The Program in Woman-Centered Contraception

Statement of Purpose

The Program in Woman-Centered Contraception (PWCC) is dedicated to the idea that women should be at the heart of all family planning efforts. Through listening to what women want in contraception and contraceptive care, we can best meet their reproductive needs and ensure their reproductive autonomy. To accomplish this goal, we engage in activities designed to develop, evaluate and disseminate innovative family planning interventions, as well as conduct formative research to deepen our understanding of women’s preferences and experiences around contraception. Our work focuses on low-income and diverse populations and includes research investigating provider-patient interactions in the family planning setting, women’s social communication around birth control methods, contraceptive decision-making, and family planning disparities.

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Putting the focus on women’s contraceptive counseling experiences

Patient-centeredness in contraceptive counseling is essential to delivering quality family planning care. In 2016, PWCC began work on a three-year project to refine and test a Patient-Reported Outcome Measure (PROM) and Patient-Reported Outcome Performance Measure (PRO-PM) to understand patients’ experiences of contraceptive counseling and inform improvements to counseling practices. The PROM and PRO-PM will be based on the Interpersonal Quality of Family Planning Care (IQFP) scale previously developed by Dr. Dehlendorf.
Identifying Strategies to Improve the Family Planning Experiences of Peripartum Women

The UCSF Preterm Birth Initiative California (PTBi-CA) focuses on discovering and enacting innovative approaches to improve birth outcomes for women and infants in San Francisco, Oakland, and Fresno. PWCC began work with PTBi-CA in 2016 to explore how family planning care might play a role in narrowing San Francisco’s preterm birth disparities. PWCC will engage community stakeholders and conduct formative work around women of color’s attitudes and preferences for perinatal family planning care and contraceptive counseling. Results will potentially inform the development of an intervention to improve the family planning experiences of peripartum women at risk for preterm birth.

My Birth Control: Development of a Decision Support Tool for Contraception

Funded by the Patient-Centered Outcomes Research Institute (PCORI), this project involves the development of a tablet-based contraceptive decision support tool for women and a large-scale, longitudinal randomized control trial to test its effectiveness in four clinics in San Francisco. The My Birth Control tool was designed by PWCC in collaboration with designers from Bedsider.org. The trial will inform PWCC’s plan to disseminate the tool for wider use in diverse family planning care settings.

SpeakOut: Harnessing the Power of Social Networks to Disseminate Contraceptive Information among Adolescents

In 2015, PWCC received a 5-year grant from the Office of Adolescent Health to develop, rigorously evaluate, and disseminate SpeakOut, a social communication intervention about intrauterine devices (IUDs) and subdermal contraceptive implants for adolescents age 15 to 19. As friends and family members are valuable sources of contraceptive information for young people, SpeakOut encourages IUD and implant users to share their experiences so that their peers can be informed and empowered to make their own decisions about these methods. SpeakOut includes a clinic session, pamphlets, website, and text messages and is based on the intervention WhyIUD, previous piloted by PWCC.
Birth Control Connect: Online Peer Influence on IUD Behaviors and Attitudes

A collaboration between PWCC and researchers at the University of Pennsylvania Annenberg School of Communication, this study will investigate the possible association between women’s social exposure to intrauterine device (IUD) users in an online social network, and change in attitudes and behaviors related to IUD use. The study is funded by the Hewlett Foundation.

Contraceptive Counseling and Women’s Contraceptive Experiences

PWCC is currently analyzing data from a cohort study investigating contraceptive counseling, which involved audiorecording over 300 contraceptive counseling visits and followed women for six months after their visit to explore what aspects of counseling are associated with satisfaction with family planning care and with contraceptive continuation.

Selected Presentations


?Preventable, unnecessary and unjust? Rethinking family planning disparities using the health equity framework? Presentation at the 2015 North American Forum on Family Planning, featuring Christine Dehlendorf, MD, MAS; Melissa Gilliam, MD, MPH (Moderator); Anu Gomez, PhD; Andrea Jackson, MD, MAS.
Prioritizing preferences in reproductive health care: the role of shared decision making? Presentation at the 2015 North American Forum on Family Planning featuring Christine Dehlendorf, MD, MAS; Liza Fuentes, MPH; Jennifer Kerns, MD, MPH; Bhavik Kumar, MD; and Robin Wallace, MD.

Abortion Disparities: A Public Health Approach? and Abortion in the Primary Care Setting? Lectures presented by Dr. Dehlendorf as part of the Innovating Education in Reproductive Health course, Abortion: Quality Care and Public Health Implications.

Contraceptive Counseling and LARC Uptake? Webinar presented by Dr. Dehlendorf, hosted by the American College of Obstetricians and Gynecologists' LARC Program.

Differences in contraceptive use between family planning providers and the U.S.? Session at the 2014 North American Forum on Family Planning featuring Dr. Dehlendorf; Lawrence Finer, PhD; Liza Fuentes, MPH; and Lisa Stern, MSN, APRN

2014 North American Forum on Family Planning poster presentations:

- Acceptability of IUDs increase among non-users after discussing IUDs in a non-clinical setting
- Pilot study of "My Birth Control," a contraceptive counseling decision support tool
- Does a history of prior uterine scarring increase the likelihood of intervention among women undergoing medication abortion?
- Bringing Patients' Social Context into the Exam Room: an Investigation of the Discussion of Social Influence during Contraceptive Counseling
- A Qualitative Analysis of Approaches to Contraceptive Counseling

Publications


Gubrium AC, Mann ES, Borrero S, Dehlendorf C, Fields J, Geronimus AT, Gómez AM, Harris


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Care Poor Underserved. 2011 May; 22(2):415-21.

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Dehlendorf C, Diedrich J, Drey E, Postone A, Steinauer J. Preferences for decision-making
about contraception and general health care among reproductive age women at an abortion

Dehlendorf C, Ruskin R, Grumbach K, Vittinghoff E, Bibbins-Domingo K, Schillinger D,
Steinauer J. Recommendations for intrauterine contraception: a randomized trial of the effects

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patient gynecologic history on clinician contraceptive counseling. Contraception. 2010 Sep;
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into family medicine residency programs. Fam Med. 2007 May; 39(5):337-42.
In the Press


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