IMPROVING CONTRACEPTIVE COMPLIANCE THROUGH AN EDUCATIONAL PROGRAM

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CLINICAL PROBLEM:
OVER 50 PERCENT OF ALL PREGNANCIES IN THE UNITED STATES ARE UNINTENDED

CLINICAL QUESTION:
DOES EDUCATION PROMOTE CONTRACEPTIVE COMPLIANCE AMONG FERTILE WOMEN?

REVIEW OF THE LITERATURE ON CONTRACEPTIVE COMPLIANCE:
• Presents two common themes affecting compliance: contraceptive education; provider influence
• Provides a basis for an Evidence-Based Practice intervention: Interactive provider and patient involved contraceptive educational program that promotes contraceptive compliance.

PROJECT PLAN:
• An educational demonstration board displayed the various birth control methods available and provided information about each.
• The healthcare provider selected, recruited, and consented the patient.
• The healthcare provider interactively educated the patient on each option.
• The patient completed The Satisfaction With Decision Scale.
• The patient was sent home with a pamphlet reflective of the information presented.

THE HEALTH PROMOTION MODEL
(1) Perceived benefits of action
(2) Perceived barriers to action
(3) Perceived self-efficacy
(4) Activity-related affect
(5) Interpersonal influences (family, peers, providers)
(6) Situational influences
(7) Commitment to a plan of action
(8) Immediate competing demands and preferences

PROJECT IMPLEMENTATION:
• WEEK ONE: PROVIDER ORIENTATION
• WEEK ONE THROUGH TEN: PATIENT RECRUITMENT AND PROJECT IMPLEMENTATION
• SAMPLE SIZE AND CRITERIA: 90 ENGLISH SPEAKING WOMEN AGES 12 TO 50 AT RISK OF UNINTENDED PREGNANCY IN THE EAST BALTIMORE CAMPUS GYN/OB CLINICS OF THE JOHNS HOPKINS HOSPITAL

PROJECT EVALUATION
The Satisfaction With Decision Scale (SWD) directly correlates with patient compliance

CONCLUSIONS
• Decreasing the unintended pregnancy rate requires improved contraceptive compliance
• Health care providers can significantly improve contraceptive compliance through patient education
• The literature review calls for a contraceptive education program that requires a knowledgeable skilled clinician who is responsive to patient needs and concerns
• With improved compliance, the rate of unintended pregnancies will be reduced

REFERENCES ATTACHED AND UPON REQUEST