

# A Pharmacist's Central Role in Improving Hormonal Contraceptive Access

Aleese Smith, PharmD candidate; Urvi Patel, PharmD candidate; Alexandra Arledge, PharmD candidate; Josie Young, PharmD candidate; Erin Johanson, EdD  
Roseman University of Health Sciences, College of Pharmacy

## Introduction

In 2019, the roles of Utah pharmacists grew with the implementation of a statewide standing order allowing prescribing abilities for hormonal contraceptives.<sup>1</sup> With the rates of unplanned pregnancies in Utah up to 1 in every 5; pharmacists have a new role in birth control distribution.<sup>2</sup> Pharmacists and pharmacy interns across the state of Utah are able to prescribe self-administered hormonal contraceptive medications including: oral pills, vaginal insertion medications, and birth control patches.<sup>2</sup> Pharmacists are entrusted with the responsibility to evaluate the patient and their needs to ensure all women receiving birth control are educated with the risks and side effects of hormonal contraceptives and given information supporting successful use.<sup>2</sup>

## Purpose

The purpose of this study was to identify the role of the pharmacists in improving access to hormonal contraceptives in Utah.

## Methods

The researchers conducted a literature review of standards of practice requirements for pharmacist in the state of Utah in regards to hormonal contraceptives.

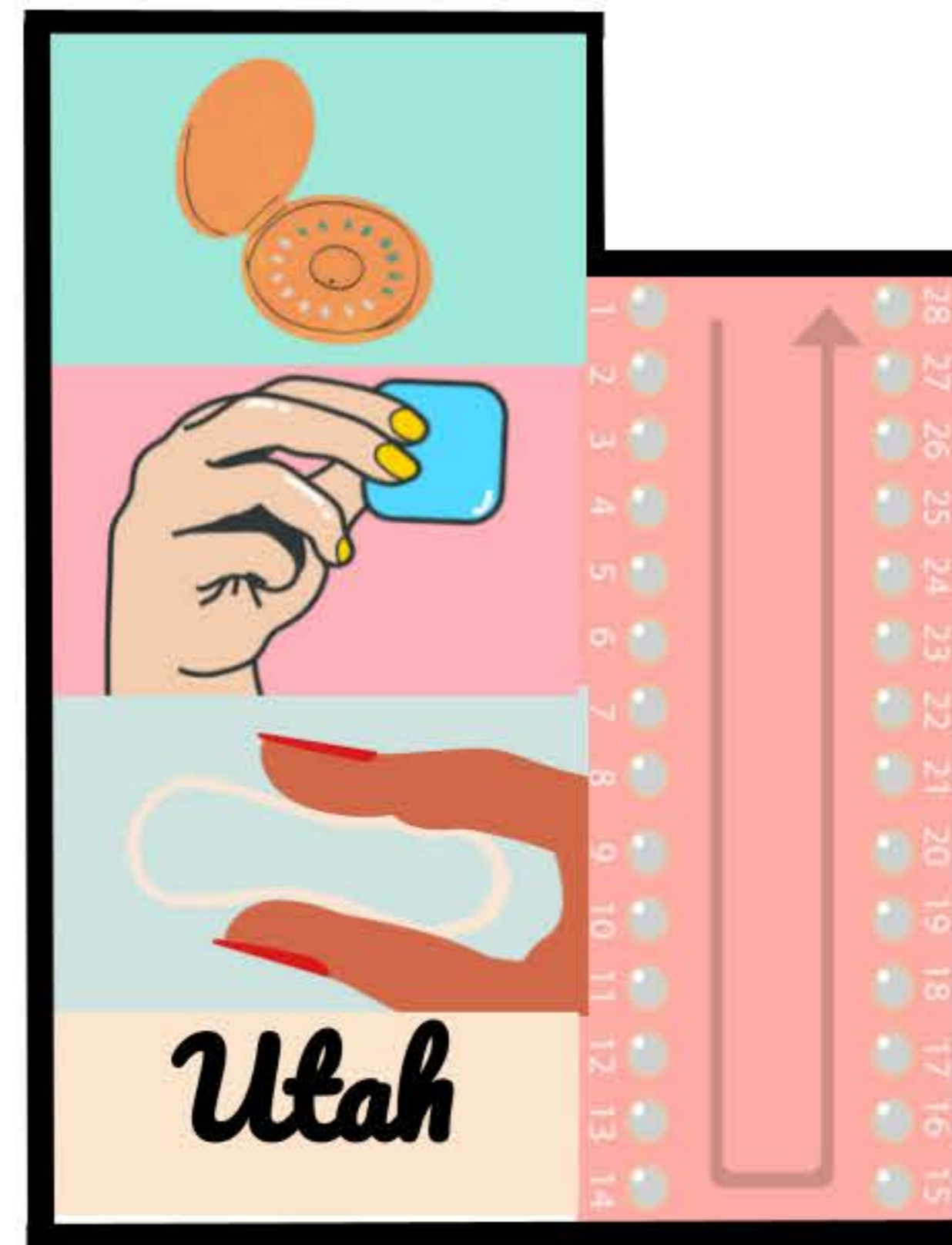
## Results

Utah Commerce, Division of Professional Licensing (DOPL) contained up to date state regulations for the following inclusion and exclusion criteria, pharmacy counseling, and pharmacist requirements.

## Counseling

The pharmacist or pharmacy intern is required to provide the following information:

- How to appropriately store and administer
- Possible risks and adverse effects
- Necessity of backup birth control
- Possibility of acquiring an STI and risk lowering strategies
- Significance of specific screenings by the patient's primary care provider or women's health provider



## Patient Criteria

### INCLUSION

- Biological women 18 years old or older
- Evidence of being seen by a primary care provider within the last 24 months
- Re-evaluate with patient every 12 months to renew contraceptive prescription
- Self administered: Oral, vaginal insertion, or patch

### EXCLUSION

- $\geq 1$  concerns with required questionnaire
- Has not seen a provider within the last 24 months



## Conclusion

In conclusion, the expanding role of Utah pharmacists in prescribing hormonal contraceptives provides needed access and education for the community patient population. By adhering to the patient criteria and counseling properly, pharmacists are able to follow regulations and help patients receive more accessible care. Pharmacist requirements ensure safety and efficacy as well as documentation and appropriate follow up.

## Requirements of the Pharmacist



Complete 2 continuing education hours related to hormonal contraceptive therapy



Register every 2 years with Utah Dept of Health & Human Services and submit reports on dispensing activities annually



Educate patients on risks, side effects, and any additional information needed for successful contraceptive use



Initially may dispense a self-administered hormonal contraceptive for up to twelve months

Advise patient to return to discuss any side effects, concerns, or to change contraceptive method



12 month follow up documentation must include:

- Refill of same method or dispensing of a different method
- Documentation of pharmacist contacting patient to discuss
- Documentation of no follow-up from patient if unable to reach or no refill requested

If patient is unable to provide evidence that they have consulted with their primary care provider as required, pharmacist may not continue to dispense hormonal contraceptive to patient

## References

1. Magnusson BM, Christensen SR, Tanner AB, Eyring JB, Pilling EB, Sloan-Aagard CD. Accessibility of Pharmacist-Prescribed Contraceptives in Utah. *Obstet Gynecol.* 2021;138(6):871-877. doi:10.1097/AOG.0000000000004594
2. Checketts N, Borski HR, Hofmann MG. *Utah Statewide Standing Order Pharmacist Dispensing of Hormonal Contraception.* Utah Department of Health. September 5, 2023. <https://dopl.utah.gov/wp-content/uploads/2022/09/standing-order-pharmacist-dispensing-of-hormonal-contraception.pdf>
3. Utah Society of Health-Systems Pharmacist. (n.d.) *Utah CE Requirements.* USHP January 18, 2024. <https://www.ushp.org/CE-requirements>

## Disclosures and Contact Info

The authors have nothing to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation. For more information about this study contact [asmith688@studen.roseman.edu](mailto:asmith688@studen.roseman.edu)