



# Abortion



## Position Statement

SHQ (Sexual Health Quarters) is a pro-choice organisation which supports peoples' rights to safe, legal and affordable abortion. SHQ believes that essential components of effective healthcare include unbiased and non-judgemental advice on unintended pregnancy and safe abortion services.

SHQ advocates for the right of everyone to access safe, legal and affordable abortions. Improved access to safe abortion and contraceptive services is essential to reducing maternal morbidity and mortality world-wide<sup>1</sup>. Safe abortion services are those where people have timely access to appropriately trained and equipped healthcare providers<sup>2</sup>. Community support in Australia for access to safe, legal abortion is overwhelmingly high<sup>1,3</sup>.

There is need for sensitivity in the language used to discuss abortion, and personal choice for terminology should be respected. While the term abortion is used here<sup>4</sup>, other situations may call for sensitivity to individual preferences. It is important to consider how choice of language around abortion may reflect and reinforce stigma. Abortion is a common medical procedure, and should be discussed in similar ways to other medical procedures. SHQ will continue to decrease stigma and help to ensure that abortion is discussed in a clear, non-stigmatising way.

### Non-Directive Support

SHQ advocates for all people to have access to skilled non-directive counselling about options for unintended pregnancy. Access to accurate, unbiased information is essential for people to exercise self-determination, and enable informed decision-making and management of their health. The availability of non-judgemental counselling, which helps people to explore all possible options and make an informed choice when they feel ready to do so, has been shown to be important in assisting and supporting people when making decisions about their pregnancy<sup>5,6</sup>.

SHQ supports transparency in advertising for unintended pregnancy support services. Promotional materials for pregnancy options counselling by "pro-life" organisations can mislead consumers, exposing them to the possibility of exposure to strong anti-abortion sentiment. SHQ believes that everyone has a right to access non-biased, non-judgemental information and support, and transparent advertising of support services is essential to this.

### Access to Contraception

Equitable, affordable access to a full range of contraceptive methods, particularly highly effective long-acting reversible contraceptives (LARCs), has proven effective in reducing the rate of unintended pregnancy. Unintended pregnancy is a significant personal and public health issue, associated with social, economic, and health burdens. Despite the relatively high level of contraceptive use and knowledge in Australia, along with the widespread availability of contraception, unintended pregnancies remain common for people of all reproductive ages<sup>7,8</sup>. It is estimated that up to one-third of pregnancies in Australia are unintended<sup>8</sup>. Low uptake of LARCs in Australia is likely a significant contributor to this rate of unintended pregnancy.

### Access to Abortion Care

SHQ supports timely, equitable access to abortion services for all. People living in rural, regional and remote areas and those experiencing disadvantage often have greater difficulty accessing health services. Research shows that even where abortion is broadly legal, inadequate provision of affordable services can limit access to safe services<sup>9</sup>. Having an abortion early in pregnancy is safer than abortion in the second or third trimester because of the lower risk of complications, and SHQ supports laws that facilitate access to appropriate services. Maintaining appropriate public funding (Medicare and public hospital access) for abortion is particularly critical for people on low incomes, as restrictions could lead to delayed decision-making due to financial difficulties.

SHQ supports improved training opportunities in abortion for healthcare practitioners, with abortion being the most common gynaecological procedure undertaken in Australia (around one in four Australian people with a uterus have had an abortion). Public hospitals have a role not only in service delivery, but also in the training of future clinicians to provide long-term sustainable and high quality care.

SHQ also supports client-centred models of abortion care. Australian research has shown that although people generally consider quality of care, access, and cost as highly important, people are most concerned about compassionate, empathetic and personalised care<sup>10</sup>.

## Methods of Abortion

When provided by a trained practitioner in an environment which meets best practice standards, an abortion is a safe procedure with an extremely low likelihood of complications<sup>9</sup>. Abortion is considered to be a safe, low-risk procedure. An abortion is safest in early pregnancy but can be performed as a pregnancy advances. There are two types of abortion available in WA – surgical and medical abortion.

Medical abortion involves the use of medications to induce an abortion. The drug mifepristone, used in conjunction with misoprostol, is safe and effective, and is now used widely throughout much of the world<sup>11,12</sup>. SHQ believes that their registration on the Therapeutic Goods Administration (TGA) and listing on the Pharmaceutical Benefits Scheme (PBS), are important steps towards accessibility of the drugs. However, despite their PBS listing, barriers to accessing a service remain for many people. These barriers include a limited number of medical abortion providers in Australia, and geographic and financial barriers to accessing medical abortion services<sup>13,14,15</sup>.

SHQ supports increased access to training opportunities and support networks to enable and encourage Australian General Practitioners (especially those working with marginalised and at-risk people) to become medical abortion providers in order to expand availability to a wider group of Australians. SHQ also supports improved access to tele-abortion services (medical abortion over the phone), which would help to fill a much-needed gap in services for people living in regional, rural and remote areas.

A surgical abortion is performed with anaesthetic at a specialised clinic or hospital by a qualified doctor. In Australia, where abortions are performed by highly qualified healthcare professionals, they are one of the safest medical procedures and complications are rare.

A person's decision to have a medical or surgical abortion may depend on a number of factors, including personal preference. SHQ advocates for a person's right to choose a method of abortion according to their own individual circumstances and preference, which may take various factors into consideration such as their location and access to services, financial situation, gestation, and physical and emotional health.

## Abortion Law

SHQ believes abortion should be removed from the criminal code in all states and territories in Australia and regulated under healthcare legislation. Highly restrictive laws have been shown not to reduce abortions, but instead to make those that do occur more likely to be unsafe<sup>9</sup>.

In May 1998, an Act to amend the abortion laws in both the WA Health Act and the Criminal Code was passed, and Western Australians can now safely and legally obtain an abortion without the threat of prosecution, where a woman has given informed consent. People must obtain referral from a doctor in order to access abortion care in Western Australia. SHQ, however, advocates for people to be able to access abortion care directly without referral, as this may lead to significant delays in care.

SHQ acknowledges WA legislation, which states that induced abortion to end a pregnancy after 20 weeks gestation are only indicated for fetal abnormality or the pregnant woman's severe medical condition. As a pro-choice organisation, SHQ will continue to support people in their choices when making difficult decisions around termination, while recognising and working within the law. In 2015, the proportion of all abortions carried out in WA at 20 weeks or over was less than 1% of all abortions<sup>16</sup>.

Where a WA healthcare provider has an objection to abortion, they have a duty of care to provide non-judgemental, non-coercive information and objective referral to an appropriate provider. SHQ advocates for all Australians to have this option available to them, and will work to educate healthcare providers around their duty of care obligations.

## Safe Access Zones and Unbiased Care

A safe access zone is an area around health services which provide abortion care that legally protects clients and employees from harassment and offensive and obstructive behaviour by opponents of abortion. SHQ strongly supports legal protection to safeguard clients and staff of abortion services from harassment, including the introduction of safe access zones.

It has been observed that the effects of anti-abortion protests can cause psychological or physical harm, especially when those targeted may already be under stress or anxious about an impending operation, unintended pregnancy, or a health-related medical or counselling appointment<sup>17,18</sup>. A 2013 study concluded that of the women who were exposed to protestors at the premises where they sought an abortion, 41% reported experiencing distress as a result<sup>19</sup>.

In 2018, NSW joined Victoria, Tasmania, the ACT and the Northern Territory in enacting safe access zones around health services providing abortion care, making it an offence within 150 metres of a clinic to interfere with access to the clinic; cause actual or potential distress or anxiety to people in the zone; and capture and distribute visual data of people in the zone.

Human rights law experts support the introduction of safe access zones, and have stated that such legislation does not impose a burden on the implied right to freedom of political communication<sup>20,21</sup>. The High Court of Australia has confirmed there is no constitutional impediment to enacting safe access zone legislation (April 2019), a decision strongly supported by SHQ.

SHQ believes that protecting clients and staff from harassment and intimidation outside health services involved in providing abortion services, including abortion providers, is critically important and safe access zones should be legislated in all Australian States.

In addition, SHQ advocates that all healthcare providers, including GPs, and pathology and ultrasound providers, offer non-judgemental services for people seeking an abortion. Everyone should be able to access healthcare services without fear of judgement or harassment.

## Abortion Data

It is difficult to obtain accurate figures on abortions performed in Australia as not all states require notification and there is no standardised national data collection for abortion<sup>7,22</sup>. Estimation of the number of abortions is usually calculated using a variety of sources, including Medicare data, public hospital morbidity data and private health insurance claims, making it difficult to accurately determine national abortion rates<sup>7,22</sup>.

Comprehensive and consistent national abortion data collection is a vital component of any national sexual and reproductive health strategy, as well as important for informing policy, workforce and service development. Without consolidated national data on abortion it is difficult to reliably determine abortion rates and trends, as well as more specific information such as the characteristics of people who have had abortions<sup>22</sup>.

SHQ supports the implementation of national routine, complete and systematic data collection on abortion in Australia, provided the confidentiality of client data is not compromised<sup>15</sup>. Where confidentiality is of particular concern, clients should discuss with their individual healthcare providers consent for sensitive health information to be loaded to My Health Record.

In Western Australia, abortion rates fell from 19.7 per 1000 women in 1999 to 15.0 per 1000 women in 2015, with women aged in their early to mid-twenties having the highest abortion rates<sup>16</sup>. WA's induced abortion rate is comparable with national estimates.

## Conclusion

Every person should have the right to access safe, legal and affordable abortion services. Improved access to abortion care significantly reduces maternal mortality and morbidity. Although progress towards these aims has been made in Australia, there is still much more to be done to achieve this vision.

People must have access to accurate, unbiased information in order to exercise self-determination, enable informed decision-making and management of their health. Comprehensive support services, including skilled non-directive counselling about all options, should be freely available and accessible to all people making decisions about unintended pregnancies.

SHQ believes that abortions performed by qualified health professionals should be removed from the Criminal Codes in all states and territories, and supports law reform across Australia where legislation is impeding access to abortion.

SHQ will continually raise awareness in Western Australia regarding abortion access and options, in conjunction with information about contraceptive options. We advocate for timely, equitable access to safe abortion services in Australia as an essential component in the provision of high quality reproductive health.

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