



Online, self-paced training shown to be effective at increasing nursing students' knowledge and attitudes regarding contraceptive care.

Evaluation of an Online Self-Paced Course for Person-Centered Contraceptive Counseling

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BACKGROUND

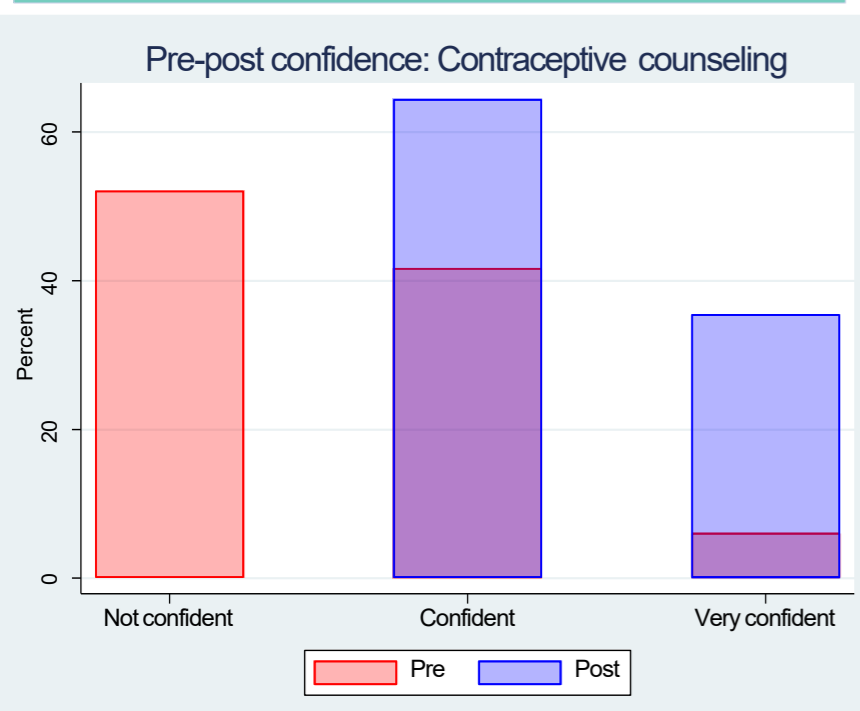
- Patient-centeredness according to the Institute of Medicine is defined as “providing care that is respectful of, and responsive to, individual patient preferences, needs and values, and ensuring that patient values guide all clinical decisions” (Institute of Medicine, 2001).
- A patient-centered approach is particularly important for reproductive and sexual healthcare, specifically contraceptive counseling, due to the history of coercion and pervasiveness of provider bias and the preference-sensitive nature of contraceptive decision-making (Dehlendorf, et al., 2018).
- Low income women and women of color were disproportionately impacted by this reproductive coercion.
- The present study aimed to evaluate an online, self-paced course on patient-centered contraceptive counseling.

RESULTS

Increase Confidence in Knowledge

- Contraceptive counseling
- Contraceptive methods
- Shared decision-making
- Person-centered care
- Reproductive Justice

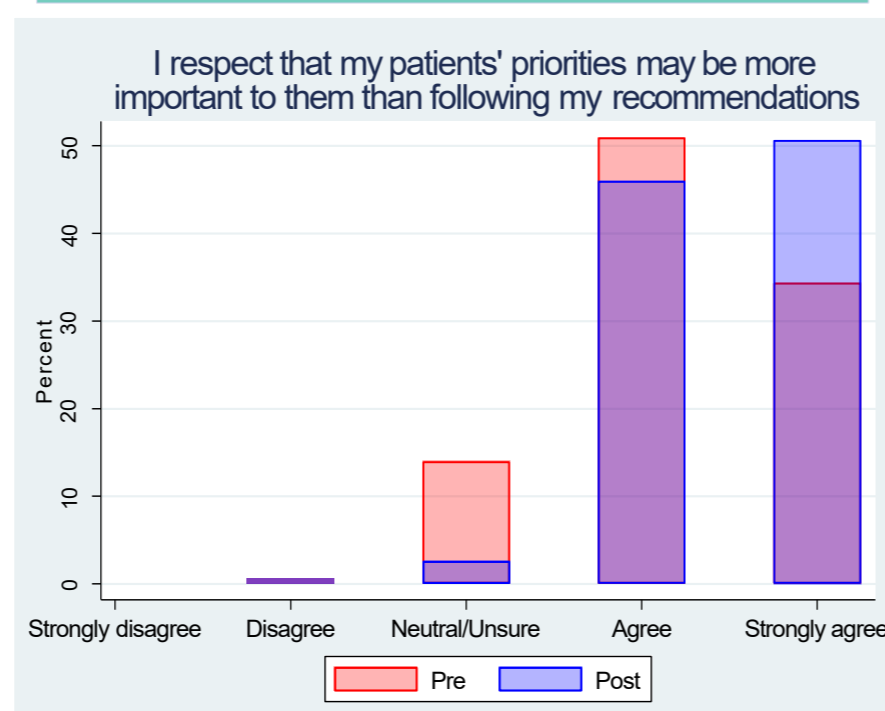
Participants reported a statistically significant increase in confidence across all five knowledge domains ($p < .01$) with 85% of participants ($n=132$) reporting they will use the gained knowledge in practice.



Significant Change in Values

- “Understanding historical and social contexts is important for contraceptive care.”
- “I respect that my patients’ priorities may be more important to them than following my recommendations.”

Participants reported a statistically significant change in two value statements in the hypothesized direction as a result of the training. Nearly all ($n=149$) said they would recommend the course.



METHODS

1. A Fall 2022 cohort of University of Mississippi Medical Center nursing students participated in an online, self-paced course that covered the sociohistorical context of reproductive oppression and guidance on patient-centered contraceptive counseling. Lesson topics included provider bias and family planning care equity, patient-centered contraceptive counseling, and contraceptive methods.
2. Participants completed pre and post tests embedded in the course measuring confidence knowledge of key topic areas and value statements based on learning objectives.
Pre test $n=165$
Post test $n=155$
3. Mann-Whitney tests were used to determine pre-post differences in mean scores.

IMPLICATIONS FOR PUBLIC HEALTH

- ✓ Online, self-paced training is effective to improve contraceptive care knowledge and attitudes.
- ✓ Online self-paced trainings can be implemented on different topic areas such as health equity and LGBTQ+ inclusive care practices to complement traditional learning approaches.
- ✓ Other student populations such as allied health, pre-health, and public health can utilize this online, self-paced training.



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