

HOW I PRACTICE: CONTRACEPTION

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CONTRACEPTION

- In the United States, nearly half of pregnancies are unintended (defined as pregnancy either mistimed or unwanted).
- Adverse effects of unintended pregnancies include delayed prenatal care, premature birth, and negative physical and mental health effects for children; 32-34 and maternal depression, physical violence during pregnancy, and others for women
- 1 in 3 women reported that because of the pandemic, they had to delay or cancel visiting a clinician for SRH care, or had trouble getting

Women's Preventive Services Initiative. Contraception. Washington, DC. <https://www.womenspreventivehealth.org/wp-content/uploads/WPSI-Contraception-Evidence-Update-2021.pdf>

WPSI Well-Woman Chart

PREVENTION SERVICES	AGE (Years)						
	13-17 ^a	18-21 ^a	22-39	40-49	50-64	65-75	>75
♥ GENERAL HEALTH							
Alcohol use screening & counseling	●	●	●	●	●	●	●
Anxiety screening	●	●	●	●	●	●	●
Blood pressure screening	●	●	●	●	●	●	●
CVD & CRC prevention with aspirin ¹					○ 50-59		
Contraception and contraceptive care	●	●	●	●	○		
Depression screening	●	●	●	●	●	●	●
Diabetes screening ²	○	○	○	○	○	○	○
Fall prevention						●	●
Folic acid supplementation ³	○	●	●	●	○		
Healthy diet & activity counseling ⁴		○	○	○	○	○	○
Interpersonal & domestic violence screening	●	●	●	●	●	●	●
Lipid screening ⁵	○	●	○	●	●	●	
Obesity prevention				●	● 50-60		
Obesity screening & counseling	●	●	●	●	●	●	●
Osteoporosis screening ⁶					○	●	●
Statin use to prevent CVD ⁷				○	○	○	
Substance use screening & assessment	●	●	●	●	●	●	●
Tobacco screening & counseling	●	●	●	●	●	●	●
Urinary incontinence screening ⁸	○	●	●	●	●	●	●

WPSI RECOMMENDATION FOR CONTRACEPTION

Contraceptive care should include:



Screening



Education



Counseling



Provision of
Contraceptives

Contraceptive care also includes follow-up care (eg, management, evaluation, and changes, including the removal, continuation, and discontinuation of contraceptives).

HOW I PRACTICE: CONTRACEPTION

- Establish a procedure to schedule and carry out virtual and in-person visits, as indicated.
- Schedule initial telehealth visit to assess patient needs.
 - Contraceptive methods including the pill, the patch, and ring, as well as emergency contraception can all be ordered for a patient without an in-person visit
- In-person visits for contraceptives that require a procedure can serve several purposes including:
 - Ensure the patient selects the best method for them.
 - Optimize the scheduling of the procedure
 - Reduce the length of time of the in-person visit.



HOW I PRACTICE: CODING

Correct coding can result in more appropriate compensation for services and reduce claim denials. For coding resources, including CPT codes and Medicare and Medicaid guidance, please download the free [WPSI Coding Guide](#). For information about coding for digital and telehealth services, visit [ACOG's Practice Management Coding website](#).

HOW I PRACTICE: SHARED DECISION MAKING

Shared decision making is an approach in which a patient's preferences and values are considered in addition to the scientific evidence about a particular method and the decision is made jointly by the clinician and patient.



Shared decision making is essential to preventive care.

New WPSI
#WellWoman Chart





DECIDE + BE READY



- An interactive app developed to educate users on birth control methods. It features education modules, 'information quickies' on topics like IUDs and breastfeeding, and the capability to contact and record questions for ones provider.

USEFUL RESOURCES

- Bedsider Birth Control Support Network (for patients and providers): www.bedsider.org
- Planned Parenthood Telehealth Resources: <https://www.plannedparenthood.org/get-care/get-care-online>
- Contraceptive Care During COVID-19: <https://beyondthepill.ucsf.edu/contraceptive-care-during-covid-19>
- Decide + Be Ready App: can be found using a number of search terms: “Decide + Be Ready”; “birth control”, “decide be ready” etc. It is also available at iTunes and Android app stores.





THANK YOU!



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