

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.

Accreditation Statement: John Muir Health is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

Credit Designation Statement: John Muir Health designates this enduring material for a maximum of one (.75) AMA PRA Category 1 Credits™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

JMH Internet Policy: <https://www.johnmuirhealth.com/website-privacy-policy1.html>

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

Fax : 925-674-2357