

# Comprehensive Contraceptive Education and Certification



This certification course, developed by Oregon State University College of Pharmacy faculty with guidance from the consultive work group for the Oregon Board of Pharmacy, is designed to give pharmacists the tools needed to be confident and successful in starting and continuing self-administered hormonal contraceptives.

At the completion of this application-based activity, the participant will be able to:

1. Work with an individual woman to choose the best and most effective contraceptive method for her.
2. Build a strong knowledge base for hormonal contraceptives including the mechanism of action, doses, types, use, benefits, and risks.
3. Effectively counsel patients on the importance of adherence, missed pills, interactions, and side effects of combined hormonal contraceptives.
4. Recognize the purpose of the self-assessment questionnaire, and how it relates to the US Medical Eligible Criteria guidelines by the CDC.
5. Assess an individual woman's risks when compared to the benefits of combined hormonal contraception in order to determine whether or not she should be referred to her women's health provider.
6. Utilize tools that will aid in how to incorporate a service that provides hormonal contraception to women at a community pharmacy or ambulatory care site.
7. Compare DMPA to other "self-administered" hormonal contraceptive methods including the oral pill, the transdermal patch, and the vaginal ring.
8. Evaluate the risks associated with DMPA, and other progestin-only methods, for a given patient in order to determine her eligibility for use.

## California

UAN: 0036-0000-19-095-H04-P  
Initial Release Date: 04/11/2019  
Expiration Date: 04/11/2022

## Colorado

UAN: 0036-0000-19-070-H04-P  
Initial Release Date: 06/10/2019  
Expirations Date: 06/10/2022

## Hawaii

UAN: 0036-0000-19-085-H04-P  
Initial Release Date: 06/10/2019  
Expirations Date: 06/10/2022

## Idaho

UAN: 0036-0000-19-040-H04-P  
Initial Release Date: 07/01/2019  
Expiration Date: 07/01/2022

## Maryland

UAN:0036-0000-19-099-H04-P  
Initial Release Date: 01/18/2019  
Expiration Date: 01/18/2022

## Montana

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Initial Release Date: 11/11/2019  
Expirations Date: 11/11/2022

## Oregon

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Initial Release Date: 05/10/2019  
Expirations Date: 05/10/2022

## Tennessee

UAN: 0036-0000-18-095-H04-P  
Initial Release Date: 03/30/2018  
Expirations Date: 03/30/2021

## Utah

UAN: 0036-0000-19-080-H04-P  
Initial Release Date: 04/01/2019  
Expiration Date: 04/01/2022

## Washington

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## West Virginia

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## Course Description

This course utilizes an array of learning tools including interactive multimedia, video case studies, and real-world examples of patient interactions. The engaging material is regularly updated to reflect the most recent research findings and newest regulations. The course is presented in the following modules:

### Foundation of Women's Health and Contraceptive Options

- Preconception health
- Well-woman visits
- Contraception methods, pros and cons

### Pharmacology and Mechanism of Hormonal Contraception

- Mechanism of action
- Endocrine feedback loop
- Neuronal signaling
- Primary and secondary effects of hormonal contraceptives

### Therapeutic Foundation of Self-Administered Hormonal Contraception

- Methods available for self-administered contraception
- Ingredients, types, and how to choose an oral contraceptive
- Adherence, missed doses, and other counseling points

### Assessing the Risks vs Benefits of Combined Hormonal Contraception

- Self-assessment questionnaire
- The CDC's US Medical Eligible Criteria guidelines
- Guidance on hormonal contraceptive use in special populations and women with comorbidities

### Patient Care Process, Workflow and Other Business Considerations

- Assess patient risks and when to refer to women's health provider
- Incorporating contraceptive services into pharmacy workflow
- Side effects and how to adjust medications
- Business considerations

### Medroxyprogesterone Injection (Check your state requirements)

- How DMPA and progestin-only contraception compare to other methods
- DMPA administration
- Counseling points specific to DMPA

For more information (including pricing) and to register, visit:  
[http://pharmacy.oregonstate.edu/online\\_ce](http://pharmacy.oregonstate.edu/online_ce)



This program has been planned and implemented in accordance with the policies of the

Accreditation Council on Pharmacy Education through the sponsorship of the Oregon State University College of Pharmacy.

The OSU College of Pharmacy is approved by the Accreditation Council on Pharmacy Education as a provider of continuing pharmacy education.

Upon completion of this activity, participants will receive an OSU Comprehensive Contraceptive Education and Certification Certificate of Completion, and a Statement of Credit shall be uploaded to CPE Monitor (a personal NABP e-Profile ID is required). Completion requires:

1. Registration for the course
2. Completion of all modules, including online activities and program pre-test and post-test questions
3. Completion of the online program evaluation

The Certificate of Completion will be available to print or download online within 24 hours of program completion. A Statement of Credit will be available on your CPE Monitor within 10 business days.



Oregon State University  
College of Pharmacy