



Sexual Health &
Family Planning
Australia

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Media Release

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Release of *Contraception: an Australian clinical practice handbook* – 2nd Edition

Sexual Health and Family Planning Australia (SH&FPA) have released their updated second edition of *Contraception: an Australian clinical practice handbook*. The new publication is a collaborative effort on behalf of medical experts from Family Planning member organisations nation-wide.

Family Planning Victoria's co-editor, Dr Kathleen McNamee, said the handbook used an evidence-based and consensus approach to provide general practitioners and nurses with the latest information on contraception.

Monash University Professor of Obstetrics and Gynaecology, Dr Gab Kovacs, said the publication is an excellent and truly national resource. "Not only are different methods of contraception covered chapter by chapter, but there is also a chapter concentrating on contraceptive choices in special circumstances," Dr Kovacs said. This chapter, which adopts a problem based approach, considers the contraceptive choices for teenagers and for women living with complex medical conditions, such as thromboembolism, diabetes and HIV.

Another new chapter, devoted to alternative contraceptive technologies, offers a fascinating insight into the latest methods practiced abroad, keeping Australian health care practitioners at the forefront of the latest developments.

Leading obstetrician and gynaecologist, Dr Caroline de Costa, said the new publication was a practical and user-friendly guide to everything clinicians need to know to provide safe, effective and appropriate contraceptive choices for their clients. "This handbook should be at the fingertips of every doctor and nurse practitioner working in general practice, women's health, sexual health and family planning clinics," Dr de Costa said.

Contraception: an Australian clinical practice handbook is now available. Please visit SH&FPA's website at www.shfpa.org.au for your state organisation's contact details.

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Comment available from Dr Kathleen McNamee.

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