



Patient Perspective: LARC & Sterilization

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Patient Partner

Provide the patient
perspective on what is
important when selecting
LARC or tubal ligation



Determining
what's
important to
patients

Lit Review

Women's
Health
Websites

Informal
Interviews

Advocacy
Groups

Survey

Key Domains

Risk Factors

Side Effects

Unintentional
Pregnancies

Weight
Changes

Medical
Conditions

Cost

Time Off

Discomfort

Affect on
Periods

Affect on
Sex Life

Removal
Process

Reversibility

Breast-
feeding

The Survey



Accessibility & Participation

- SurveyMonkey
- Brief
- Anonymous
- Basic inclusion requirements

Development & Distribution

Developed

Piloted

Distributed

Refined

Emails or
Text

Social
Media

In-person

Survey
Responses

Survey

Q1) “Imagine you are a patient considering an IUD or implant, or getting your tubes tied. What is most important to you in making this decision?”



Survey

Q2) Do you have additional contraceptive related concerns?

Q3) Sex

Q4) Age

Q5) Race



Survey

Q6) Comments?



Participants

N

- 56

AGE

- 18-25: 4 (7%)
- 26-40: 27 (48%)
- 41-47: 22 (39%)
- 48-59: 3 (5%)

RACE

- White: 44 (78.5%)
- Hispanic: 4 (7.1%)
- Black: 7 (12.5%)
- Native American: 0
- Asian / Pacific Islander: 3 (5.3%)



Participants

Findings

“In general, as a young breast cancer survivor (diagnosed at age 26) I have been shocked and dismayed at the lack of information available regarding fertility options for young women with history of cancer. There is very limited information and lack of contraceptive options. For the options that do exist, there is no complete information regarding side effects and impact on long term fertility.”

(Anonymous survey respondent)

Ranking

#1 Side Effects

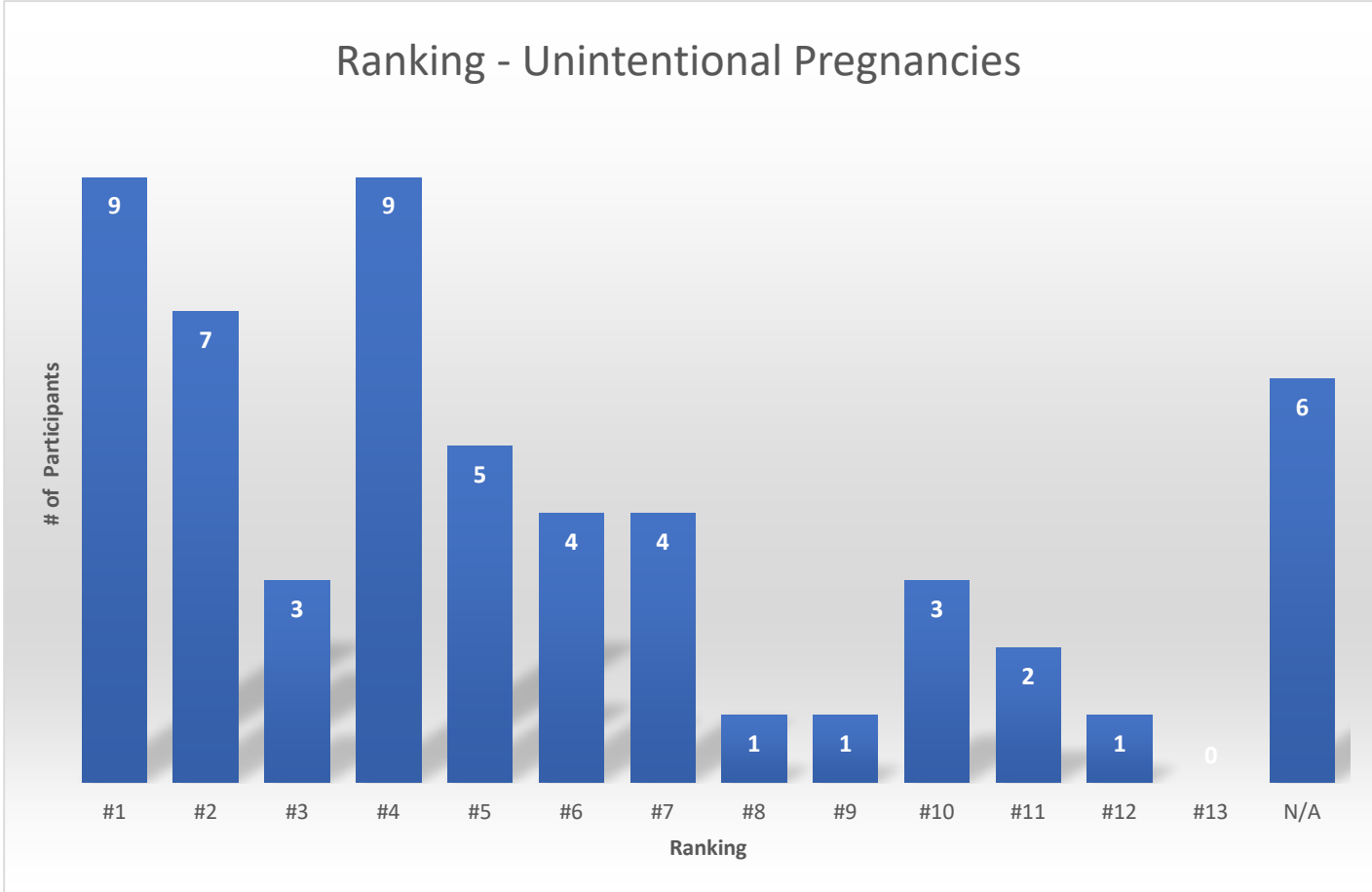
“I love that y’all are getting any extra input on these subjects directly from women! I had a bad experience w birth control that effected my health. Our bodies are so strongly effected w any hormonal changes!” (Anonymous survey respondent)

“The possibility that it could hinder your ability to get pregnant in the future if using at a young age or only temporarily.” (Anonymous survey respondent)



Ranking

#2 Risk Factors



Ranking

#3 Unintentional Pregnancies



Ranking

#4 Medical Conditions

““I have read all sorts of data related to contraceptives in terms of effectiveness, side effects, expected length of efficacy, and so on. When I consider the statistics, I wonder how similar or dissimilar these women (the ones whose data are presented) are to me? For instance, what are their age, race, socioeconomic, marital status? Also, do they have any medical conditions similar to mine? Have they previously had children? Knowing some of these things would probably influence my decision making when considering an IUD, implant or tubal.”

(Anonymous survey respondent)



Ranking

#5 Cost

6. Likelihood to cause weight changes
7. The amount of discomfort
8. How it might affect periods
9. How it might affect sex life
10. Reversibility
11. Time off work
12. The process for removing
13. Safe use while breastfeeding

Ranking

#6 - #13


Summary: Domains

Top 6

- Side effects (#1)
- Risk factors (#2)
- Unintentional pregnancies (#3)
- Medical conditions (#4)
- Cost (#5)
- Likelihood of weight changes (#6)

Bottom 4

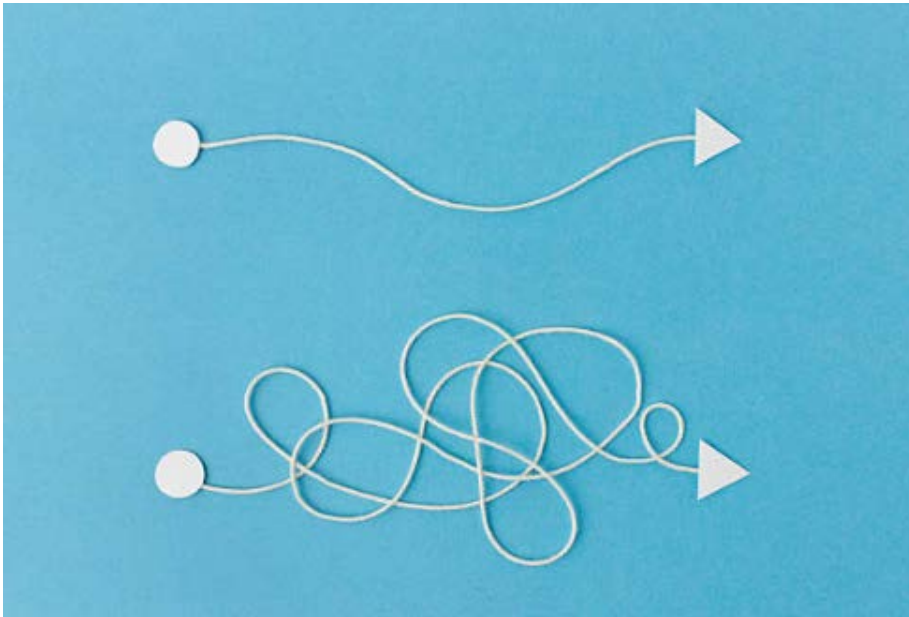
- Safety with breastfeeding (#13)
- Process for removing (#12)
- Time off from work (#11)
- Reversibility (#10)



*“Thank you for asking
for my feedback! It
makes me feel valued as
a patient and a woman.”*

Considerations

Engaging with Patients



Recommendation:

Develop an easy to digest 1-pager

Targeted to patients of all
backgrounds and experiences

Engaging with Patients



Recommendation:
Focus group

Develop questions of interest to patients

Engaging with Patients



Recommendation:
Cooperative relationship

Share progress, interim findings,
and next steps



Thank you

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