

## 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

### Disclosures:

Drs. Kristine Parbuoni,  
Katherine Sanchez Vega,  
and Charmaine  
Rochester-Eyeguokan  
have no financial  
relationships to disclose.  
None of the planners for  
this activity have any  
financial relationships to  
disclose.

### 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:** up to 4.0 CE Contact Hours

**UAN#’s:** 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<sup>1</sup>. 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<sup>2</sup>. 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<sup>3</sup>. In 2017 the state of Maryland passed legislation that broadens the scope of pharmacist practice to include hormonal contraceptive prescribing. This regulation will broaden 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*. 2011;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.

**To learn more or register, visit <https://ce.pharmacy.umaryland.edu>**

**Use of Trade Names:**

The trade names of the drugs and delivery systems in this module are for the purpose of product identification only. This activity does not intend to imply endorsement for any commercial products discussed.

**Privacy and**

**Confidentiality:** The University of Maryland School of Pharmacy is committed to protecting the privacy of our learners. All enrollees are protected under The Family Educational Rights and Privacy Act (20 U.S.C. § 1232g; 34 CFR Part 99) (FERPA). The UMB Policy on Confidentiality and Disclosure of Student Records can be found at: <https://www.umaryland.edu/policies-and-procedures/library/academic-affairs/policies/iii-630a.php>.

In order to submit your continuing education credit to a professional accrediting body, we must collect personal information including, but not limited to, name, NABP ID, and date of birth. When you request continuing education credits, certain personal information will be provided to the professional certifying entity in order to issue Statements of Credit.

To learn more about or register for the *Contraception Prescribing Credentialing for Maryland Pharmacists* series, [click here](#).

**Successful Completion:** Learners must complete all activity components including the audiovisual presentations, post-tests, and activity evaluations. Participants must receive a score of at least 70% on each post-test in order to receive credit. Each post-test may be taken up to three (3) times. Learners must complete the activity evaluation in order to receive CE credit. A link to the evaluation will be available once learners has successfully completed all other course segments. Statements of CE Credit will be available electronically via CPE Monitor within sixty (60) days of completion of the activity.

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**Technology Requirements:**

Supported Internet Browsers	Windows <ul style="list-style-type: none"> <li>• Internet Explorer version 11 and above</li> <li>• Chrome 43 and above</li> <li>• FireFox 4.0 (or later)</li> </ul> MacOS <ul style="list-style-type: none"> <li>• Safari 13 and above</li> <li>• Chrome 43 and above</li> </ul>
Minimum Memory	8 GB (or more)
Minimum Storage	6 GB (or more)
Minimum Processor	PC: 2 GHz or faster Intel processor MacOS: Multi-core Intel processor
Minimum Internet Speeds	High speed internet connection
Other	Participants must be able to play audio (either through speakers or headphones) as well as ability to open PDF files and view and edit Word, and PPT documents.

**Refund Policy:**

- A refund, less a \$75 administration fee, will be made if cancellations are requested within 15 days of purchase. Other restrictions may apply.
- Refund requests must be submitted in writing to [CEHelp@rx.umaryland.edu](mailto:CEHelp@rx.umaryland.edu).
- Refunds are not available in the following circumstances :
  - A learner has logged into a course or series;
  - Has launched course materials;
  - Course materials have been shipped; or
  - Request is made after 15 days of the ordering date.

Course registrations are non-transferrable.



The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. No additional financial support was received for these activities.

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