MyBirthControl: Engaging patients and providers in shared decision making around contraception

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Why develop a Birth Control DST?

- Counseling can influence contraceptive use, but patients are often dissatisfied with contraceptive counseling
- Contraception is a preference sensitive decision
- Shared Decision Making approach is optimal, particularly for young people
- Decision support tools are a patient-centered, time-saving approach to improving contraceptive counseling
Structure of the tool

- **Educational modules** relevant to choice of contraceptive method
- **Interactive component** where patient indicates preferences
- **Health history checklist** evaluating eligibility for methods
- **Interactive “method chooser”** with a method comparison feature
- **Questions page** where patients can enter their own
- **Final printout** with methods the patient is interested in, preferences, medical history, and questions for provider
THINGS YOU MIGHT WANT TO THINK ABOUT /

As you consider your options, remember that your provider will be there to answer any additional questions and to help you make a good decision. Click on the buttons below to make your way through each section.

- How well does it prevent pregnancy?
- How do I use it?
- How often do I have to remember it?
- Are there any side effects?
- What if I decide I want to get pregnant?
**HOW WELL DOES IT PREVENT PREGNANCY?**

How would you feel if you got pregnant right now? Scared? Stressed? Upset? Click on the methods to see how effective they really are at preventing pregnancy. Knowing which ones work best can help you make an informed decision.

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<thead>
<tr>
<th>Method</th>
<th>Effectiveness</th>
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<tbody>
<tr>
<td>Condom</td>
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<td>Birth Control Pill</td>
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<tr>
<td>Implant</td>
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<td>IUD</td>
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**No Method:** 85 in 100 women will get pregnant during the first year of using no method.
INFO QUICKIE: IUDS

We know some women don’t know much about the IUD, so we wanted to let you know it’s one of the most effective forms of birth control you can get.

- Hormonal and copper IUDs are gaining popularity in the U.S.
- More doctors are recommending them for teens and young women, and using IUDs themselves.

There are also a lot of IUD myths out there, so let’s clear some stuff up.

- IUDs are safe to use, even if you’ve never had a kid.
- They don’t cause infection.
- They won’t keep you from getting pregnant in the future.
- Inserting it into your uterus and taking it out are small procedures done in your doctor’s office. And once it’s in, you don’t have to think about it for years or until you want to have it taken out.

Sounds pretty convenient, right? It is. And how’s this for awesome: IUDs decrease your risk of pregnancy 20 times more than the pill, patch, or ring.
HOW DO I USE IT?

Click to see how each method is used and think about your lifestyle, your body, and how much you want to deal with your method. (Some require more planning and preparation than others.)

SHOT
The shot is just what it sounds like: a shot that keeps you from getting pregnant. You usually get it in your upper arm or hip.

BIRTH CONTROL THAT GUYS USE

As you think about birth control, it can be helpful to talk with your sexual partner about your options and preferences. After all, there are a few methods that men can use too.

VASECTOMY
This small, in-office surgery blocks the tubes that carry a man’s sperm. It is permanent, so he has to be sure he doesn’t want to have kids in the future.
Click the icons below to learn about how often each method is used. Using your birth control correctly and consistently is extremely important if you don't want to get pregnant. (That means every time, all the time.) It's best to go with a method that you find convenient and easy to use.

Female Condom: Use it EVERY time you have sex.

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ARE THERE ANY SIDE EFFECTS?
Click below to see some side effects and perks that come with using birth control. Remember, most side effects are rare and often get better over time.

**good stuff** | **annoying stuff** | **stuff not to worry about**
---|---|---
In addition to preventing pregnancy, birth control can have positive effects too. Would any of these thrill you?

*Less Cramping*  
The pill, patch, ring, shot, and hormonal IUD can all make your periods less painful.

*Heavy Bleeding*  
The copper IUD can make your periods heavier.
A CLOSER LOOK AT SIDE EFFECTS

Now that you know about the potential side effects of birth control, take a closer look and review them by method.

- sterilization
- hormonal IUD
- copper IUD
- implant

- shot
- ring
- patch
- pill

- diaphragm
- male condom
- female condom

THE PILL

good stuff /

😊 Can make your periods less heavy and less crampy
😊 Can help clear up your acne
😊 Lowers your risk of ovarian and uterine cancer

annoying stuff /

😢 For the first few months you may have nausea and breast tenderness.

stuff not to worry about /

😢 Unlike what some people think, doesn’t cause depression or weight gain in most women.
WHAT IF I DECIDE I WANT TO GET PREGNANT?

No birth control method will stop you from being able to get pregnant in the future. (Except female sterilization. Remember that one's permanent.)

Keep in mind that it may take several months or longer to get pregnant after using the shot.

And because the IUD and implant are longer-term methods, we generally recommend them for women who do not want to get pregnant for at least a year. (But you can have them removed and stop using them at any time.)
NOW WE’D LIKE TO ASK YOU A FEW QUESTIONS

This will help you identify what’s important to you about your birth control method. By thinking through what matters to you, you’ll be able to find the best fit for you. Select the button to indicate your choice.

When do you think you might want to get pregnant?

- Never
- In less than a year
- In a year or more

How important is it that your method is very effective at preventing pregnancy?

- Not important
- Somewhat important
- Very important

Do you care about how often you use your method? (for example every day, monthly, every 5 years)

- I don’t care
- I care a little
- I care a lot

When it comes to how often you have to use your method, how do you feel about EACH of these options?

- Every time I have sex
- Every day
- Every week
- Every month
- Every year or even less often
- Permanent methods

NOW WE’D LIKE TO ASK YOU A FEW QUESTIONS

If you tell us how you feel about a few side effects, we’ll start to narrow down methods that might be a good fit for you. (If you have any additional questions about side effects, be sure to ask your provider during your visit.)

How do you feel about each of the following side effects?

- Spotting/irregular bleeding
- Not having your period
- Heavier period/cramping
- Weight gain

Sharing your feelings about a few benefits will also help us narrow down methods that might be a good fit for you.

How do you feel about each of the following benefits?

- Decreased acne
- Not having your period
- Decreased cramping
- Less heavy periods

How much do you care about how the method is used? (for example by mouth, in the vagina, a shot)

- I don’t care
- I care a little
- I care a lot

When it comes to how a method is used, how do you feel about EACH of these options?

- By mouth
- On my skin
- In my vagina
- By shot
- In my uterus
- Under the skin of my arm
- Cutting or blocking of my tubes

- I’d actually like this
- Fine either way
- Bothers me a little
- Bothers me a lot
THINGS YOUR PROVIDER SHOULD KNOW

This section will help us figure out if any methods might not be safe for you. Remember to talk to your healthcare provider about your health history in order to make sure the method you choose is okay.

*Do any of the following apply to you? (Check all that apply)*

- [ ] Blood clots
- [ ] High blood pressure
- [ ] Over the age of 35
- [ ] Smoker
- [ ] Migraines
- [✓] None of these
HERE’S WHAT WE RECOMMEND

Based on the questions you answered for us, the methods that we recommend for you will appear below. You may have to scroll down to see the whole page. Methods with a check mark (✓) are the ones you said you were interested in at the beginning of the tool. Remember, you can click on the question mark (?) to learn more about each method.

After looking over these recommendations, click on the methods you want to talk about with your provider.

Click to see the methods recommended for you! »

After looking over these recommendations, click on the methods you want to talk about with your provider.

Based on what you told us about the importance of pregnancy prevention to you and if/when you want to get pregnant in the future, the following methods may be a good fit for you:

- hormonal IUD
- copper IUD
- implant

Based on what you told us about how you’d like to use a method and how often you’d like to think about a method, the following methods may be a good fit for you:

- hormonal IUD
- copper IUD
- implant
- shot

Based on what you told us about side effects and benefits, the following methods may be a good fit for you:

- ring
- patch
- pill

Based on what you told us, these methods are not a good fit for your preferences, but you could still consider using them:

- diaphragm
- male condom
- progestin-only pill
- female condom

select methods to continue »

This tool is provided for general informational purposes only and is not intended as, nor should it be considered a substitute for, professional medical advice. Do not use the information on this website for diagnosing or treating any medical or health condition. If you have or suspect you have a medical problem, promptly contact your professional healthcare provider. Sources of information.
## COMPARE METHODS

Use the tool below to create a side-by-side comparison of two different birth control methods.

### Implant

- **How good is it at preventing pregnancy?**
  - One of the most effective methods, with less than 1 in 100 women getting pregnant in the first year.

- **How it’s used?**
  - Placed under the skin of your arm by a health care provider during an office visit.

- **How often I have to remember it?**
  - Lasts 3 years, but you can have it removed whenever you want.

- **Side effects**
  - Can cause spotting or irregular periods
  - Some women may feel sad or have decreased interest in sex when using this method.

- **Benefits**
  - Discrete—no one needs to know it’s there.
  - Can make your periods less heavy and less crampy
  - Can help clear up acne
  - Lows your risk of ovarian and uterine cancer

- **Who shouldn’t use this method?**
  - Women with certain types of migraines, high blood pressure, history of blood clots, or who are both over the age of 35 and smoke are at increased risk of having a stroke or other bad outcomes with this method.

### Ring

- **How good is it at preventing pregnancy?**
  - A reasonably effective method, with only 9 in 100 women getting pregnant in the first year.

- **How it’s used?**
  - You place it in your vagina.

- **How often I have to remember it?**
  - Leave it in for three weeks, then take it out for the fourth week.

- **Side effects**
  - For the first few months you may have nausea and breast tenderness.

- **Benefits**
  - Can make your periods less heavy and less crampy
  - Can help clear up acne
  - Lows your risk of ovarian and uterine cancer

### Hormonal IUD

- **How good is it at preventing pregnancy?**
  - One of the most effective methods, with less than 1 in 100 women getting pregnant in the first year.

- **How it’s used?**
  - It is placed in your uterus by a health care provider during an office visit.

- **How often I have to remember it?**
  - It lasts for 3-5 years, but you can take it out at any time.

- **Side effects**
  - Can cause spotting or irregular periods
  - Can make your period go away completely

- **Benefits**
  - May have lighter periods
  - Can make your period go away completely
  - Lows your risk of uterine cancer

### Copper IUD

- **How good is it at preventing pregnancy?**
  - One of the most effective methods, with less than 1 in 100 women getting pregnant in the first year.

- **How it’s used?**
  - It is placed in your uterus by a health care provider during an office visit.

- **How often I have to remember it?**
  - It lasts for 12 years, but you can take it out at any time.

- **Side effects**
  - Can cause your periods to be heavier and more crampy

- **Benefits**
  - Lows your risk of uterine cancer
WHAT’S ON YOUR MIND?

Asking questions is the best way to get the information you need to choose the right birth control method for you. And remember, your health care provider has heard it all before, so don't be embarrassed to ask anything.

Type your questions into the box below and we will make sure that your provider sees them. We've even included a few sample questions to get you thinking about what you might like to ask.

What does it feel like to have an IUD put in my uterus?

How do you take out the IUD when I don't want it anymore?

What happens if I miss a pill?

What methods protect against sexually transmitted infections?
YOUR BIRTH CONTROL PROFILE

Here is a summary of the information you just shared with us. Take it into your visit with your health care provider to start your conversation about birth control.

Methods you want to talk about/

- hormonal IUD
- shot
- pill

When you think you might want to get pregnant/

- In a year or more

How important it is that your method effectively prevents pregnancy/

- Very important

How much you care about how your method is used/

- I care a little
  - Options you’d consider By mouth, By shot, In my uterus, Under the skin of my arm
  - Options you don’t like On my skin, In my vagina, Cutting or blocking of my tubes

- I care a little
  - Options you love: Every 3 months, Every year or even less often, Every day
  - Options you’d consider: Every month
  - Options you don’t like: Every week, Permanent methods, Every time I have sex

How you feel about possible side effects/

- Spotting/irregular bleeding: Fine either way
- Not having your period: Bothers me a little
- Heavier period/cramping: Bothers me a lot
- Weight gain: Bothers me a little

How you feel about possible benefits/

- Decreased acne: Would like it a lot
- Not having your period: Would like it a little
- Decreased cramping: Would like it a little
- Less heavy periods: Would like it a little

Things your provider should know about your health/

- Blood clots: No
- High blood pressure: No
- Over the age of 35: No
- Smoker: No
- Migraines: No
Future dissemination

- Currently conducting a randomized trial of the tool’s effectiveness at 4 clinics in SF
- Working with the National Campaign to plan nationwide dissemination to clinics after study period ends
- Easily incorporated into a range of clinical settings
Contact information

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