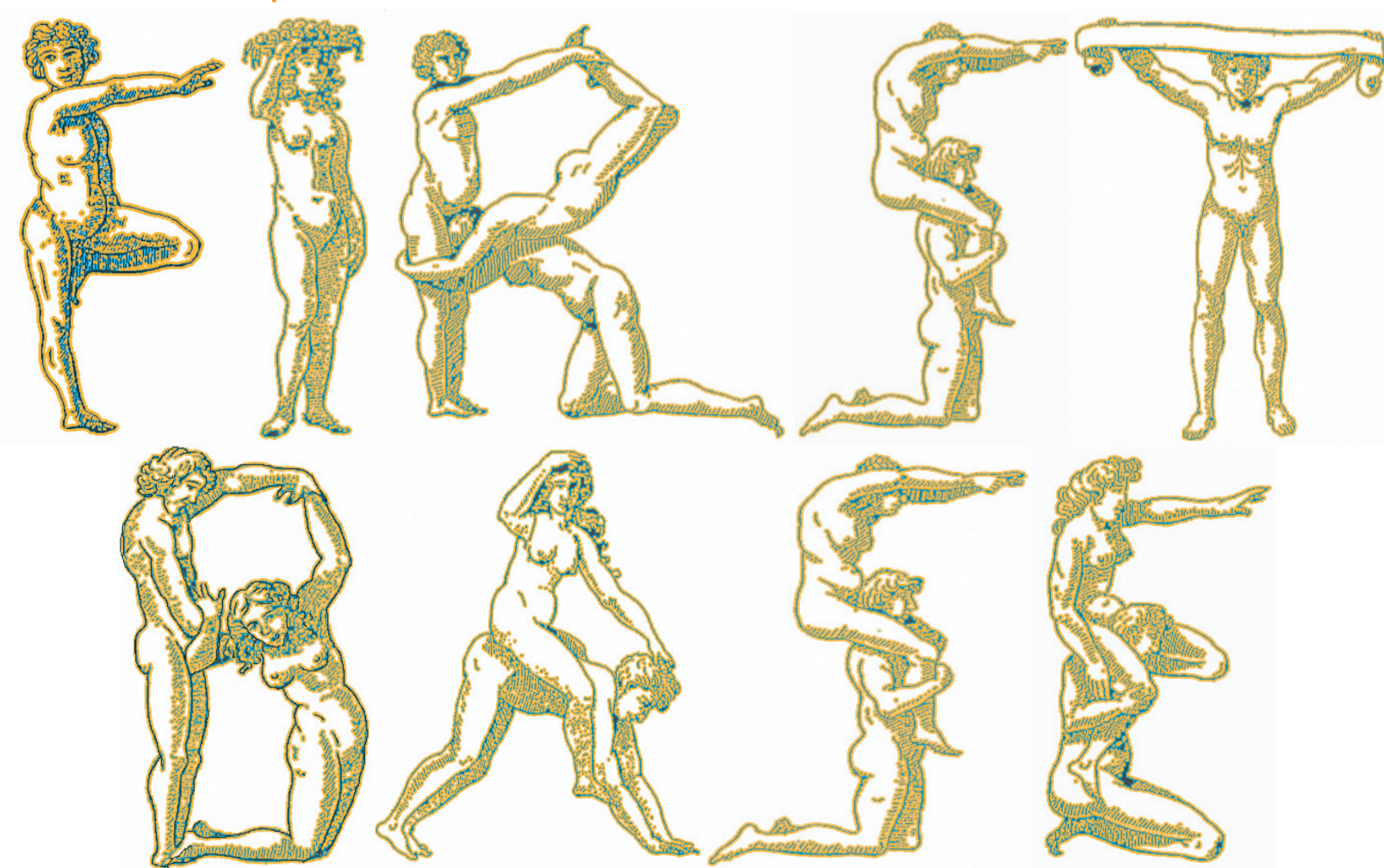
The librarian searches a range of databases including Medline, CINAHL and the Cochrane library and forwards the results to the nurse.

The librarian generally provides search results electronically using FIRST, the library management system. The nurse forwards relevant information from the literature search to the health service provider either via email, fax or post.

HOW THE PROCESS WORKS

1. Call from a health service provider to FPA Healthline.
2. Query clarified by FPA Healthline nurse and information provided from FPA Health's *Clinical Practice Guidelines* to health service provider who requests more evidence based information in order to answer the question.
3. Literature search requested by FPA Healthline nurse.
4. Search conducted by librarian to find recent, up to date clinical evidence on the topic.
5. Literature search results forwarded electronically to FPA Healthline nurse using a combination of FIRST and email.
6. Evidence based information then provided to the health service provider by the FPA Healthline nurse via email, fax or post.
7. Feedback provided to librarian regarding the relevance of the literature search.
8. FAQ written for the website by FPA Healthline nurse after consultation with the Medical Director.
9. Current awareness system alerts staff of new resources in their field.
10. Dissemination of new evidence occurs via FIRST, internal and external newsletters, factsheets and the FPA Health website.

GETTING TO



A CASE STUDY IN EVIDENCE BASED SEXUAL HEALTH

Poster presentation by
Melissa Maclean, Librarian, FPA Health
email: melissam@fpahealth.org.au
02 8752 4386

October, 2005

HOW THE EVIDENCE IS DISSEMINATED

1. FAQs on the FPA Health website updated.
2. FPA Health Factsheet *The Contraceptive Injection - DMPA (Depo-Provera & Depo-Ralovera)* updated.
3. Electronic current awareness system alerts FPA Health clinicians of changes to the evidence.
4. Evidence disseminated via internal and external newsletters.
5. Evidence based articles on DMPA and bone density discussed at JOL, the FPA Health journal club.
6. Medical Director interviewed by a medical journal regarding depo and bone density.
7. *Clinical Practice Guidelines* updated in line with new evidence.
8. Professional education training courses updated.



FPA health

Leading the way in reproductive & sexual health

FPA Health 328-336 Liverpool Road Ashfield NSW 2131 www.fpahealth.org.au FPA Healthline 1300 658 886/1300 372 372