

Medical Education Significantly Enhances Knowledge and Competence in Progestin-Only Birth Control Among the Women's Healthcare Team

Sara Thorpe, MPH; Frances McFarland, MD; Ann Carothers: Medscape, LLC, New York, NY, USA

Presented at the ISSWSH (International Society for the Study of Women's Sexual Health), February 27 - March 2, 2025; Poster # 17735

BACKGROUND

The high prevalence of unintended pregnancies in the United States can be attributed to many factors, including lack of clinician and patient understanding of the available contraception options, inconsistent patient adherence to contraception regimens, and inadequate access to different types of contraception. Given the many influences on contraceptive care and the wide range of options, women need personalized guidance in selecting the most appropriate form of contraception to meet their needs. Pharmacists may be hesitant to adopt novel approaches for contraception delivery if they are not aware of which individuals could benefit and best practices to facilitate shared decision-making. This study examined the impact of continuing medical education (CME) in improving knowledge, competence in progestin only birth control among primary care, nurse practitioners, physicians' assistants, pediatricians and obstetrician and gynecologists.

METHODS

The CME intervention comprised of a 30-minute online video-based discussion between 2 expert faculty. Response to 3 multiple choice, knowledge and competence questions 1 self-efficacy, 5-point Likert scale confidence question were analyzed using a repeated pairs pre-/post-assessment study design. Pre- to post responses were compared using a McNemar's test to assess statistical significance ($P < .001$ level). The activity posted on 12/5/2023; data were collected through 1/29/2024.



Primary Care Physicians (PCPs)
(N = 105)

Obstetricians/Gynecologists (OB/GYNs)
(N = 100)

Nurse Practitioners (NPs)
(N = 165)

Physicians' Assistants (PAs)
(N = 97)

Pediatricians
(N = 120)

Nurses
(N = 1,301)

How to Read the Linked Learner Assessment

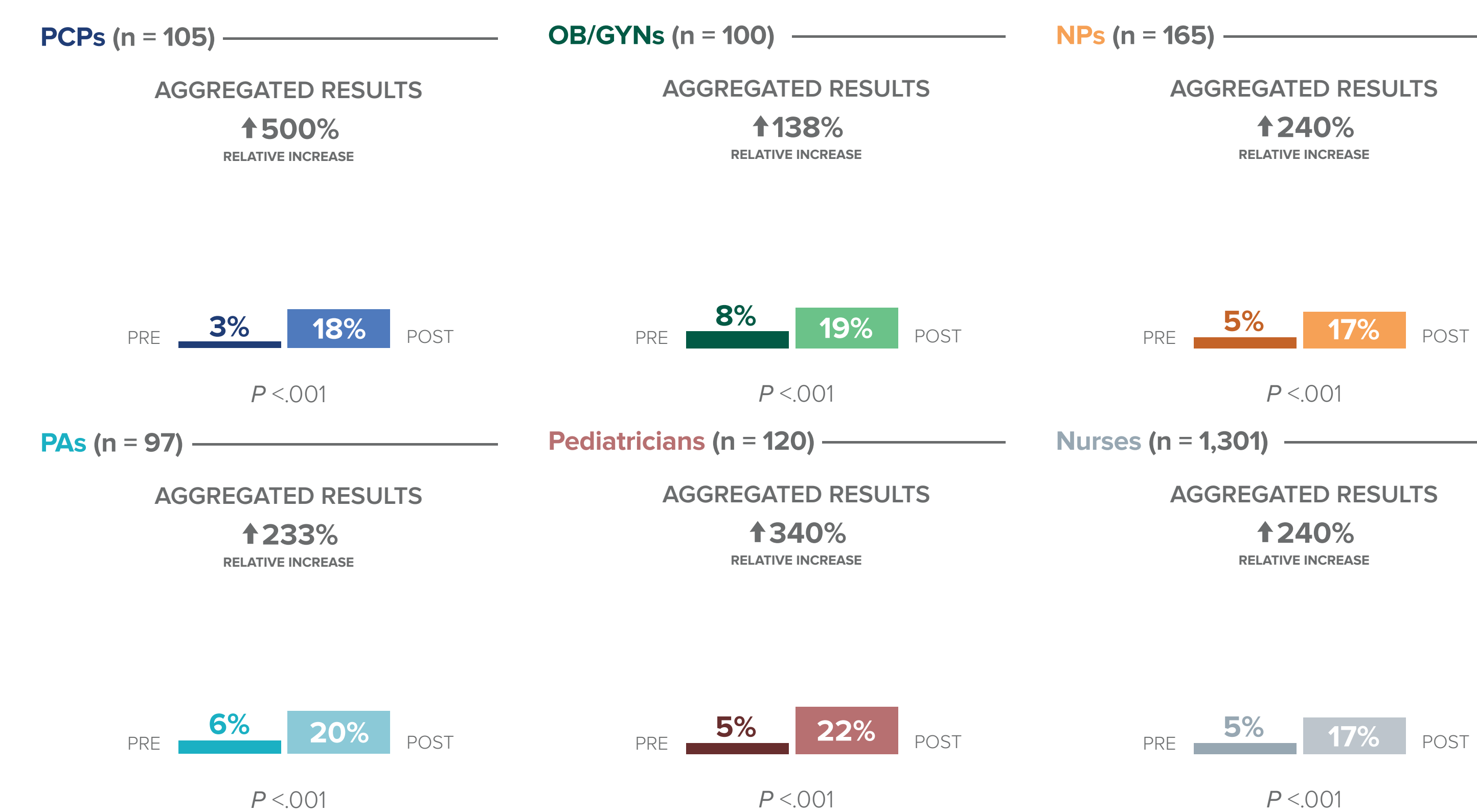
OUTCOMES COMPLETERS
Each individual completed BOTH the pre- and post-education questions – SAME individuals pre- and post-education



RESULTS

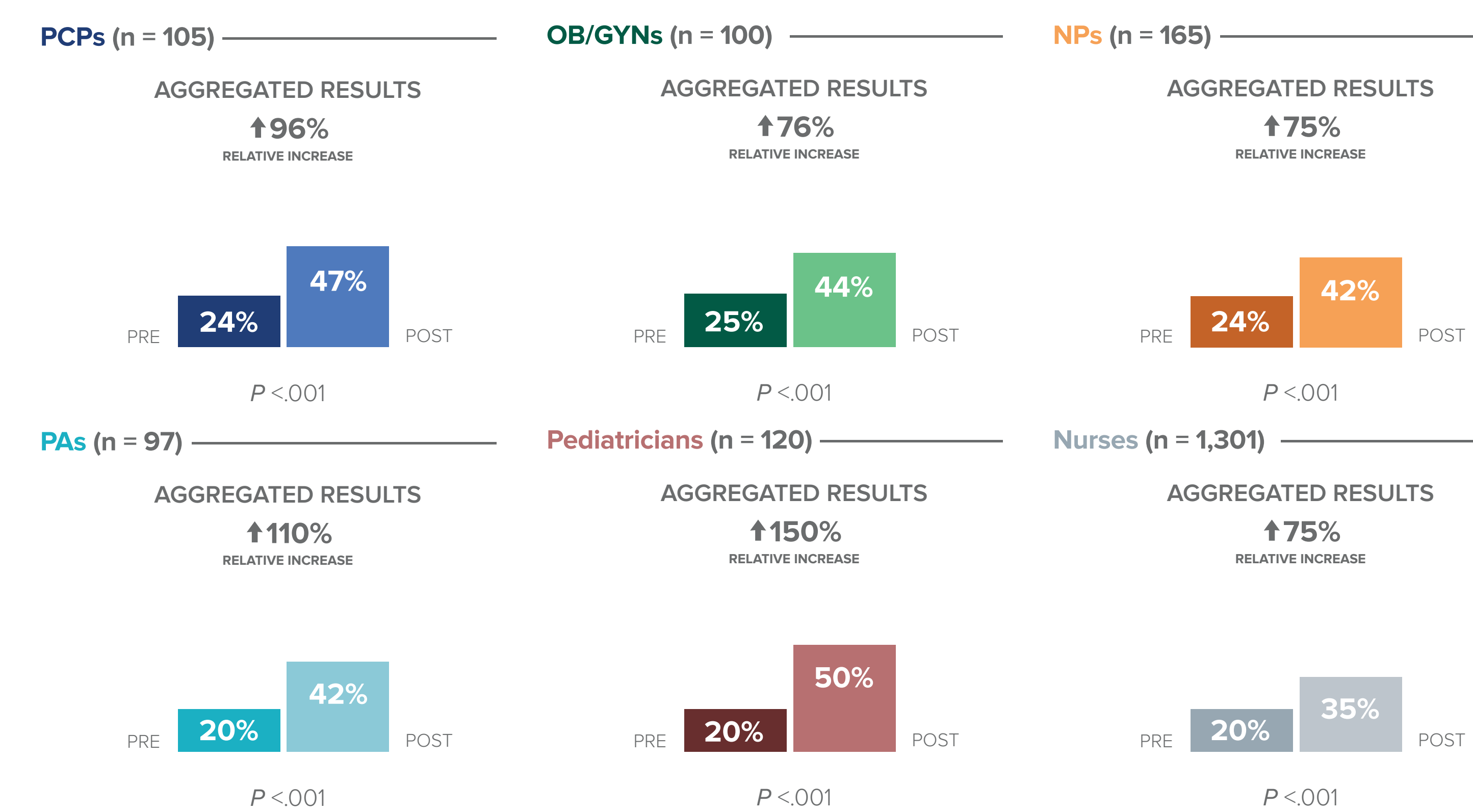
RELATIVE INCREASE IN KNOWLEDGE REGARDING ADHERENCE DATA FOR OVER-THE-COUNTER PROGESTIN-ONLY PILL

A relative increase in knowledge among these providers enhances their ability to counsel patients effectively, address common misconceptions, and support consistent and correct use of progestin-only pills — ultimately reducing unintended pregnancies and expanding reproductive autonomy.



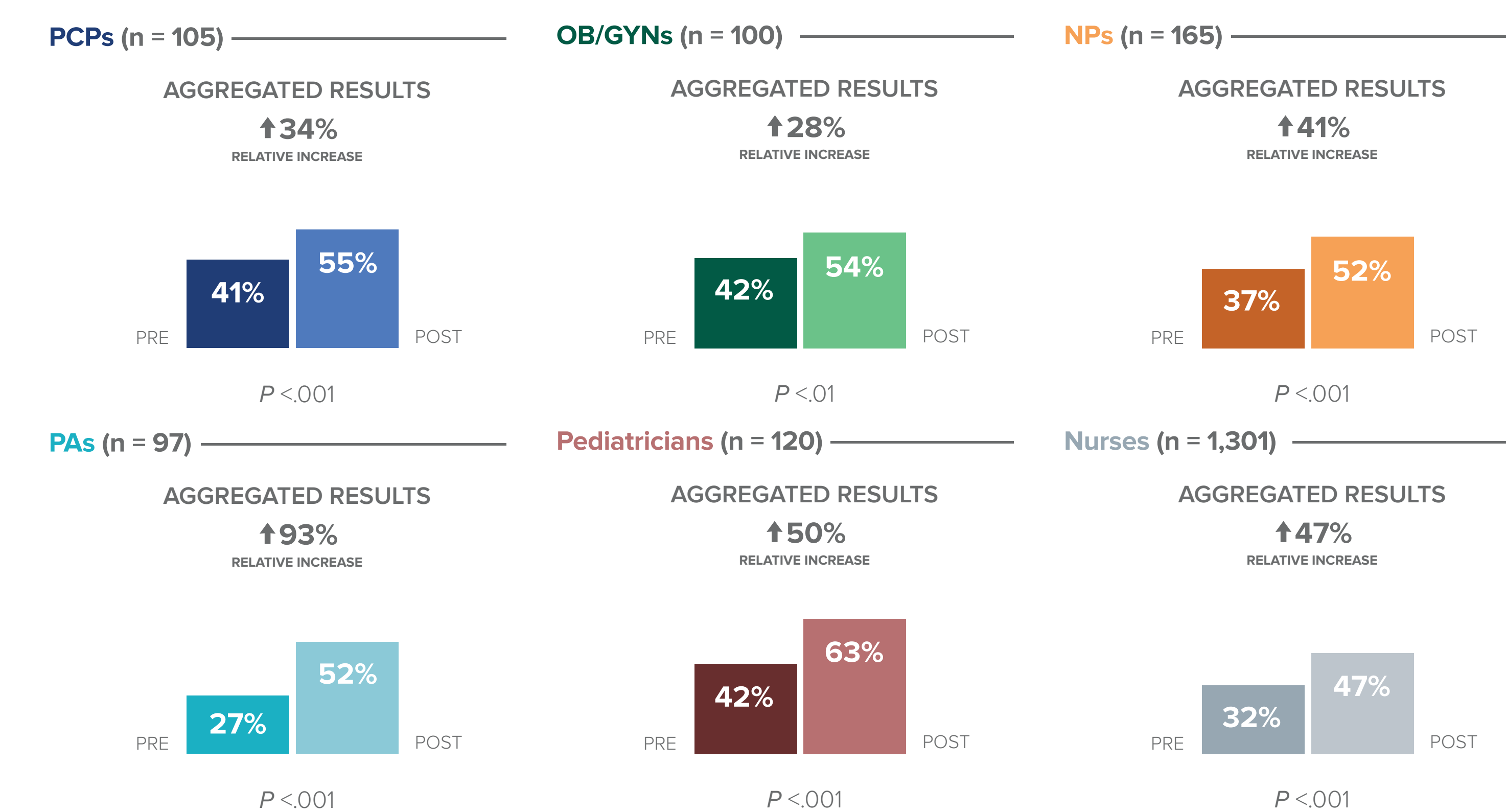
RELATIVE INCREASE IN COMPETENCE REGARDING KEY CONSIDERATIONS FOR OTC PROGESTIN-ONLY BIRTH CONTROL PILLS

Understanding factors such as eligibility criteria, potential contraindications, side effects, and adherence strategies ensures that providers can confidently counsel patients on safe and effective use. This knowledge is crucial for expanding contraceptive access, reducing unintended pregnancies, and supporting individuals in making informed reproductive health decision.



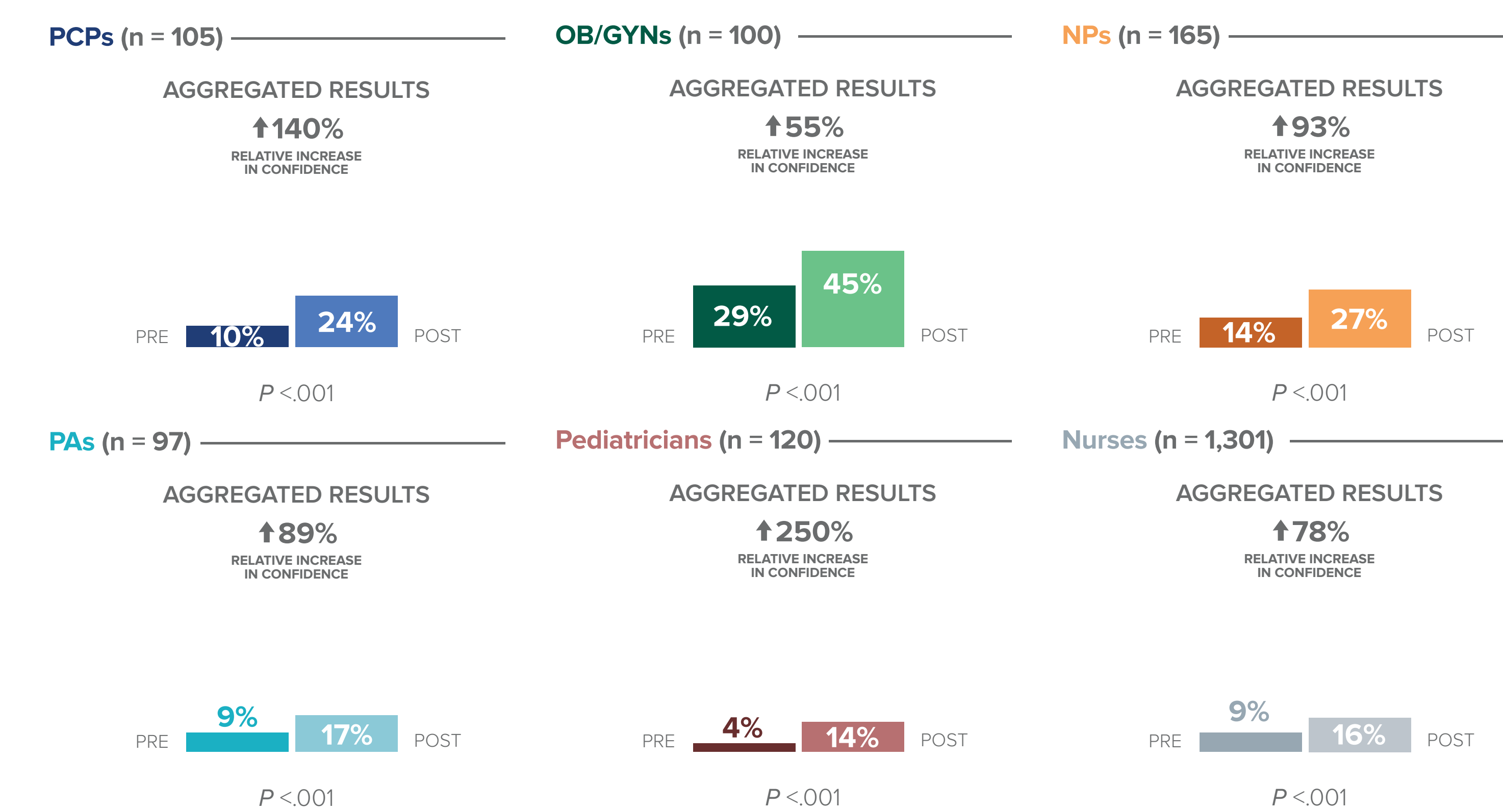
RELATIVE INCREASE IN COMPETENCE REGARDING IDENTIFYING PEDIATRIC PATIENTS WHO COULD BENEFIT FROM OVER-THE-COUNTER PROGESTIN-ONLY PILLS

By improving providers' ability to assess patient needs, address concerns, and offer appropriate guidance, more adolescents can receive timely, evidence-based contraceptive options that align with their health goals and lifestyles—ultimately reducing barriers to effective family planning.



RELATIVE INCREASE IN CONFIDENCE RELATED TO ENGAGING IN SHARED DECISION-MAKING REGARDING OVER-THE-COUNTER CONTRACEPTIVES

When providers feel more assured in discussing options, addressing concerns, and guiding patients through personalized decision-making, individuals are more likely to select and use contraception effectively. This fosters trust, improves adherence, and ultimately supports better reproductive health outcomes.



CONCLUSIONS

This study highlighted the effectiveness of online, video-based panel discussion CME in significantly enhancing multiple women's health specialist knowledge, competence, and confidence regarding the latest advances in progestin-only birth control. As over-the-counter contraception options expand and barriers to access persist, it is crucial for the entirety of the care team to stay updated with current, comprehensive information to effectively navigate these challenges. By integrating this targeted education into multidisciplinary teams, including OB/GYNs, primary care providers, and pharmacists, patient outcomes can be optimized. Collaborative education that addresses evolving responsibilities helps ensure that all members of the care team are equipped to support women's health comprehensively, particularly in adapting to new contraceptive options and improving access to care.



ACKNOWLEDGEMENTS

The educational activity and outcome measurements were supported by Perrigo.

For more information, contact:

Sara Thorpe
Director Clinical Strategy
sthorpe@medscape.net



Scan here to view this poster online.