

# HELLO OPTIONS: BRIEF REPORT

Vanya Manthena, MPH

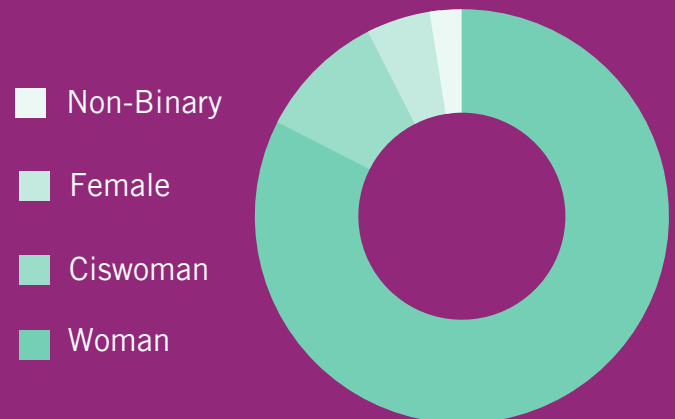
## INTRODUCTION

The Institute of Medicine defines patient-centered care as ensuring care and clinical decision making is respectful of and responsive to the preferences, needs and values of patients. Despite the benefits of patient-centered contraceptive care, many adolescents and young adults do not receive such care.

The objective of this study was to develop and evaluate Hello Options, a decision aid to support patient-centered contraceptive counseling with adolescents and young adults in a clinic setting. The all-in-one contraceptive counseling tool designed in collaboration with adolescents, healthcare providers, and peer educators.

The unique feature of Hello Options is that it allows patients to see and feel life-size “tangible” models all contraceptive methods. This tool has physical replicas of the birth control pill, patch, ring, shot, IUD (copper and hormonal), implant, internal condom, and male condom. Hello Options also sparks conversations between adolescents and providers, equipping adolescents with a fuller understanding of contraceptive methods and engaging them in decision making about which options are best suited to their body, sexuality, and life.

## Gender Identity of Participants



## METHODS

From December 2019 to March 2020, the research team evaluated the usability, feasibility, and acceptability of Hello Options with ten contraceptive care providers and 40 adolescent and young adult patients (ages 12 to 29, median 19) at two Chicago clinics. We calculated descriptive statistics for patient survey data, and qualitatively analyzed provider interview transcripts for salient themes using recursive abstraction.

# HELLO OPTIONS: BRIEF REPORT

## RESULTS

Patients had positive reactions to the Tool, reporting that it allowed them to understand how contraceptive methods work in their body and that it allowed them to make more informed decisions. Providers commented that the Tool facilitated conversations with their patients, helped dispel myths about particular methods, and eased patients' anxieties. Limitations mentioned included storage and portability concerns, and time constraints for counseling.

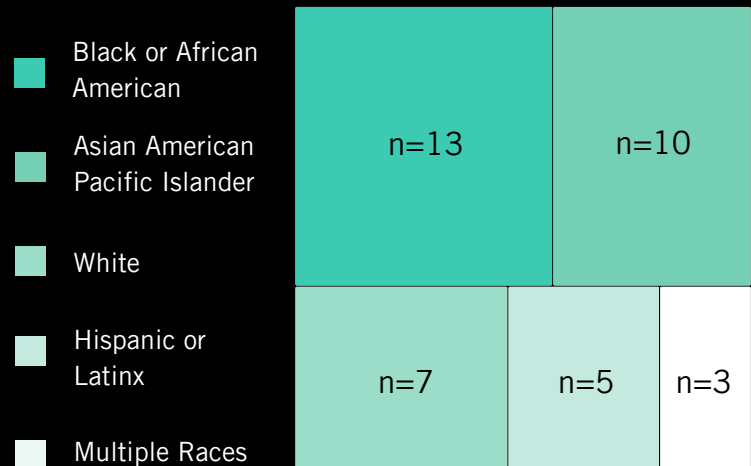
“

“Some patients want to understand the array of birth control that are out there. So, it's really about how to help people conceptualize all of the options. And then start to ask themselves some questions about what it is they're looking for.”

—Gynecologist

”

## Race and Ethnicity of Participants



Participants liked that the Tool allowed them to see a range of methods at once.



The Tool helped participants to learn about methods they were not originally considering.



Participants liked that the Tool allowed them to see what the actual methods look like (eg, size)



## IMPLICATIONS

Findings suggest that Hello Options is a useful, feasible, and acceptable decision aid that can support the provision of patient-centered contraceptive care for young people.

visit us at [hellogreenlight.org](http://hellogreenlight.org)