



## Program Planning for Distance Education

### Experience with a National Emergency Contraceptive CE Program

CCCEP National Forum on Continuing Pharmacy Education, November 22, 2003

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**Continuing Education Centre: Emergency Contraception - Online training program for pharmacists**

**Emergency Contraception - Online training program for pharmacists**

CPhA has developed a program to prepare pharmacists to assess and counsel women seeking emergency contraception. A pending change in the prescription status of the emergency contraceptive pill (ECP), Plan B (levonorgestrel 0.75 mg), to a Schedule II (pharmacist only) product, will improve timely access to EC for women across Canada. This on-line CE program was developed with a grant from the Society of Obstetricians and Gynaecologists of Canada and with the technical assistance of Virtual Learning Inc.

**PREVIEW LESSON**



## Learning Objectives

By participating in this workshop, participants should:

- ❖ understand the problem of unintended pregnancy in Canada, the role of emergency contraception (EC), the role of the pharmacist in improving access to and outcomes for women seeking emergency contraceptive pills (ECPs), and the need to ensure pharmacists' competency to provide EC services.
- ❖ be aware of the activities of CPhA in increasing awareness of and access to ECPs that led to the development of an online ECP training program.
- ❖ be aware of the course design, clinical tips and the tools developed to educate pharmacists about EC and to help them establish this expanded primary care service at their place of practice.



## Learning Objectives continued

### By participating in this workshop, participants should:

- ❖ be aware of the process CPhA undertook to develop an online ECP training program (e.g., request for proposals, selection of technical partner, funding and sponsorship, development of content and audio-video components, beta-testing, expert review, CCCEP accreditation, pricing, online testing process, launch and marketing).
- ❖ be aware of ongoing challenges in providing this program and next steps underway to support pharmacists in provision of EC services, including continued formulary coverage and payment for EC services.

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## Unintended Pregnancy – a Serious Public Health Issue

- ❖ Approximately 50% of all pregnancies are unintended.
- ❖ Almost half of all pregnancies occur because of some type of contraceptive failure.
- ❖ There are serious social and economic consequences of unintended pregnancies.

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## Unintended Pregnancy – a Serious Public Health Issue

- ❖ About 1 in 4 pregnancies end in abortion.
  - In Canada, live births in 2000 totaled 327,882 and there were 105,427 abortions.
  - Teenage (15-19 y/o) live births in 1998 totaled 19,721 and there were 20,859 abortions.
  - Abortions are most common among women in their 20's
- ❖ On average, every day in Canada:
  - 290 pregnancies end in abortion
  - 115 teenage girls become pregnant; 50% abortions

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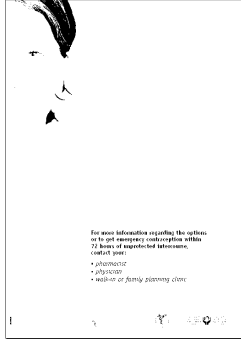
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## The Need for Emergency Contraception (EC)

- ❖ EC is a woman's **last chance** to prevent an unintended pregnancy.
- ❖ A woman is making a responsible decision in seeking EC.
- ❖ Increasing awareness of and access to EC may reduce costs to the health care and social systems and spare a woman the burden of coping with an unwanted pregnancy.




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## The Case for Nonprescription Status

- ❖ Early treatment much more effective
- ❖ Indication is self-diagnosed
- ❖ Office visit is not required
- ❖ Regimen is simple – all patients take same dose
- ❖ Low potential harm from incorrect use
- ❖ Levonorgestrel's safety profile well-established
- ❖ Side effects mild and self-limiting
- ❖ WHO – no contraindications except pregnancy
- ❖ Drug not addictive; no evidence of abuse

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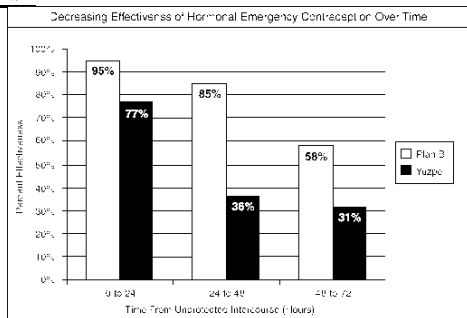
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## Efficacy of EC Decreases with Time




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## Why Pharmacists Should Provide Emergency Contraception

- ❖ The goal of making emergency contraception available from pharmacists is to reduce the number of unwanted pregnancies and abortions.
- ❖ Pharmacists are the most accessible health care professionals (about 7500 community pharmacies).
- ❖ Pharmacists are approachable, highly-respected drug experts and can provide:
  - Drug information about emergency contraception
  - Counselling on ongoing contraceptive methods
  - Counselling sexually-transmitted infections
  - Referrals to other health-care resources as needed
  - Answers to questions about the risk of pregnancy, etc
  - Empathy and compassion

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## Historical Overview

- ❖ World Health Organization recommendations 1998
- ❖ SOGC Canadian Consensus on Contraception 1998
- ❖ ECP pilot project in Washington State
- ❖ CPhA Board Motion to support pharmacist provision of ECP 1999
- ❖ Planned Parenthood and other stakeholder support
- ❖ National Advisory Committee on EC (SOGC-CPhA), May 2000: access & awareness
- ❖ Meetings w Health Canada, Members of Parliament

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## Historical Overview (cont'd)

- ❖ Plan B (levonorgestrel 0.75mg) submission to NAPRA's National Drug Scheduling Advisory Committee (NDSAC): Schedule II recommendation, Nov 2001
- ❖ SNDS Application to Health Canada's Therapeutic Products Directorate, March 2002 (Women's Capital Corporation, Paladin, SOGC, CPhA): priority review
- ❖ Pharmacist Prescribing:
  - British Columbia (Dec 2000)
  - Quebec (Dec 2001)
  - Saskatchewan (fall 2003)

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## CPHA's Role in EC: Pharmacists' Services

- ❖ Pharmacist Training
  - > 20,000 community pharmacists (13,000 excluding British Columbian and Quebec)
  - Distance learning, home study program
  - Face-to-face workshop
- ❖ Development of Practice Tools and other Resources
  - Patient assessment forms
  - Pharmacists' counseling notes

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## Pharmacist Training Issues

- ❖ Efficacy, indications & mechanism of action
- ❖ Assessment / screening protocol
- ❖ Dosing
- ❖ Side effects and their management
- ❖ Counselling on contraception / STD prevention
- ❖ Referral for ongoing contraception & follow-up
- ❖ Dealing with sensitive / difficult issues
- ❖ Confidentiality

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## The Hot Issues

- ❖ ECPs and abortion
- ❖ Concern that ECPs promote irresponsible, promiscuous behaviour
- ❖ Use in teens
- ❖ Repeat use
- ❖ Pharmacist refusal to fill

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### Steps to Develop Online ECP Program (continued)

- ❖ Issue Request for Proposals (RFP):
  - About CPhA
  - Intent of program and about ECP
  - Requirements: user, design, functional
  - Scope of project
  - Submission requirements and procedure
  - Vendor selection and evaluation

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### Steps to Develop Online ECP Program (continued)

- ❖ Questions from RFP respondents: ???????
  - CPhA's experience with e-learning/instructional design company
  - Budget
  - Participation: motivation for pharmacists to take course, number of pharmacists who will take, CPhA promotion
  - End user requirements, computer skills, computer hardware/software, internet connection, learning style, etc.
  - CPhA purchasing a Learning Management System
  - Technical/program/content support for users
  - Server requirements, firewall considerations
  - Availability of subject matter experts
  - Scoring: interactive, limits on number of attempts
  - Video vignettes and voice overs

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### Steps to Develop Online ECP Program (continued)

- ❖ RFP review, short list, presentation
- ❖ Selection of e-Learning technical partner
- ❖ Contract with Virtual Learning Inc.
- ❖ Course development
  - Content: clinical content, cases, AV components, resource tools
  - Expert review
  - Beta testing
- ❖ CCCEP accreditation (CPhA approved provider)
- ❖ Launch: May 2003

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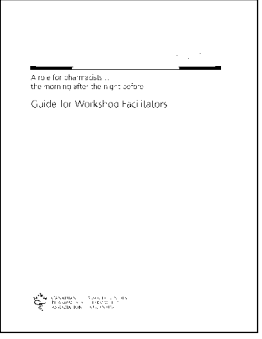
CPhA has developed a program to prepare pharmacists to assess and counsel women seeking emergency contraception. A pending change in the prescription status of the emergency contraceptive pill (ECP), Plan B (levonorgestrel 0.75 mg), to a Schedule II (pharmacist only) product, will improve timely access to EC for women across Canada. This on-line CE program was developed with a grant from the Society of Obstetricians and Gynaecologists of Canada and with the technical assistance of virtual Learning Inc.

PREVIEW LESSON



**Development of Workshop Program**

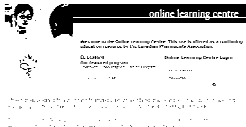
- ❖ Facilitator's guide and CD-ROM
- ❖ Offered to non-profit pharmacy organizations and head offices
- ❖ CD-ROM provided to each participant



**Promotion of Training Program**

**EMERGENCY CONTRACEPTION TRAINING ONLINE**

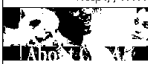
Go to www.pharmacists.ca and hit the CE button, select Emergency Contraception training online.



**emergency contraception training online**


Go to [www.pharmacists.ca](http://www.pharmacists.ca) hit the CE button, select Emergency Contraception.

http://www.pharmacists.ca/content/about\_cpha/whats\_happening/cpha



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**CPhA Takes Action**

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**CPhA Takes Action: Emergency Contraception**

CPhA is working towards making emergency contraceptive pills (ECPs) available directly from pharmacists - Health Canada is doing a priority review for Schedule II status of Plan B. We are also working to ensure payment for professional services and continued formulary coverage. A national web-based training program was launched in May 2003 and practice guidelines have been developed.

- CPhA Online Emergency Contraception Training Program
- CPhA Guidelines for the Provision of Emergency Contraception: gives direction to Canadian pharmacists supplying emergency contraception as a Schedule II, behind-the-counter product.
- CPhA Emergency Contraception Questions and Answers
- CPhA Patient Information Pamphlet on How to Use ECPs
- SCCOC Emergency Contraception Clinical Practice Guidelines, August 2003
- Overview of the status of pharmacist's provision of emergency contraception in Canada
- CPhA Motion on Emergency Contraception, May 1999
- National Advisory Committee on Emergency Contraception background
- SexuallyandU.ca - information on contraception and sexual well-being
- Society of Obstetricians and Gynecologists of Canada (SOGC)
- National Drug Scheduling Advisory Committee recommendation regarding levonorgestrel-only ECPs (Plan B) as Schedule II (item

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Questions? Comments?

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