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Contraception Health Notes at Brookfield Family Practice, Brookfield, CT

Nana Agyepong

May/June 2018

Thomas Whelan, MD

Problem Identification

- The Brookfield Family Practice office sees a variety of patients, including women that are of reproductive age. The topic of contraception and contraception choices is always very relevant. My preceptor makes all of his own patient education handouts and expressed the need for an up to date handout on contraception choices for his own use and for the practice in general.

Public Health Costs and Considerations

National

- In 2010, 68% of 1.5 million unplanned pregnancies in the U.S. was paid for by public insurance programs
- Total public health cost of unplanned pregnancies in 2010 was estimated to be about \$21 billion

Connecticut

- In 2010, 51% of all pregnancies were unintended
- Federal and state government spent \$208.5 million on unintended pregnancies

Community Perspective

- *“As a primary care provider, it is so important to be able to give patients accurate and up-to date information on all the various contraceptive methods so that they can make an informed decision on what contraception works best for them”.* -Thomas Whelan, MD
- *“I am not too familiar with different contraception options, other than the pill. My primary care provider has briefly discussed the IUD with me before and I was given a handout on it. I decided not to go with this option because I heard it was painful, but alternative options for long acting reversible contraception were never discussed with me.”* - Member of the Brookfield community.

Intervention and Methodology

- A patient education handout was created based on the expressed need for current information on contraception choices for women. This handout was intentionally made to be patient friendly, yet still educational enough for the patient to understand some of the basic mechanisms behind contraception in general.

Response Data

- No response data was obtained as there was not enough time to assess patients' overall response to these handouts. However, in the future it would be prudent to follow up with Brookfield Family Practice and see the effects these handouts have had on overall patient education.

Evaluation of Effectiveness and Limitations

- These handouts are limited in that though most patients will be able to understand the basics of the information presented, some may still have language or educational barriers that may prevent them from fully understanding all of the contraception choices and their risks and benefits. In this case, it is important to assess patients' understanding and follow up, especially for those who are unsure of what contraception method will best fit their needs.

Recommendations for future interventions

- It would be interesting to see how many prescribers in the office offer Long Acting Reversible Contraceptives to adolescents before any other contraception choice vs how many patients are actually on a LARC.
- According to the American College of Obstetricians and Gynecologists: “When choosing contraceptive methods, adolescents should be encouraged to consider LARC methods”.

References

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- Contraceptive Counseling and Selection. UpToDate, 2018

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Yes / No

Name: Thomas Whelan, MD