

Teaching Professionalism in Abortion Care

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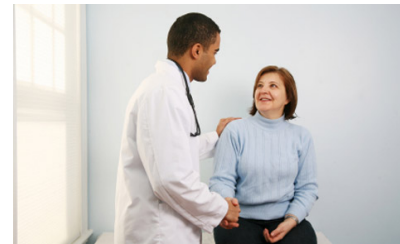


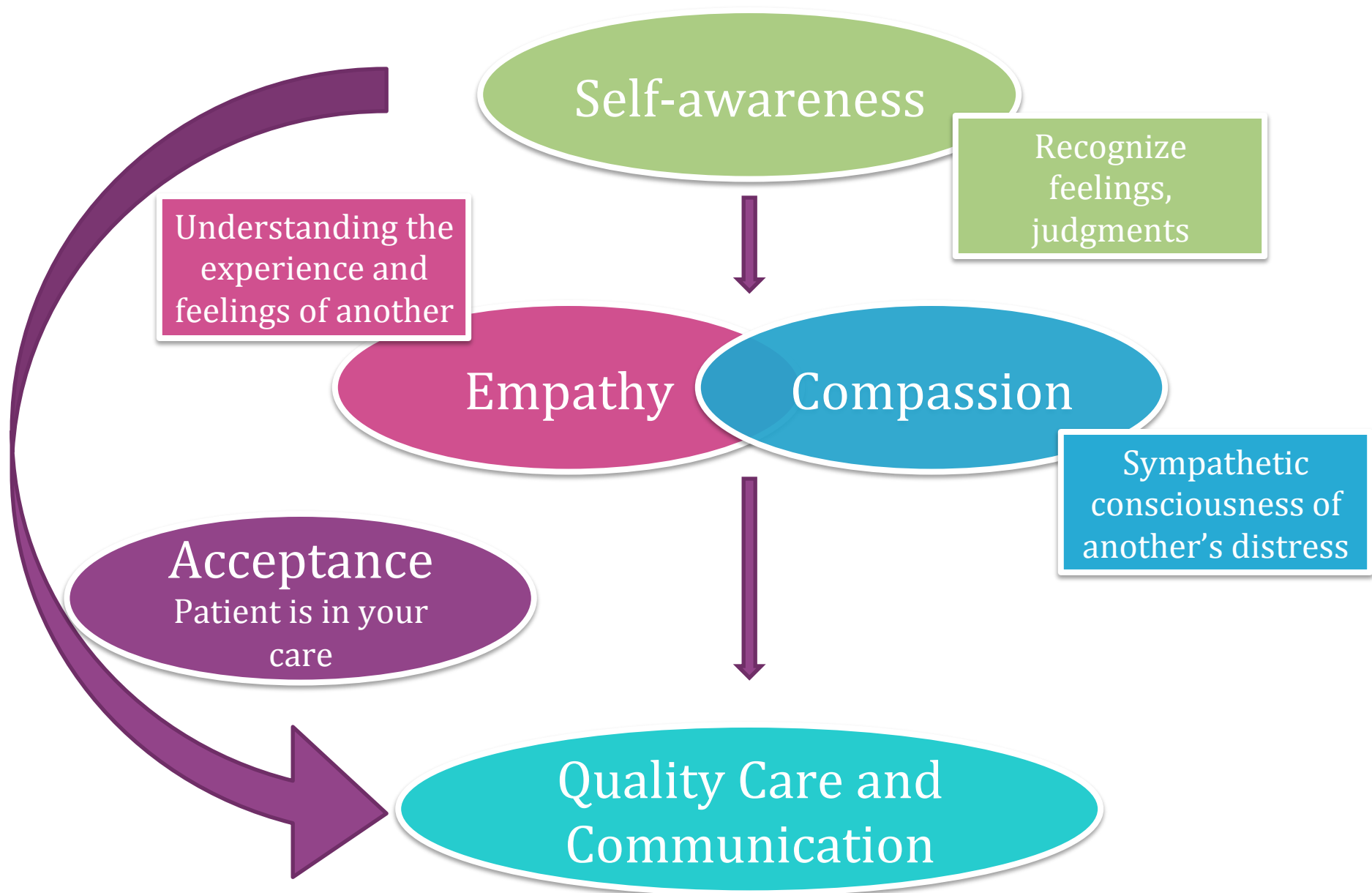
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Teaching Professionalism

- Challenge learners to develop
 - Self-awareness
 - Empathy
 - Compassion
 - Professional behavior
- Model professionalism
- Practice skills
 - Clinical settings – 2 minutes or less
 - Seminars – 30 minutes – 2 hours





Self-awareness

- What was it that bothered you?
- How did you feel?
- How did you react?
- Do you think the patient noticed?
- How did you talk about the patient to colleagues?

Empathy

What do you think is going on with the patient?

Compassion

Even if you can't put yourself in this person's shoes, do you feel that she might be having a hard time?

Acceptance

Can you accept that she is in your care?
How can you take care of yourself while taking care of her?
How can you care for her professionally?

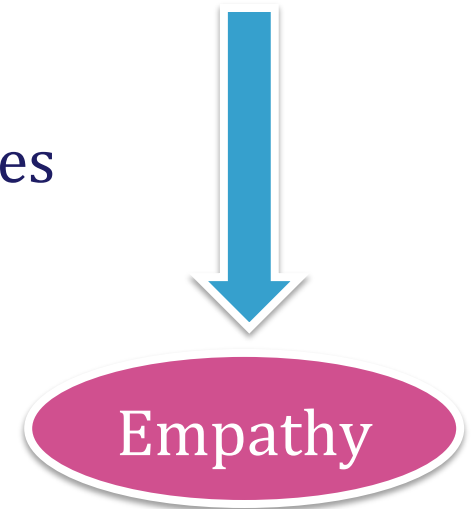
Empathy

- Empathy is associated with positive outcomes
 - Increased dx accuracy, pt. participation, compliance, satisfaction, quality of life



Empathy Decline

- Empathy is associated with positive outcomes
 - Increased dx accuracy, pt. participation, compliance, satisfaction, quality of life
- Empathy decreases in medical students and residents – clinical medicine
 - Increased vulnerability, distance themselves
 - Increased responsibility
 - Increased burnout
 - Increasingly think of patients as “other”



What is Values Clarification?

- An opportunity to examine one's values and beliefs about a specific topic
 - Used in patient decision making
- In setting of abortion care goal is to explore feelings and beliefs so you can better care for women considering abortion
 - Provide high quality counseling and care

Teaching Professionalism Through a Case-based Workshop

Professionalism, Empathy & Patient Care

Case-based workshop

- Part 1: Each participant introduces frustrating case
 - Group selects one or two to talk through
 - Self-awareness → empathy → compassion → acceptance
- Part 2: Clinical cases – specific values clarification
 - Family Planning

Part 1: Participant Cases

Tell us about a time recently when you felt angry or frustrated with a patient...

Part 1: Participant Cases – Common Examples

- Angry patients
- Entitled patients
- Patients who:
 - Don't take care of themselves – non-adherence
 - Take too clinical much time
 - Do bad things
 - Decline our recommendations
 - Say mean things to us

Self-awareness

How are you feeling?

What is going on with the patient?

Empathy

Compassion

Is the patient having a hard time?

Acceptance

How can you take care of her?

Quality Care and Communication

Part 2: Clinical Cases

- Abortion - perfect for practicing this framework
 - Common in U.S. (>1 million per year)
 - Contentious
- Many judge women for not using birth control, having one (or more) abortion, presenting in the second trimester, or choosing abortion for specific circumstances.

General Feelings about Pregnancy Options

- In general, how do you feel about your patients choosing ***abortion*** in these circumstances?
 - If the pregnancy threatens her physical health
 - If the pregnancy threatens her mental health
 - If the pregnancy involves significant fetal abnormality
 - If the pregnancy resulted from rape or incest
 - If she is not financially able to care for the child
 - If the pregnancy results from birth control failure
- What are the reasons for your beliefs?
- What surprised you about your reaction?
- It's okay to challenge students.

General Feelings about Pregnancy Options

- In general, how do you feel about your patients choosing to ***place the baby for adoption*** in these circumstances?
 - If the pregnancy threatens her physical health
 - If the pregnancy threatens her mental health
 - If the pregnancy involves significant fetal abnormality
 - If the pregnancy resulted from rape or incest
 - If she is not financially able to care for the child
 - If the pregnancy results from birth control failure
- What are the reasons for your beliefs?
- What surprised you about your reaction?
- It's okay to challenge students.

General Feelings about Pregnancy Options

- In general, how do you feel about your patients choosing *parenthood* in these circumstances?
 - If the pregnancy threatens her physical health
 - If the pregnancy threatens her mental health
 - If the pregnancy involves significant fetal abnormality
 - If the pregnancy resulted from rape or incest
 - If she is not financially able to care for the child
 - If the pregnancy results from birth control failure
- What are the reasons for your beliefs?
- What surprised you about your reaction?
- It's okay to challenge students.

Family Planning Challenges

- Three potential scenarios
 - One or more prior abortions – desires another
 - Does not want to use birth control in the future
 - Presents in the late 2nd trimester for abortion
- Hidden Curriculum
 - Challenging aspects of using contraception
 - Systems challenges such as access to care

Self-awareness

What upsets you about her having had a prior abortion? How does it make you feel?

Why would someone have more than 1 unintended pregnancies? What might be going on in her life?

Empathy

Compassion

Do you think she's having a hard time? Can you feel for her?

Acceptance

How can you care for her professionally?

Quality Care and Communication

Professional Responsibility

You are in a clinic seeing patients with an intern. A 17-year-old woman comes in for a pregnancy test that turns out to be positive. The intern performs an ultrasound, shows her the 7-week fetus, congratulates her and schedules her for a prenatal appointment in a few weeks. She does not mention the options of abortion and adoption to her.

Alternative: She gives biased counseling toward abortion. “You want to finish high school, don’t you?”

What are our counseling obligations?

Resources for Values Clarification and Training

- IPAS
- National Abortion Federation
- Reproductive Health Access Project
- Provide – referrals training
- Physicians for Reproductive Health
- Med Ed Portal resources
- Innovating Education in Reproductive Health

Resources for Values Clarification and Training



IPAS: Values Clarification

- Organization that trains in clinical care and counseling for comprehensive abortion
- Key component is values clarification
 - Tool kit
 - Downloadable documents



National Abortion Federation: Values Clarification

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Reproductive Health Access Project: Values Clarification

Group exercises such as:

- Room is marked as strongly agree to strongly disagree
- Statements are read and participants move
 - Every woman has the right to choose to terminate a pregnancy
 - Parental consent should be required for any teen requesting an abortion
 - Women who have more than one abortion are irresponsible
 - Abortions should be legal only up to 12 weeks of pregnancy.



Provide: Referrals Training

- Project to train health care and social service providers in providing pregnancy options counseling and referral
- Focus on training in making referrals even if individual beliefs conflict with referral



Physicians for Reproductive Health: Counseling Training

- Adolescent reproductive and sexual health education program
 - Counseling videos
- Reproductive needs – short modules
 - Contraception
 - Unintended pregnancy and abortion
 - Early pregnancy loss
 - Counseling videos

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Call for Submissions: LGBT and DSD Patient Care Project

MedEdPORTAL seeks developed curricula and assessments, best practices and continuing education focused on optimizing learners' acquisition of the competencies and abilities needed to provide comprehensive care for the LGBT and DSD populations.

Non-Directive Pregnancy Options Counseling with Communication and Ethical Challenges

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- Caring with Compassion, Domain 2: Biopsychosocial Care of Uninsured, Homeless, Underserved, and At-Risk Populations

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Competency Reference Set

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Landscape of Abortion Training in the US: Find out who is working to make routine abortion training a reality.



Teaching Resources

Integrating Family Planning into Practice: Get support to do abortions after residency

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Teaching Resources

Tools and Curriculum materials related to teaching professionalism:

[Teaching Empathy](#) | [Counseling](#) | [Cultural Competency in Adolescent Patient Care](#)

Teaching Empathy

Caring for Challenging Patients Workshop (Values Clarification)

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UCSF Bixby Center for Global Reproductive Health

This workshop aims to help learners develop skills to manage their own judgmental feelings in patient interactions by encouraging empathy, compassion, or acceptance. It can be used in many clinical settings, including family planning and abortion, and the jail health service.

- [Overview and Instructor Guide](#)
- [Train the Trainer Presentation](#)

Family Planning Workshop

- [Facilitator Guide: Family Planning](#)
- [Learners Handout: Family Planning](#)

General Workshop

- [Facilitator Guide: General](#)
- [Learners Handout: General](#)

Jail Health Service Workshop

- [Facilitator Guide: Jail Health Service](#)
- [Learners Handout: Jail Health Service](#)

Professionalism Exercise

Angela Dempsey, MD, MPH

Medical University of South Carolina

This exercise was developed as a values clarification exercise for use with interns at the start of their residency training.

- [Instructions for Group Leader](#)
- [Learner handout](#)

Conclusions

- We should prioritize time for reflection when learners feel challenged by patients.
- We should engage learners in specific discussions about their feelings about abortion, pregnancy options counseling and referral.