



Emergency Contraception – It's over-the-counter, why not in your desk drawer?

And plus – it is not an abortion pill!



Leah Holland – WCSAP
Leigh Hofheimer – WSCADV
June 12, 2013

Your Hosts

Emergency Contraception – It's over-the-counter, why not in your desk drawer?

*Leigh Hofheimer
Washington State
Coalition Against
Domestic Violence*

*Leah Holland
Washington
Coalition of
Sexual Assault
Programs*

June 12, 2013
1:30 – 3:00 pm
Dial 1-866-740-1260 & enter passcode 3892515# to hear audio
We'll get started in a few minutes.

Taking Care of Business

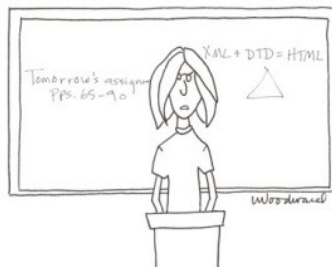
Please use the chat box to tell us who's on today's webinar.

Note: Everyone's phones are on mute.

- Please tell us who you are and where you work.
- Please type in the names of all people who are currently gathered around your computer/phone.

For WSCADV members:

- Choose one person to send an email to marie@wscadv.org with the names of all webinar attendees at your program.
- This will enable us to log your training hours.



"Attendance is required and no, there's no app for that."

Today's Training

Why are we talking about this?

How does EC work? When do you use it?

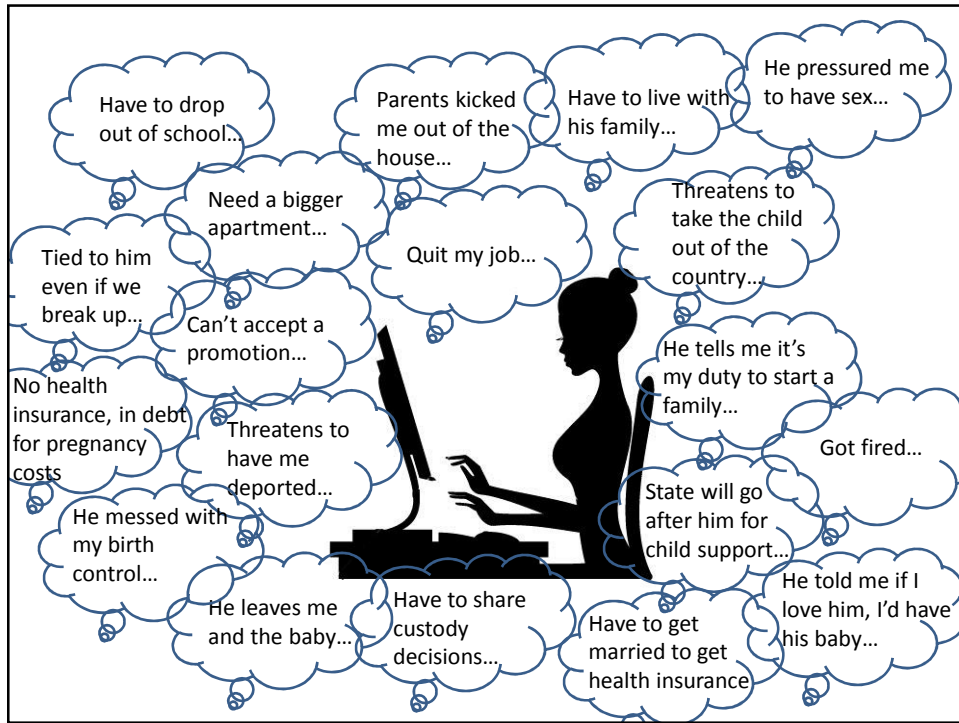
Side effects and expiration dates

Where can you get it? Who can get it?

Stealth Birth Control

Why not in our desk drawer? Giving out over the counter medication – lets talk about it!

What happens when someone gets pregnant in an abusive relationship?





IPV increases women's risk for

UNINTENDED PREGNANCIES.

Sarkar, 2008

Adolescent Rapid Repeat Pregnancy



Adolescent mothers who experienced physical abuse within three months after delivery were **nearly twice** as likely to have a repeat pregnancy within 24 months.

Raneri & Wiemann, 2007

DV Hotline stats

1 IN 4

CALLERS TO THE NATIONAL DV HOTLINE
REPORTED BIRTH CONTROL SABOTAGE OR
PREGNANCY PRESSURE.

National DV Hotline Callers

“I better be pregnant, or I’m in trouble with him.”

“He has tried to talk me into having a child. He told me he wanted to keep me from leaving him.”

“He admitted to me and the psychologist that he intentionally got me pregnant to trap me.”

“My sister was 14 years old when she became involved with an abusive guy, and when she was 15 his mother wanted grandkids so he coerced her into getting pregnant.”

Teen Victims of Domestic Violence Homicide in Washington State

Between 1997 and 2011:

- 8.9 % of dv homicide victims were under 21 at the time they were killed
- 37% of victims under 21 were living with abuser or had lived with him
- At least 34% of the victims under 21 had a child or had been pregnant.
- At least 45% of the victims under 21 had ended the relationship or was in the process of leaving.

Washington State Domestic Violence Fatality Review, March 2010
<http://www.wscadv.org/docs/FR-Teen-Victims-Brief.pdf>

Don't ask; just tell



Many survivors do not have control over their family planning or birth control decisions.



Family planning and birth control options may be interfered with or sabotaged by their partner.

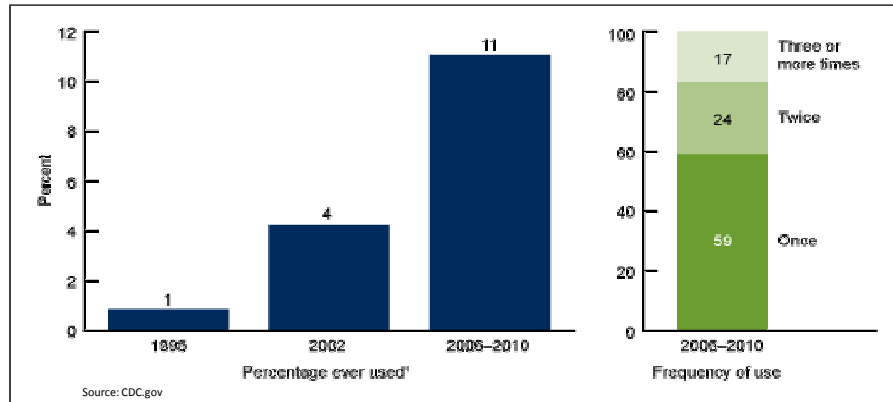


Sexual assault by an intimate partner is often the last thing she talks about.



The violence or other coercive tactics may escalate if survivors use or try to negotiate birth control/family planning options.

The percentage of sexually experienced women who have ever used emergency contraception has increased over time.



In 2006–2010, among sexually experienced women aged 15–44, roughly one in nine (11% or 5.8 million) women had ever used emergency contraception, up from 4.2% in 2002.

What is emergency contraception?

Emergency contraception is a high dose of a hormone found in all hormonal birth control methods.

It helps to prevent pregnancy by delaying ovulation, preventing fertilization or preventing an egg from implanting in the uterus.

What is emergency contraception?

Emergency contraception is a safe and effective way to prevent a woman from getting pregnant *after* she has had sex without using birth control or if the birth control method failed.

Two categories of EC pills available

Progestin (hormone)

OVER-THE-COUNTER, without a prescription (prescription needed in limited cases)

Plan B, Next Step, Levonorgestrel Tablets

Effectiveness decreases over 120 hours

Ulipristal Acetate (hormone)

Available with prescription only

Ella

Effectiveness maintained over 120 hours

Brands of Emergency Contraception



Plan B One-Step – one pill



Plan B (two pills) – take two pills together



Next Choice: Generic versions of both one and two pills.
Note: Manufacture and distribution of the two pill versions of Plan B and Next Choice is ending.



Levonorgestrel Tablets: Generic version of Plan B (two pills)

Ella

- One pill
- Rx only
- Different type of hormone
- No decrease in effectiveness over 120 hours
- More expensive
- Better choice for women who are significantly overweight
- May be more accessible during a forensic exam



When to use EC...

It can be started up to five days (120 hours) **after** unprotected intercourse.

If you are already pregnant, emergency contraception will *not* work.

When is EC most effective?

AS SOON AS POSSIBLE after unprotected sex.

Effectiveness decreases over the 120 hours (except Ella).

Tools You Can Use... PlanBonestep.com & Mynextchoicedose.com

Just hand this card to a pharmacy employee with your ID*

- I would like to purchase **Next Choice One Dose™**.
- I would like to ask the pharmacist a few questions in private.
- I called earlier for **Next Choice One Dose™** and am here to pick it up.

*Don't forget your government issued proof of age (must be 17 years of age and older). Prescription needed for women younger than age 17.

For more information, please contact our Medical Communications Department at 1-866-9WATSON (1-866-992-8766).

Please see full Prescribing Information at www.mynextchoicedose.com.

Next Choice One Dose™ is a trademark of Watson Pharmaceuticals, Inc.

♻️ Printed on recycled paper.

© 2012, Watson Pharma, Inc., Parsippany, NJ 07054. All rights reserved. 08537 5/12

Next Choice
ONE DOSE
(Levonorgestrel) Tablet 1.5 mg

THE COUNTDOWN CLOCK

Plan B One-Step® should be taken as soon as possible within 72 hours (3 days).

When did you have unprotected sex or birth control failure?

Select the Day ↕

Time ↕

SUBMIT ▶

See if Next Choice One Dose™ can work for you.
When did you have unprotected sex or birth control failure?

SELECT THE DAY ↕

HOUR

AM

PM

SUBMIT

What if I get pregnant anyway?

If you take emergency contraception but become pregnant anyway, the medication does not harm the embryo.

And, if you choose to continue the pregnancy there is no higher risk of complications.

What is the difference between emergency contraception and the abortion pill?

Emergency contraception	Abortion Pill
Prevents a pregnancy after unprotected sexual intercourse	Ends a pregnancy
Works within 5 days of unprotected sex	Ends pregnancies in the first 9 weeks
Name – Plan B, Next Step, Ella, morning after pill	Name - Medication abortion, Mifeprex, mifepristone, RU-486

Common Side Effects & Expiration Dates

- Changes in your period
- Nausea, fatigue, headache, dizziness
- Lower abdominal pain
- Breast tenderness
- Sensitivity
- Expiration dates are 2-3 years (check it before you give it)

*“ . . .Emergency Contraception
is safer than aspirin . . .”*

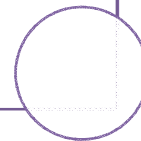
Dr. Jill Rabin, Chief of Ambulatory
Care/OBGYN & Head of Urogynecology,
Long Island Jewish Medical Center, NY

One more form of EC! (this is not a pill 😊)



- Copper IUD
- Need doctor to insert
- Expensive depending on insurance
- Most effective
- Weight doesn't matter
- Lasts 12 years

Paraguard



Questions?



Washington State Ferry in Elliot Bay [Source](#)

Age restrictions changed for EC

June 10 – Government withdrew appeal for age restrictions. No age restrictions. Will be available on the shelf (not behind the pharmacist's counter).

Reality Check: Under 17 may not be able to purchase EC without a prescription.

- May not see EC available for all ages until manufactures' packaging has changed with FDA approval.
- You can get EC from your local pharmacies, clinics, or, if a prescription is needed, your health care provider.

Making sure EC is available in your community!

Questions to ask for local pharmacy/drugstore

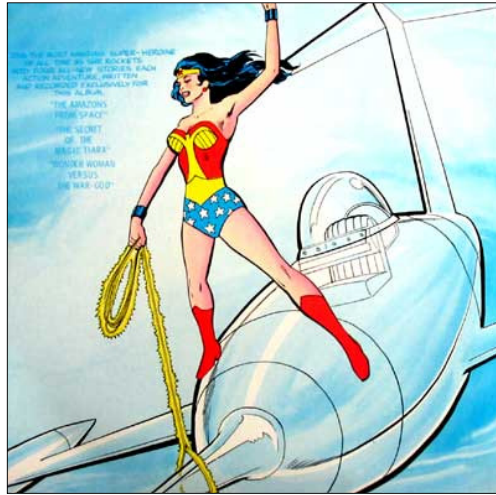
1. Encourage your local drug store to stock EC.
2. When will you get it?
3. Be aware that you might have to ask someone to open a glass case for EC?
4. Things to tell Legal Voice . . .

Questions?



Palouse River, WA [Source](#)

Stealth Birth Control



[Source](#)

Stealth Birth Control



IUD – Cut the strings!

- Paraguard
- Mirena
- Skyla



Implanon
“The Implant”



Depo-Provera
“The Shot”



Great resources!
Planned parenthood.org
Bedsider.org

Questions?



Chihuly Garden and Glass exhibit, Seattle Center. Source: Leah

Why not have emergency
contraception on site?



Common reasons to use EC...

The condom broke or slipped off.

Forgot your pills, insert your ring, or apply your patch.

Got your Depo shot late.

The diaphragm or cap slipped out of place.

Miscalculated "safe" days.

He didn't pull out in time.

Not using any birth control.

Consider EC as a part of safety planning...

Messed with your birth control

Pressure to get pregnant

Threats to leave unless you get pregnant

Decisions around birth control and family planning are not respected

Not able to make decisions about birth control or pregnancy

Forced to have unprotected vaginal intercourse

Pulled out your IUD

EC is an over-the-counter medication

Q: Can our DV, SA, and dual advocacy programs make over-the-counter medication, *pregnancy tests, and emergency contraception available to women and their children using our program services?**

*non-prescription

**non-prescription for 16 and under (as of June 10, 2013), available for purchase without age restrictions when manufacturing and labeling changes.

A: Yes! The good news is that we can remove barriers and give women access to over the counter medication for themselves or their children in our programs.

Things to Consider

Offering

Dispensing

Controlling

What are other programs doing?

Provide sample sizes of Tylenol, ibuprofen, aspirin or cough medicine.

Let program participants know that they have pregnancy tests and emergency contraception on site (don't wait until someone asks).

Offer the larger size item and ask for people to take what they need and return immediately.

Give everyone an individual lock box for storage of over the counter medication, and prescription medication.

What do you think?



Riverfront Park, Spokane, WA [Source](#)

Resources

- <http://bedsider.org/>
- <http://www.plannedparenthood.org/>
- <http://www.futureswithoutviolence.org/content/features/detail/790/> (Reproductive Health Initiative)



Attendance

If you didn't already do so, please use the chat box to type in your program name and the names of people who participated from your program who participated in this webinar.



We want to hear from you!

At the end of this webinar, you'll get an email from Readytalk with a survey – please fill it out!

Thanks!

Call us!

Leigh Hofheimer

Washington State Coalition Against Domestic Violence
(206) 389-2515, Ext. 202 (Voice)
(206) 389-2900 (TTY)
Leigh@wscadv.org

Leah Holland

Washington Coalition of Sexual Assault Programs
(360) 754-7583, Ext. 106 (Voice)
(360) 709-0305 (TTY)
Leah@wcsap.org

We hope to see you in person soon!



22nd Annual WSCADV Conference

- September 23-25 in Yakima

😊 Grant Language 😊

Funding for this training was made possible under Grant # SP1AH000015 from the U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Adolescent Health. The views expressed in written materials and by trainers do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.