

SYSTEMATIC REVIEW OF STRATEGIES FOR MEETING THE FAMILY PLANNING NEEDS OF REFUGEES RESETTLED IN AUSTRALIA

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INTRODUCTION

Access to modern contraceptive methods is key to empowering women to make fully informed family planning choices. The inclusion of unmet need for family planning in the Sustainable Development Goals (1) is testament to its widespread impact on diverse populations. Social determinants of health, including refugee status, impact access to health care, including contraception.

OBJECTIVE

To identify strategies for meeting the family planning needs of refugees resettled in Australia through a review of the peer reviewed evidence base.

METHODOLOGY

PubMed was searched with the search terms: refugee AND Australia AND contraception OR family planning. Inclusion criteria were all study types, from all dates of publication, which provided information on factors inhibiting or facilitating contraception use in refugees resettled in Australia. Exclusion criteria were studies that did not provide information on factors impacting contraception use, studies which did not include refugee populations, and studies of women not located in Australia.

RESULTS

Nine records were identified for screening. Seven records were eligible for analysis, while one was excluded for participants located outside of Australia, and one was excluded for not providing information on factors impacting contraceptive use.

DISCUSSION

Strategies identified to meet the family planning needs of refugees resettled in Australia include:

- Providing online resources in language (2);
- Use of communication aids including interpreters and visual cues (3)
- Comprehensive sexuality education in schools (4)
- Culturally sensitive services codesigned with the community (4)
- Facilitating intergenerational conversations about contraceptive means and access (23, 5)

CONCLUSION

Meeting the family planning needs of women from a refugee background requires integration of social, cultural and health knowledge to underpin wholistic, targeted and effective health communication.

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