

## **getLARC Video-based Learning Tool Discussion Guide**

(Feel free to adapt per your needs)

*The following questions can be discussed with the whole group, smaller groups, or one-on-one, after viewing the corresponding video.*

### **Scene 1: Sam and Dr. Adams (“Contraceptive Counseling: Patient/Provider Perspectives”)**

1. What stood out to you in watching this video? What did you notice?
2. How is Sam similar to patients you’ve seen, and how is she different? How is Dr. Adams similar to other clinicians and counselors you’ve seen? How is he different?
3. Think about how you generally do contraceptive counseling, or how you have seen it done. What was included in this encounter that you don’t usually include or see included? Are there topics or strategies you usually include or see included that you did not see in the video?
4. How did you feel about the way Dr. Adams handled Sam’s concerns about hormones and not getting a monthly period?
5. What were your reactions to Dr. Adams telling Sam that he would remove the IUD at any time? Is this something you include or have seen others include in counseling about IUDs? Why do you think he included this in their conversation?

### **Scene 2: Sam and Dr. Jones (“Several months later...”)**

1. What stood out to you in watching this video? Did you notice anything in particular? In both this scene and the previous one, what did you notice about each character’s body language?
2. In this scenario, the patient was complaining of a symptom (headaches) that has not been shown to be a common side effect of copper IUD use. Would you have handled the situation differently if the side effect was heavy bleeding, or another symptom that has been linked to IUDs? Please discuss how Dr. Jones navigated the balance between being receptive to Sam’s concerns and presenting accurate and complete medical information.
3. Would you have done anything differently if you were in Dr. Jones’ position? Are there other questions you may have asked, or questions she asked that you would omit?

4. Dr. Jones has reservations about removing Sam's IUD, and subsequently contacts Dr. Adams about it. In the end, she removes the device, even though she felt the patient should have kept it in. Later, in the reflection scene, she discusses "trying to remain professional" during her interaction with Sam. Do you agree that contacting her colleague and removing the device was "professional?" How can we balance our opinions with our need to remain professional? Have you ever had an experience where you struggled with maintaining this balance, and if so, how did you handle the situation?
5. At the end of the video, the patient chooses to use only condoms. What are your thoughts on her decision? What are some ways we can practice shared decision making with our patients during birth control method counseling?
6. What if Sam had been a teenager? Would any of your reactions or responses to the questions raised earlier change? Why or why not?
7. What if Sam had recently had an abortion? Would any of your reactions or responses to the questions raised earlier change? Why or why not?