

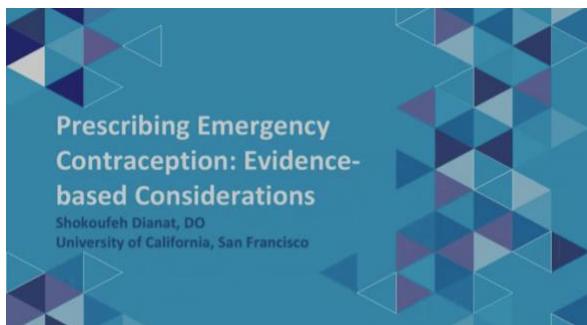
## Prescribing Emergency Contraception Lesson Plan

### Learning Objectives:

By the end of the session, learners will be able to:

- Define emergency contraception
- Choose a method of emergency contraception that best meets the needs of their patient
- Determine which forms of EC are most effective depending on patient preferences and BMI

### Video Lecture:



Prescribing Emergency Contraception: Evidence-based Considerations  
Presented by Shokoufeh Dianat, DO

Available at <https://www.innovating-education.org/2019/05/prescribing-emergency-contraception/>

### Citation

Decision Tree [https://www.innovating-education.org/2019/05/prescribing-emergency-contraception/ec\\_decisiontree\\_1-26-19\\_ierah/](https://www.innovating-education.org/2019/05/prescribing-emergency-contraception/ec_decisiontree_1-26-19_ierah/)

Lesson Plan in a Flipped Classroom Setting  
Prescribing Emergency Contraception

Using a flipped classroom model, this lesson plan will use the video lecture and additional resources to provide learners with an engaging learning environment. [Here's how](#) to use this course in a “flipped-classroom” at your own institution.

### Teaching Points:

- Utilize a decision tree and shared decision making process to help patients find the method that will work best for them
- Offer Copper IUD to all patients seeking EC

- Use ulipristal acetate as first-line oral EC, unless patient wants to start hormonal method and is unable to delay 5 days
- Look for updates, as this is an evolving field

**Time Required:**

Total Time of Video Lecture: 8:58 min

Estimated Independent Prep Time Required by Learner: 15 min

Total Estimated Time Required for In-Classroom Activity: 30 min-1 hr

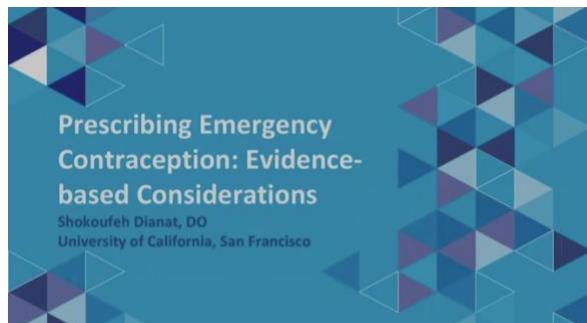
**Materials Required and Instructor Preparation:**

- Learners will need internet access with enough bandwidth to view streaming videos.
- The instructor should print copies of the small group activity quiz (page 3) included in this packet.

**Individual Activity:**

*Prescribing Emergency Contraception Lecture*

- Learners can watch didactic lecture before the workshop in a flipped classroom model or during class time.
- Learners may be assigned any of the following relevant readings (determined by instructor's desired learner work-load) as outlined in the "Suggested Readings" section on page 1.



**In-Classroom Activity**

- Divide the classroom into small groups and distribute the small group activity quiz (page 4-5). Instruct learners to spend 15 minutes and work together to answer the questions provided.
- At the end of this activity, convene the class. Present the questions and have learners share their answers and discuss.
- Write the correct answers on the board for the class to see. Collect each handout from learners
  - The instructor can reference the answer sheet on page 4

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Names

## Prescribing Emergency Contraception Small Group Activity Quiz

### Questions:

In your group, answer the following questions referencing the video lecture assigned before class. Be prepared to turn in this handout at the end of class.

1. List the 3 types of emergency contraception that are currently available in the US:
  - a.
  - b.
  - c.
2. Which of the following methods of EC is the most effective and does not depend on Patient's weight and BMI, time passed since first episode of unprotected intercourse, timing of unprotected intercourse in patient's ovulatory cycle.
  - a. Copper IUD or Paragard
  - b. Ulipristal acetate (UPA) or Ella
  - c. Levonorgestrel (LNG-EEC)
  - d. None of the above
3. True/False: Ulipristal acetate (UPA) effectiveness is unaffected if a hormonal method is started within 5 days of use
4. Which of the available EC methods should be used as the first line method for those eligible (willing to wait 5 days between taking EC and starting a hormonal birth control method)?
  - e. Copper IUD
  - f. Ulipristal acetate (UPA)
  - g. Levonorgestrel (LNG-EEC)
  - h. None of the above
5. True/False: Levonorgestrel (LNG-EEC) decreases in effectiveness starting at BMI of 26

## Prescribing Emergency Contraception Small Group Activity Quiz

### Answers

1. List the 3 types of emergency contraception that are currently available in the US:
  - a. **Copper IUD or Paragard**
  - b. **Ulipristal acetate (UPA) or Ella**
  - c. **Levonorgestrel (LNG-EEC) or Plan B, Next Choice, Morning After Pill, Aftera, Fallback Solo, My Way, Take Action**
2. Which of the following methods of EC is the most effective and does not depend on Patient's weight and BMI, time passed since first episode of unprotected intercourse, timing of unprotected intercourse in patient's ovulatory cycle.
  - i. **Copper IUD or Paragard**
  - j. Ulipristal acetate (UPA) or Ella
  - k. Levonorgestrel (LNG-EEC)
  - l. None of the above
3. True/False: Ulipristal acetate (UPA) effectiveness is unaffected if a hormonal method is started within 5 days of use  
**False**
4. Which of the available EC methods should be used as the first line method for those eligible (willing to wait 5 days between taking EC and starting a hormonal birth control method)?
  - m. Copper IUD
  - n. **Ulipristal acetate (UPA)**
  - o. Levonorgestrel (LNG-EEC)
  - p. None of the above
5. True/False: Levonorgestrel (LNG-EEC) decreases in effectiveness starting at BMI of 26  
**True**