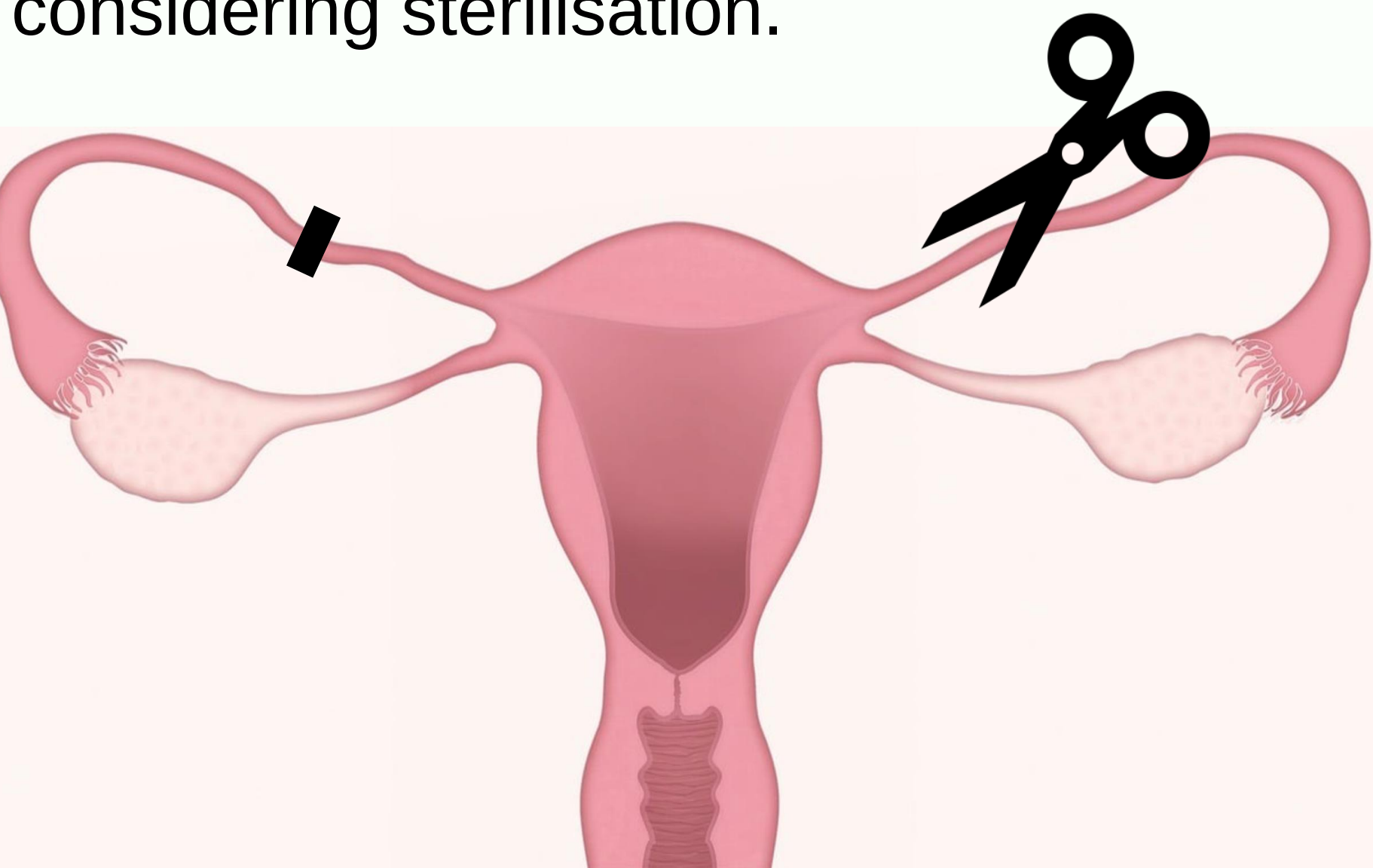


# Women's Choice of the Surgical Options of Tubal Sterilisation – occlusion or salpingectomy?

Reece M<sup>1</sup>, Enokela S<sup>1</sup>, Sokolova I<sup>1</sup>, Allan E<sup>1</sup>, Acharya S<sup>1</sup>, Agur W<sup>1</sup>  
Affiliations: 1: University Hospital Crosshouse, Scotland

## Objective

To develop and validate the first Patient Decision Aid (PDA) for women considering sterilisation.



## Design

Laparoscopic tubal occlusion using Filshie clips is the most common form of female sterilisation in the UK.<sup>1</sup> Although national guidelines recommend offering the alternative of salpingectomy, the uptake has been limited. One of the reasons is the perceived preference of both women and surgeons for the use of clips rather than for salpingectomies.

## Method

### Design

- PDA was co-created by professionals and service users
- Early design followed the 'What Matters to You' initiative of NHS Scotland
- Four components: Care Pathway, What Matters To Me, Procedure Comparison and Request for Treatment.

### Validation

- The PDA was face-validated by members of NHS Ayrshire and Arran Gynaecologists, sexual health specialists and a clinical librarian
- The PDA was later reviewed by 5 patient representatives and an improvement adviser

### Refinement

- The PDA was refined based on feedback received
- Total of 10 versions

### Delivery

- The PDA was circulated to women on the waiting list for laparoscopic sterilisation procedures following standard counselling carried out by the sexual health department
- Total of 24 women completed the initial evaluation exercise

### Analysis

- Data was entered into a secure database
- Descriptive statistics were carried out

## Results

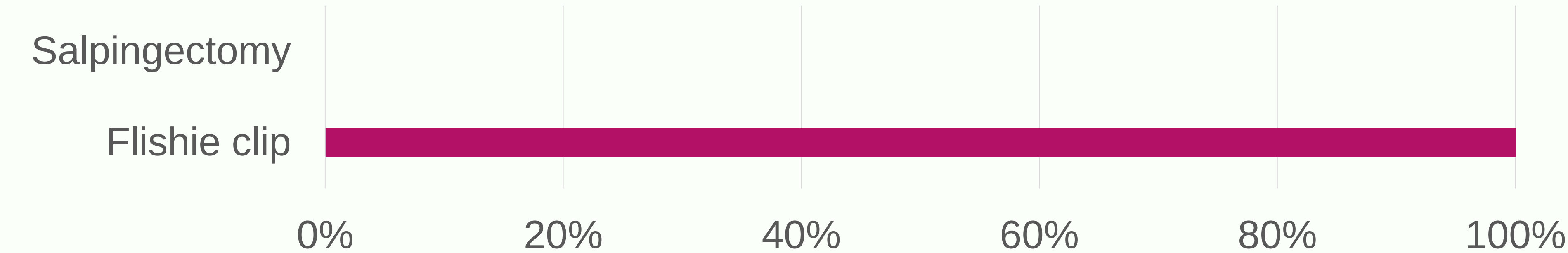


Figure 1. Bar chart: Intended procedure for every woman prior to reading the PDA

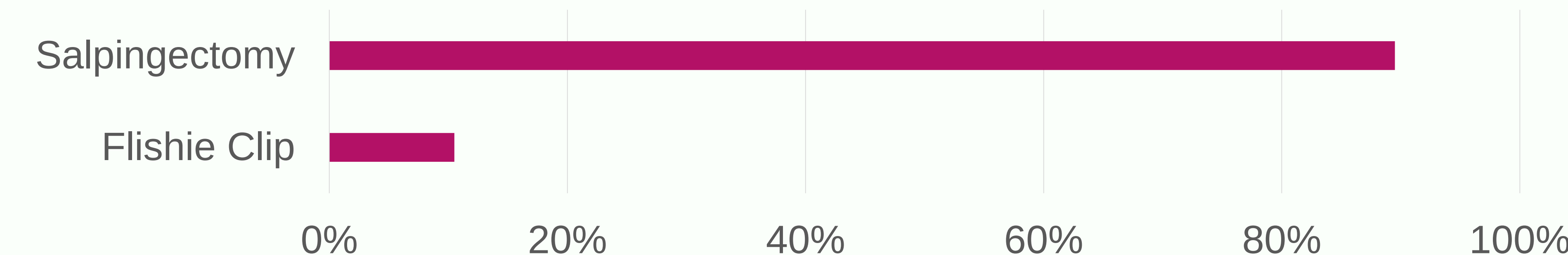


Figure 2. Bar chart: Women's preferred option of laparoscopic sterilisation after reading the PDA

Values that mattered most to the women who preferred Filshie Clips

Surgical time

Efficacy

Values that mattered most to the women who preferred salpingectomy

Least chance of another pregnancy including tubal ectopic

Reduced risk of ovarian cancer

## Conclusion

- To our knowledge, this is the first – UK Patient Decision Aid to undergo validation for women considering laparoscopic sterilisation procedures.
- Early results indicate that, when presented with information on both options for laparoscopic sterilisation using a PDA, women were empowered to make value-based decisions
- A larger study is ongoing to provide further validation and explanation as to the reasonings behind the women's choice.

## References

1. Faculty of Sexual & Reproductive Healthcare Clinical Guidance (2014) *Male and Female Sterilisation*. ISSN 1755-103X. Available at: <https://www.fsrh.org/Common/Uploaded%20files/documents/ce-c-ceu-guidance-sterilisation-cpd-sep-2014.pdf>