



# Literacy Gaps of Long-Acting Reversible Contraceptives (LARCs)

Tarek Dahman, Kaylee Sunderlin, Dr. Helen Mahony



## Background

- LARCs have been statistically proven as one of the most beneficial contraceptive methods for preventing unintended pregnancies.
- Unintended pregnancies are associated with negative outcomes for both the parents and the child
- LARCs include intrauterine devices (IUDs) and a subdermal hormonal implant.
- LARCs have the lowest failure rate of any other forms of contraception at less than 0.8%.
- Although LARCs are more effective, literacy gaps between health care providers can hinder healthcare counseling practices (HCP).
- Our research has focused on sending a 106-question survey to different specialties of residents in order to assess their health literacy on LARC clinical guidelines.
- Assessing HCPs knowledge regarding LARC clinical guidelines can inform future interventions to improve access to LARCs, ultimately decreasing unintended pregnancies

## Conclusion:

- Residents play an important role in the future of health care delivery since they are the next generation of physicians.
- Health literacy constructs of understand and appraise were found to be significantly associated with counseling and insertion practices.
- Future research could develop new interventions to increase LARC health literacy among residents and improve access to LARC.

HORMONAL INTRAUTERINE SYSTEM (IUS)		99.8%
COPPER INTRAUTERINE DEVICE (IUD)		99.2%
HORMONE INJECTION		94%
ORAL CONTRACEPTIVES		91%
CONTRACEPTIVE PATCH		91%
CONTRACEPTIVE RING		91%
MALE CONDOM		82%

## Methods

### The Dillman Total Design Survey Method

- The Dillman Total Design Survey Method consists of sending a series of 4 emails, each sent a week apart from each other.
- This method was utilized to reach out to medical residents.
- The Dillman Total Design Survey Method also advises for an incentive to respond to the emails, therefore, a \$5 gift card was included for the first respondents to the survey.



### Excel

- A detailed excel sheet allowed us to work as a team and track:
  - Which residency programs were sent an email
  - When each email was sent
  - The response we received or any other notes that are relevant



### SPSS

- Analyze data collected from the surveys
- Descriptive Statistics
- Frequency of collected data



## Results

- Residency participants (n=173):
- OB/gyn (37.6%)
  - Pediatrics (28.9%),
  - Family medicine (27.2%)
  - Internal medicine (6.4%)
- Gender of Participants:
- Female (76.9%)
  - Male (22.5%)
  - Other (0.6%)

### Ethnicity:

- Mostly non-Hispanic or Latino groups (91.3%).

-Questions asked in the surveys referred to the likeness of these residents to apply the clinical LARC guidelines in the future. **Some findings include:**

- 39.9% believe they are extremely likely to insert LARC implants in their practice
- 49.1% believe they are extremely likely to specifically insert IUDs in their practice.
- 95.4% believe insertion of LARC may occur at any time in the menstrual cycle
- 57.8% believe all women should be screened for STIs before LARC insertion
- As more data is received from residents, their literacy of clinical LARC guidelines will be assessed and analyzed further.

insertion of LARC may occur any time during menstrual cycle

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	true	165	95.4	95.4	95.4
	false	8	4.6	4.6	100.0
Total		173	100.0	100.0	

all women should be screened for STI before larc insertion

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	true	100	57.8	57.8	57.8
	false	73	42.2	42.2	100.0
Total		173	100.0	100.0	

## References

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