UNIVERSITY of MARYLAND SCHOOL OF PHARMACY

Contraception Prescribing Credentialing for Maryland Pharmacists

Target Audience
Pharmacists

Instructors

Kristine Parbuoni, PharmD, BCPPS, Associate Professor, University of Maryland School of Pharmacy

Charmaine Rochester-Eyeguokan, PharmD, CDE, BCPS, BCACP, Professor, University of Maryland School of Pharmacy

Katherine Sanchez Vega, PharmD, BCACP, Clinical Pharmacy Specialist, Women's Health, Veteran Affairs Maryland Health Care System

To learn more about or register for *the Contraception Prescribing Credentialing for Maryland Pharmacists* series, click here.

Contact Us
Office of Continuing Education at the University of Maryland School of Pharmacy
20 N. Pine St.
Baltimore, MD 21201
410.706.3381

CEHelp@rx.umaryland.edu

CE Credits: 4.0 CE Contact Hours

UAN#: 0025-0000-21-144-H01-P; 0025-0000-21-145-H01-P; 0025-0000-21-146-H01-P; 0025-0000-21-147-H03-P

Course No.: CN#CPCS01

Fee: $159.00

Launch Date: December 21, 2021

Expiration Date: December 21, 2024

In the United States, it is estimated that 49% of pregnancies are unintended[1]. Prevention of unwanted pregnancy has been identified as a public health goal in U.S. Department of Health and Human Services' Healthy People 2020 Initiative[2]. The use of oral contraception is a safe and effective strategy for avoiding unwanted pregnancy. However, there are barriers that prevent women desiring contraception from obtaining it, such as knowledge deficits among health care providers and the lack of affordable access[3]. In 2017 the state of Maryland passed legislation that broadens the scope of pharmacist practice to include hormonal contraceptive prescribing. This regulation will broadens access to contraceptive therapy, which in turn will lead to the prevention of unwanted pregnancies.

The University of Maryland School of Pharmacy's Office of Continuing Education has developed a comprehensive pharmacist training program focused on providing pharmacists with the knowledge and skills necessary to provide contraceptive care to women. This educational program will prepare pharmacists to serve as direct providers of contraceptive treatment pursuant to COMAR 10.34.40 and is catered to the specific processes adopted by the Board of Pharmacy and will enable Maryland's pharmacists to prescribe contraceptive treatment according to Maryland's law.

The training program will include modules covering patient assessment, drug selection, and ongoing therapeutic management of contraceptive therapy as well as the strategies needed to successfully implement this expansion of pharmacy practice.

This four hour, interactive program is offered completely online and is presented as a series of four (4) modules. Each module is ACPE-approved for one contact hour of continuing education credit for a total of 4.0 contact hours of continuing education for pharmacists. At the completion of the full series, pharmacists will be eligible to apply to the Board of Pharmacy for a credential to prescribe contraceptive drugs in their practice.

1 Finer LB, Zolna MR. Unintended pregnancy in the United States: Incidence and disparities, 2006. Contraception. 201;84:478–485.
2 Healthy People 2020 [Internet]. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion [cited [7/25/2018]]. Available from: [https://www.healthypeople.gov/2020/topics-objectives/topic/family-planning]
3 Leeman L. Medical barriers to effective contraception. Obstet Gynecol Clin North Am 2007;34:19-29.

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Modules and Learning Objectives

Module 1: Hormonal Contraceptive Products
(UAN: 0025-0000-21-144-H01-P, 1.0 Contact Hours)
At the end of this knowledge-based activity, the learner should be able to:
1. Describe how hormonal contraceptive products affect phases of the menstrual cycle to inhibit ovulation;
2. Compare and contrast the pharmacology, efficacy, clinical use, and roles in therapy of the available types of hormonal contraception, including long acting reversible contraception, barrier methods, and other hormonal contraception;
3. Identify patient-related variables that may influence the use of contraception; and
4. List non-contraceptive uses of various forms of hormonal contraceptive products, including but not limited to menstrual bleeding, dysmenorrhea, premenstrual dysphoric disorder symptoms, menstrual migraines, ovarian cysts, and acne.

Module 2: Assessing Women for Hormonal Contraception
(0025-0000-21-145-H01-P, 1.0 Contact Hours)
At the end of this application-based activity, the learner should be able to:
1. Given a patient case, including medication and medical history, and using the Maryland Self Screening Risk Assessment for Birth Control, evaluate a patient to rule out pregnancy and determine appropriateness for potential contraceptive use;
2. Given a patient case and using the United States Medical Eligibility Criteria (US MEC) and the Maryland Algorithm for hormonal contraception, assess whether a screened patient is an appropriate or at-risk candidate for hormonal contraceptives; and
3. Select the most appropriate hormonal contraceptive product based on patient- and agent-related variables.

Module 3: Communicating About Hormonal Contraceptives
(0025-0000-21-146-H01-P, 1.0 Contact Hours)
At the completion of this application-based activity, the learner should be able to:
1. Formulate a plan to educate women on proper use of all the types of hormonal contraceptive products, including but not limited to when to start, missed doses, back-up methods, and adherence;
2. Formulate a plan to educate women on the risks and benefits of hormonal contraceptive products, including but not limited to warning signs, adverse events, and when to call 911;
3. List counseling strategies to reduce risk of sexually transmitted diseases and discuss the practice of safe sex;
4. List strategies on how to communicate information with other members of a patient's care team; and
5. Discuss strategies to ensure a woman has adequate follow-up with a healthcare provider or referral as needed.

Module 4: Pharmacy Practice Operations
(UAN: 0025-0000-21-147-H03-P, 1.0 Contact Hours)
At the completion of this application-based activity, the learner should be able to:
1. Discuss Maryland laws and regulations that allow pharmacists to prescribe hormonal contraceptives;
2. Describe a process to prescribe hormonal contraceptives in pharmacy practice;
3. Explain how to write a prescription for contraceptive products; and
4. Document patient care visits, and the Maryland visit summary related to providing hormonal contraceptive products.

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