

INTRODUCTION

- North Carolina, the teen birth rate in 2018 was 18.7 per 1,000
- US teen birth rate was 17.4 per 1,000.
- Despite a plethora of research about contraceptive safety and efficacy in the US, little is known about how physicians' comfort with contraceptive counseling affects patient's utilization of contraceptives.

PROJECT AIM

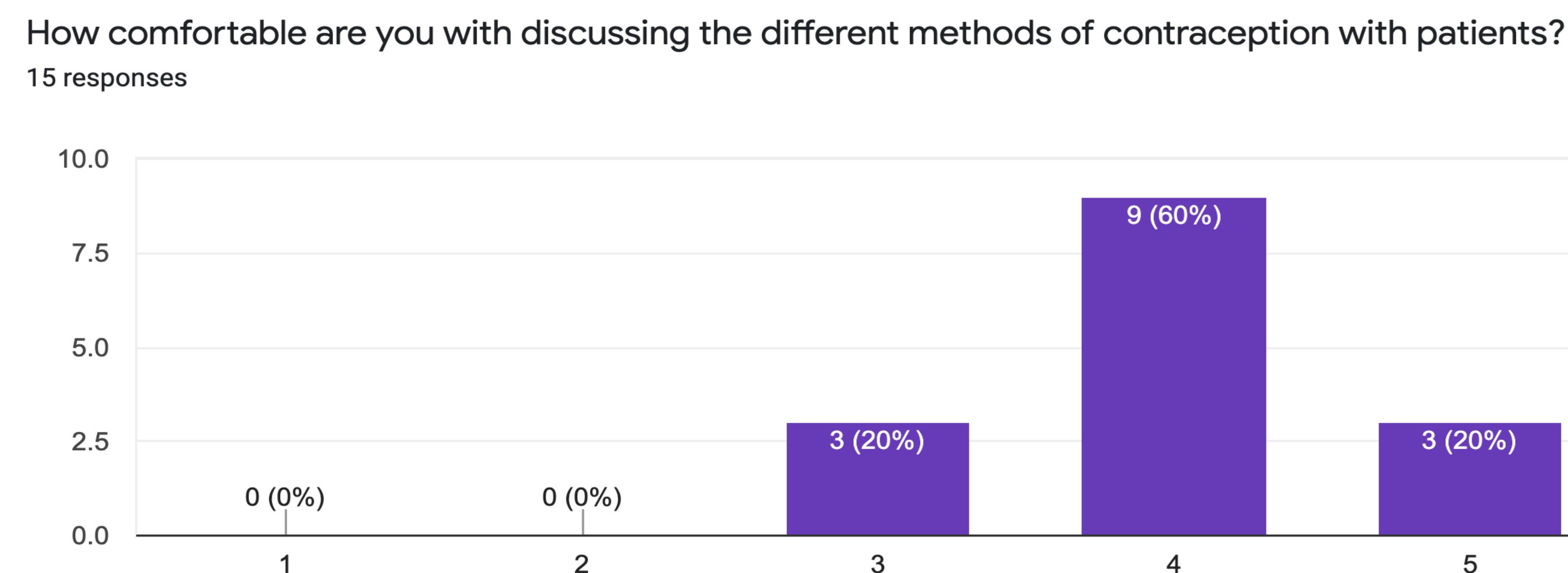
- This educational project hopes to improve contraceptive counseling given to adolescents seen at East Carolina University (ECU) Pediatric Clinic
- Through direct provider education and the creation of contraception kits we aim to improve pediatric resident's comfort with providing contraception education in clinic.

RESULTS & FIGURES

Image 1,2. Contraception kit contains a Nexplanon model, oral contraception packs, a Nuvaring model, an IUD applicator, a birth control effectiveness chart, and take-home contraception brochures.



Figure 1. 15 post-education resident surveys were collected. 60% of residents rated their comfort discussing different contraception methods at a level 4/5 (5 very comfortable) after the education session.



METHODS

- The contraceptive toolkit was created to aid in contraceptive counseling via resident providers.
- Monthly resident educational sessions occurred at the ECU Pediatric Clinic to discuss the utilization of the contraception kits.
- An anonymous survey was given after the educational session to evaluate physician's comfort with providing contraception education.

DISCUSSION

- Given North Carolina's higher than average teen birth rate, it behooves us to identify areas of improvement in contraception counseling.
- In conclusion the contraception kits can be used as an educational tool to aid in resident's comfort when counseling about different contraception methods.

Acknowledgements

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