

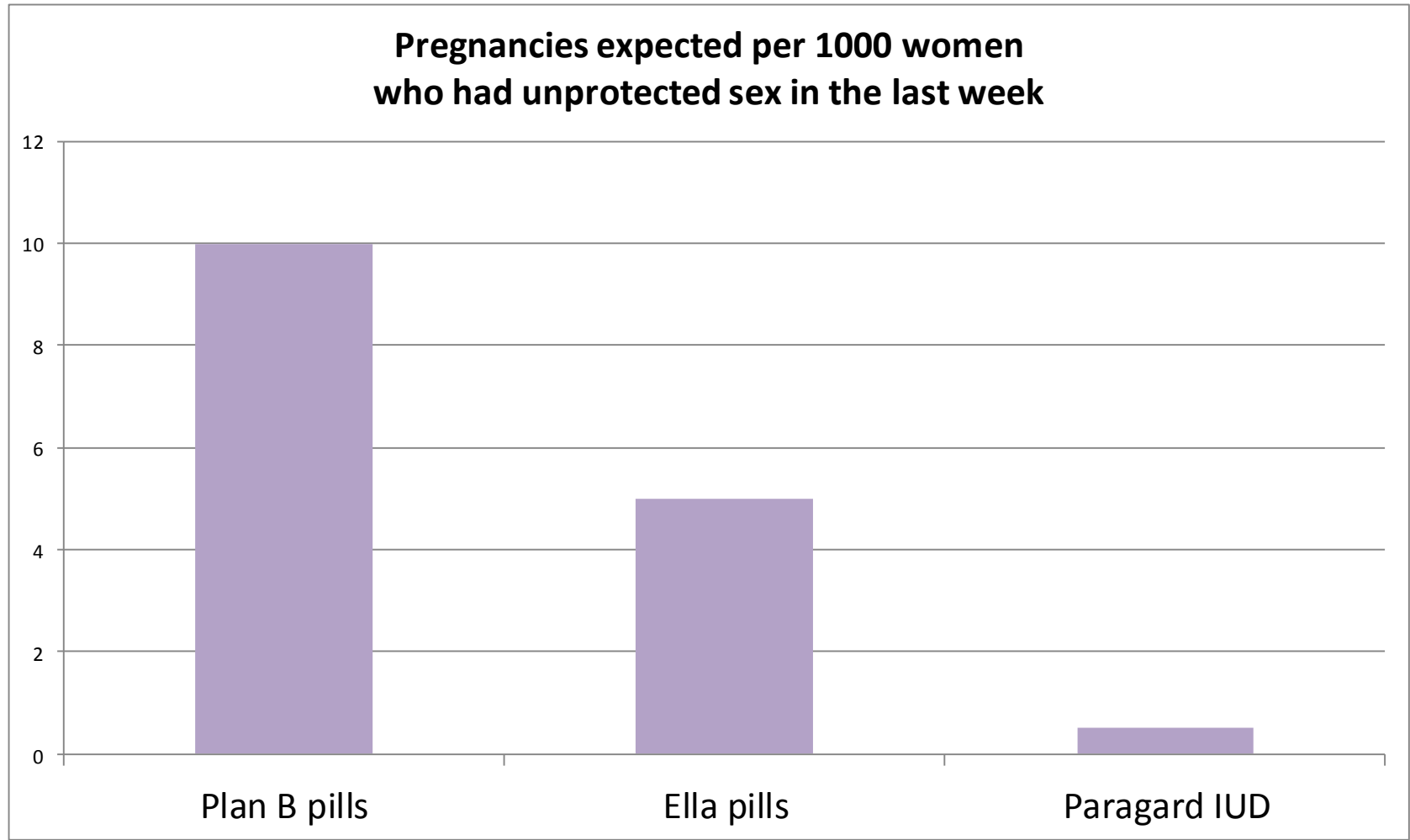
The Acceptability & Effectiveness of a Non-Hormonal IUD for EC and Beyond...

Interest in intrauterine contraception among
seekers of EC and pregnancy testing

Eleanor Bimla Schwarz, MD, MS
Director, Women's Health Services Research Unit
Center for Research on Health Care
Associate Professor of Medicine, Epidemiology,
Obstetrics, Gynecology, and Reproductive Sciences
University of Pittsburgh



Relative Effectiveness of EC Options

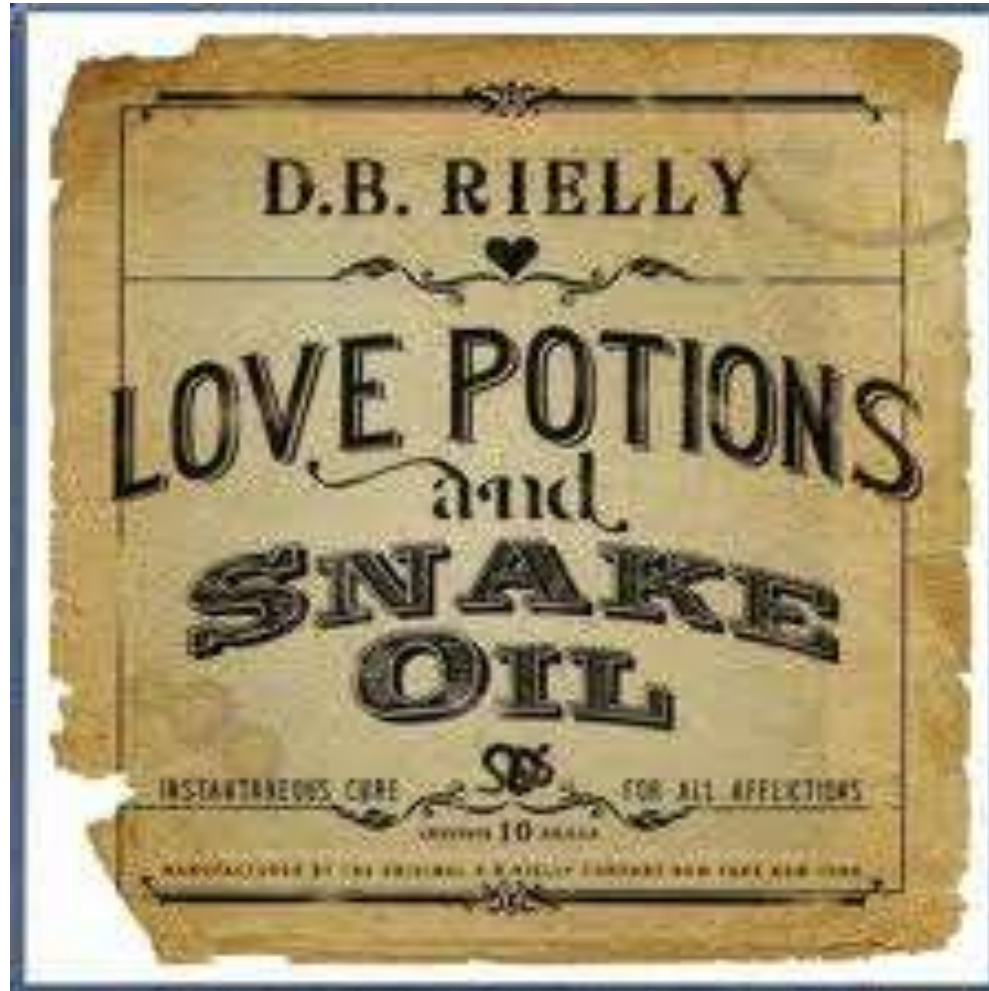


ISSUE: Obesity and EC effectiveness

- ▶ If overweight (BMI=25-30)
 - ▶ With Lng =2.5% (*i.e. half as good*)
 - ▶ With UPA =1.1%
- ▶ If obese (BMI>30)
 - ▶ With Lng =5.8% (*approaches NO EFFECT*)
 - ▶ With UPA =2.6% (*half as good*)



For obese women, Plan B is essentially

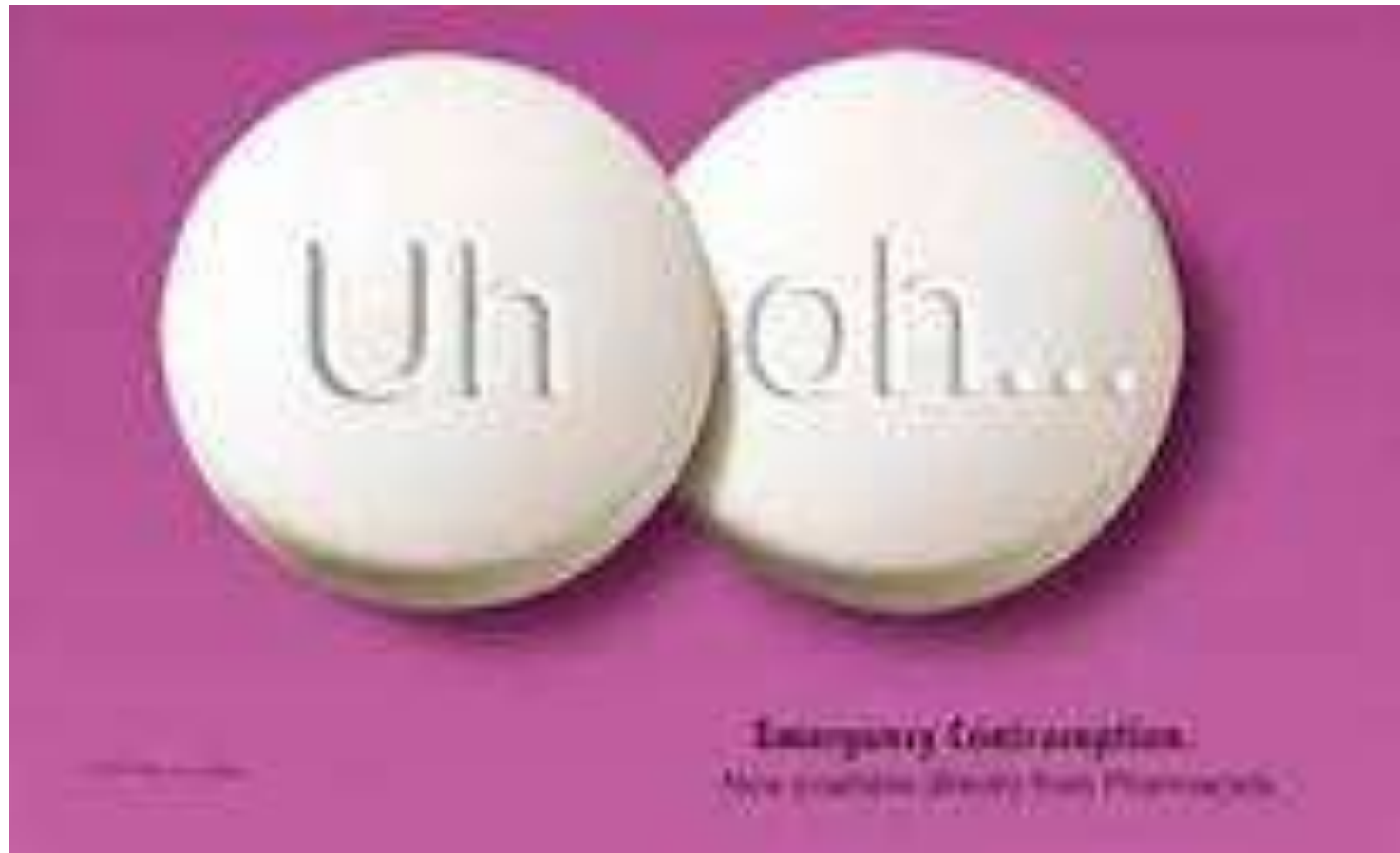


ISSUE: Prevalence of Obesity

- ▶ Among US women aged 20-40 years
- ▶ 56% are overweight (BMI >25)
 - ▶ 74% of Black women
- ▶ 32% obese (BMI>30)
 - ▶ 56% of Black women



At our clinic, EC Pills are an...



ECWIP Project

- ▶ To ensure that all women who seek emergency contraception (EC) or walk in pregnancy (WIP) testing are equipped with the knowledge and services they need to avoid unintended pregnancy.



Walk in pregnancy tests?

- ▶ 45% had unprotected sex in the last week
 - ▶ of those who didn't want to become pregnant in next 6 months
- ▶ Prior use of EC is among the strongest predictors of requesting EC instead of WIP
- ▶ More women seek pregnancy testing than EC
 - ▶ 3 to 6 for every one seeking EC



Cardiac Emergencies

- Angina
- Heart attack
- 2nd heart attack
- Heart failure



Contraceptive Emergencies

- Angina
- Heart attack
- 2nd heart attack
- Heart failure
- Emergency contraception
- Abortion
- Repeat unintended pregnancy
- Heart break

The Contraceptive Red Cross



Research Questions

- ▶ Is it possible for a Title X clinic to routinely offer women seeking EC same-day placement of a copper IUD?
- ▶ How does brief structured counseling about highly effective reversible contraception (HER-c) combined with the offer of same-day contraceptive placement affect:
 - ▶ Knowledge of IUDs?
 - ▶ Contraceptive use?
 - ▶ Unintended pregnancy?



Methods Overview

- ▶ Title X clinic in Pittsburgh, Pennsylvania
- ▶ Design: pre-intervention vs. intervention period
 - ▶ Pre-intervention period: January-August 2011
 - ▶ Intervention period: August 2011 - to date
- ▶ Data sources:
 - ▶ Survey on day of clinic visit (in person)
 - ▶ Survey 3-months after clinic visit (online or by phone)
 - ▶ Electronic Medical Record data
(Survey 12-months after clinic visit)



Participant Criteria

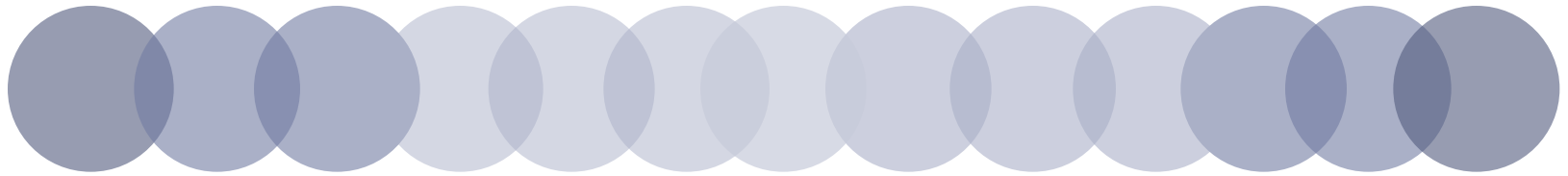
Inclusion

- ▶ Women
- ▶ Aged 15-45 years
- ▶ Seeking EC or walk-in pregnancy testing

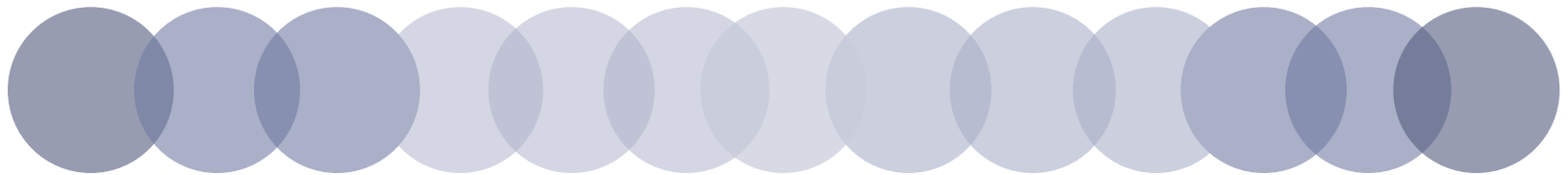
Exclusion

- ▶ Using an IUD or implant the day of clinic visit
- ▶ Positive pregnancy test
- ▶ Desired pregnancy in next 6 months





INTERVENTION



Brief Scripted Counseling

“The birth control methods that work best to prevent pregnancy are the implant and the IUD. These methods are more effective than condoms, pills or the depo shot. The implant and IUD are as effective as having your tubes tied, but can be reversed at any time if you decide to become pregnant or want to switch to a different method.

The birth control implant is called Implanon or Nexplanon. It is a small flexible rod that is placed under the skin of the upper arm and can be used for 3 years. An IUD is a small, flexible, T-shaped device that is slid into the uterus and can be used for at least 5 years. There are 2 types that you may have heard of: the Mirena IUD and the copper IUD, sometimes called Paragard.”

“If you have had sex without a condom or other type of birth control in the last 7 days and do not want to become pregnant, the copper IUD may be your best option today because it is more effective than emergency contraceptive pills.”

“Do you have any questions about Implants, IUDs, or any other types of birth control?”



Routine Offer of



**SAME
DAY
SERVICE**



Main Outcomes

**Knowledge of
IUD benefits
and
characteristics**

**Contraceptive
use 3 months
after clinic
visit**

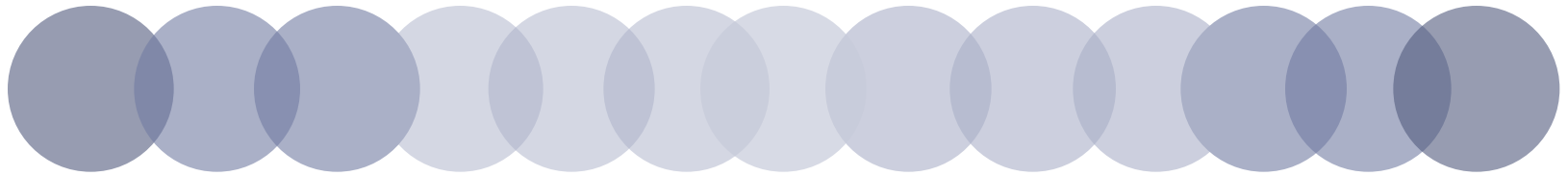
**Unintended
pregnancy
within 3
months of
clinic visit**



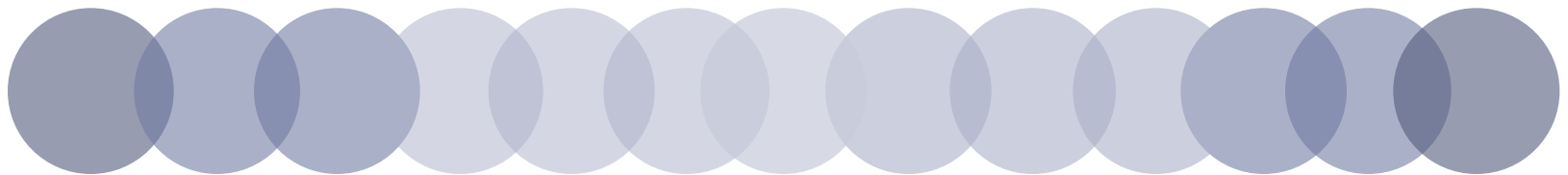
Analysis

- ▶ Compared pre-intervention period to intervention period
- ▶ Data from EMR and survey
- ▶ Significant differences between time periods assessed using chi-squared and Fisher's exact tests.
- ▶ Focus on those seeking EC for this presentation

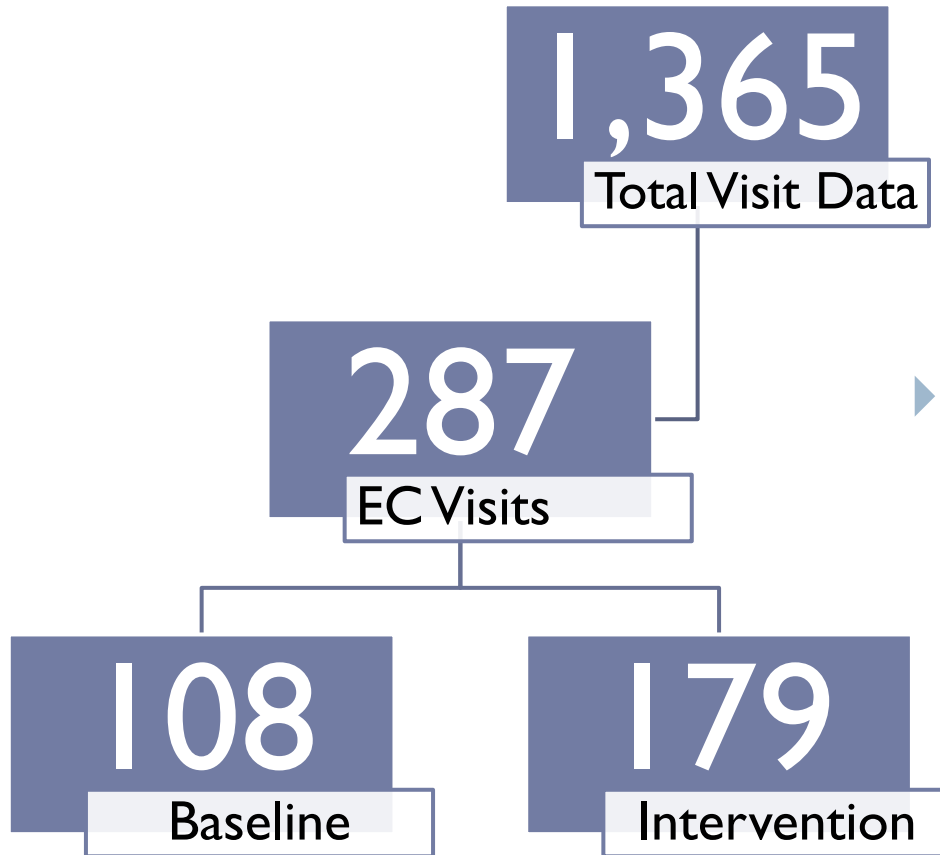




RESULTS



EMR Data (Jan 2011-Aug 2012)

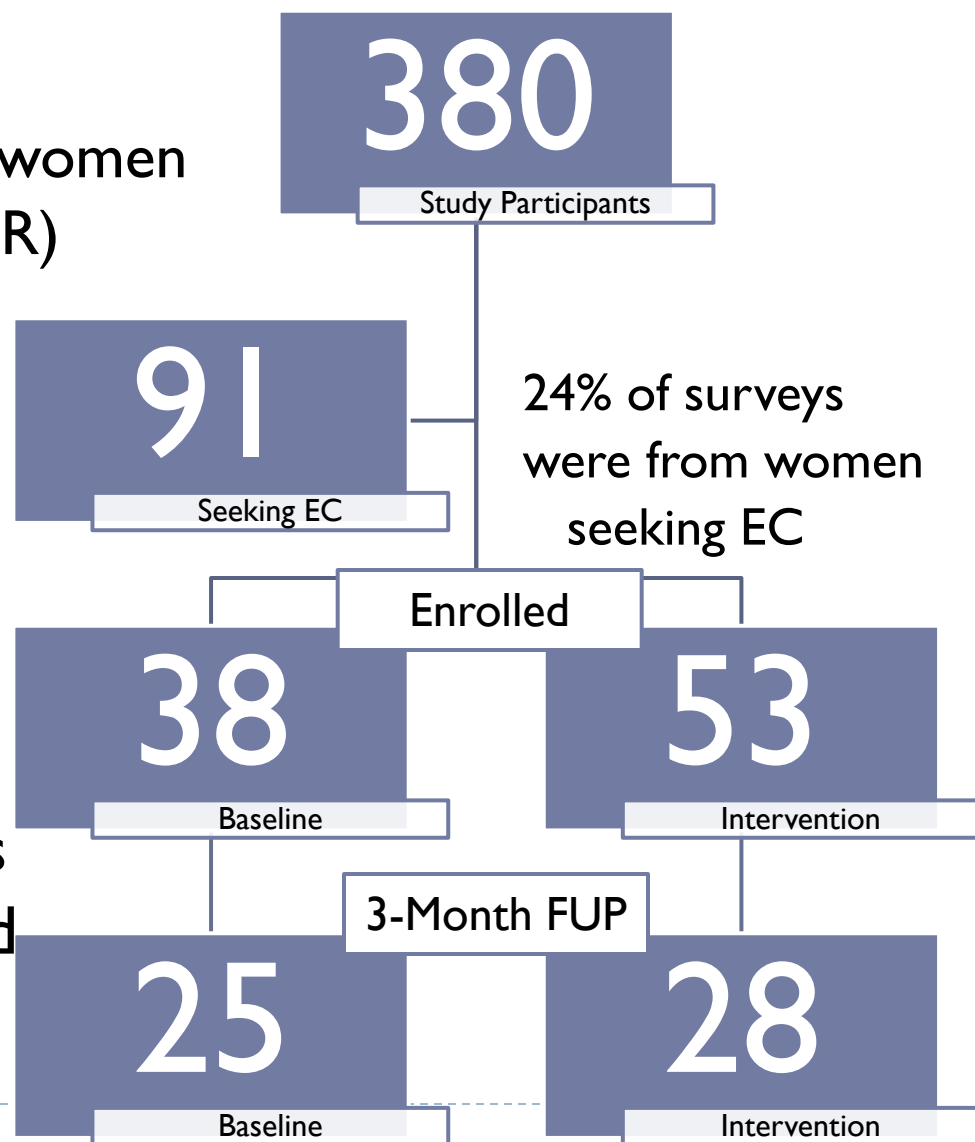


▶ 21% of visits were for EC



Survey Data

- ▶ Enrollment survey from 32% of women seeking EC (91 surveys /287 EMR)



- ▶ To date, 3-month Fup surveys completed by 68% of enrolled
-



Demographics of Women Seeking EC

		Baseline Period January to August 2011	Intervention Period August 2011 to August 2012
AGE	Age, Mean±SD	25±5	24±4
RACE	Black	61%	67%
	White	21%	15%
	Other	3%	6%
	Bi-Racial	16%	12%
RELATIONSHIP STATUS	Married	5%	2%
	Relationship, not married	51%	50%
	Dating, no relationship	22%	23%
	Divorced/ Separated	0%	0%
	Single	22%	25%
EDUCATION	≤ 8 th grade	0%	0%
	Some high school	16%	6%
	HS grad or GED	38%	44%
	Some college/2 yr degree	35%	37%
	College degree	11%	14%

Pregnancy Intentions of women seeking EC on Enrollment Visit

	Baseline (N=38)	Intervention (N=53)
Trying to become pregnant	0%	0%
Wouldn't mind getting pregnant	0%	2%
Don't know	5%	0%
Wouldn't mind avoiding pregnancy	5%	8%
Trying to avoid pregnancy	90%	91%



Contraception at Last Sex (Enrollment)

	Baseline	Intervention
None	53%	38%
Withdrawal	5%	11%
Spermicide	3%	2%
Male condoms	37%	40%
Pills	0%	0%
Ring	3%	4%
Depo shot	0%	2%
Implant	0%	0%
IUD	0%	0%



Intervention effect on Counseling

Of women who came to clinic seeking EC

- ▶ Talked about IUD or implant day of visit

Baseline 28%

Intervention 96%

- ▶ Recall talking about birth control at visit 3 months ago

Baseline 84%

Intervention 96%

- ▶ Counseling prompted switch to an IUD...

Baseline 0%

Intervention 33%

← P=0.003



Changes in Knowledge 3 months after visit seeking EC

Correct answers on...	Baseline	Intervention	P-value
IUD effectiveness	24%	43%	0.15
IUD duration	80%	86%	0.58
IUD reversal	48%	89%	0.001
Some IUDs are hormone free	52%	79%	0.04



Changes in Intention (if never used IUD)

Had considered IUD at enrollment visit

• Baseline	Intervention	
• 25%	46%	P=0.15

Considered IUD at 3-month Fup

• Baseline	Intervention	
• 28%	50%	P=0.20

New consideration or IUD use at 3-months

• Baseline	Intervention	
• 35%	71%	 P= 0.02



Contraceptive Changes after clinic Visit for EC

From “No Contraceptive Use” on Enrollment to ... at 3 Month Follow-Up

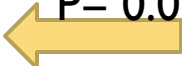
	Baseline N=25	Intervention N=28
No Change	31%	10%
Changed to condoms	31%	30%
Changed to hormonal	31%	20%
Changed to IUD/Implant	8%	40%

$P=0.06$ ←



Contraception at Last Sex (3 months Fup)

	Baseline	Intervention
None	32%	4%
Withdrawal	4%	0%
Spermicide	0%	0%
Male condoms	24%	32%
Pills	12%	0%
Ring	16%	25%
Depo shot	4%	4%
Implant	0%	0%
IUD	8%	36%

 P= 0.02



How about those IUDs!

- ▶ **25% got an EC IUD**
 - ▶ 100% of women who got a same-day IUD for EC still had their IUD at 3 months
 - ▶ Only 54% of EC IUD women completed 3-month Fup
 - ▶ Numbers are small (n=7)

- ▶ **11% of women got an IUD after visit for EC**



EMR Documentation of Same Day Insertion

During baseline period, **NO ONE** got an IUD on the day of their clinic visit.

With intervention to date, **15%** of women had an EC IUD inserted.



Changes in Pregnancy Rates-Survey Data

3 months after seeking EC from clinic
(and stating desired to avoid pregnancy for >6 months)

Baseline 16% (n=4) Intervention 7% (n=2)



Changes in Pregnancy Rate-EMR data

Among women seeking EC from clinic

	Baseline	Intervention
3 months	17.7%	13.4%
6 months	20.0%	15.9%



Any worries?

PID Diagnosis in 3 months after seeking EC

- ▶ Survey Data:

- ▶ Baseline 0% → Intervention, n=1 (not a same day IUD)

- ▶ EMR Data:

- ▶ Baseline 2.4% (n=2) → Intervention 0%



Any worries?



What about those seeking pregnancy testing?

- ▶ **Eligible for EC according to survey responses?**
 - ▶ Had sex within the past 5 days: 31%
 - ▶ Had sex within the past 7 days: 36%

- ▶ **Got EC the day of their visit (survey data)**
 - ▶ Baseline: survey data, 4% any EC (0% got IUD)
 - ▶ Baseline: EMR data, 6% any EC (0% got IUD)
 - ▶ Intervention: survey, 17% any EC (2% got IUD, n=3)
 - ▶ Intervention: EMR, 10% any EC (1% got IUD, n=6)



Next steps

Efforts to

- ▶ Ensure WIPS get structured counseling and are offered same-day placement of HER-c
- ▶ Engage all members of clinic team
- ▶ Confirm all clinicians are able to place IUDs and Implants
- ▶ Data collection remains ongoing...



Thank You!



Questions?
schwarzeb@upmc.edu



Reasons for declining a same-day IUD

	Baseline	Intervention
Concern of side effects	29%	22%
Too expensive	3%	3%
Don't have time today	8%	13%
Don't know enough about it	19%	16%
Need more time to think about it	17%	36%

