

**OUTPATIENT GRAND ROUNDS EVALUATION**
**ENDURING MATERIALS**

Original presentation date: January 5, 2016, Contraception Update, P Geraghty, NP

Estimated Time to complete the activity is 45 minutes. Activity and content expires: Jan 5, 2018

Statement of disclosure: John Muir Health has determined that the planning committee members for this activity do not have any affiliations with any corporate organizations that may constitute a conflict of interest. The speaker's disclosures of financial relationships with commercial interests have been identified and resolved.

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**POST-COURSE:**
**Current level of confidence in my skill or ability to: 3=high level, 2= moderate level, 1=low level (circle one)**

- |   |   |   |   |
|---|---|---|---|
| • Differentiate between older and newer options.....  | 3 | 2 | 1 |
| • Formulate and communicate treatment plans for the management of medically and socially complex patients.....                      | 3 | 2 | 1 |
| • Apply best practice strategies to overcome co-morbidities in medically and socially complex patients.....                         | 3 | 2 | 1 |
| • Utilize EBM Guidelines for a multitude of conditions that are encountered in primary care.....                                    | 3 | 2 | 1 |
| • Utilize Patient Centered Care skill to help patients become better informed and more involved in their health care decisions..... | 3 | 2 | 1 |
| • The session's content matched my scope of care.....   | 3 | 2 | 1 |
| • The presentation was unbiased.....  | 3 | 2 | 1 |

**POST TEST: (CIRCLE ONE ANSWER)** - To receive CME credit, you must score 100%.

1. Recommended patient counseling on birth control is organized by:
  - a. Talking about hormonal v. non-hormonal methods
  - b. Discussing relative effectiveness of methods
  - c. Never deviating from the package insert
  - d. Having a single conversation
2. Extended cycles of combined estrogen and progesterone birth control methods
  - a. Cause unscheduled bleeding in most patients
  - b. Lead to increased migraines among patients who suffer migraine headaches
  - c. Reduce symptoms of PMS and heavy menstrual periods
  - d. Are not evidenced based and should be avoided
3. The first line contraception for teens is
  - a. The lowest dose of estrogen and progesterone pill.
  - b. Determined by whether she has had a term pregnancy or not.
  - c. Only condoms since incidence of sexually transmitted infections are so high.
  - d. Intrauterine devices or hormonal implants.
4. The essential physical examination prior to prescribing birth control pill, patches, or ring includes
  - a. A pap test
  - b. A test for sexually transmitted infections
  - c. A blood pressure
  - d. A weight

3. Please describe what you will do differently in your practice because you participated today? \_\_\_\_\_

\_\_\_\_\_  
**Physician Name (please print):**

\_\_\_\_\_  
**Dictation #**

\_\_\_\_\_  
**\*\*\*IMPORTANT: Date:**

**Please complete and return this evaluation form in order to receive .75 AMA PRA Category 1 Credit™ for this course**  
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