

Randomized trial comparing initiation of *Bedsider.org* contraceptive reminder tool by providers versus patients



ASHLYN H. SAVAGE, MD, MSCR
ANGELA R. DEMPSEY, MD, MPH
MEDICAL UNIVERSITY OF SOUTH CAROLINA



Aims



1. Compare reminder utilization at 3 months in those who initiate in the office versus those who initiate after their visit
2. Assess whether provider-assisted enrollment in the online reminder system improves self-reported adherence to a short-term contraceptive regimen compared to self-initiated enrollment
3. Measure time required to introduce the website and to initiate the contraceptive reminders

Hypothesis



- Initiation of contraceptive reminders by providers in the office will increase utilization of reminders at 3 months compared to initiation by the patient after the visit
- Perception of adherence would be better among those receiving reminders
- Initiating reminders in the office will be a quick intervention requiring no additional resources

Methods



- **Population:**
 - Women age 18-29
 - Prescribed short-acting methods during an office visit
 - oral contraceptive pills, the vaginal ring, transdermal patch, or DMPA
- **Exclusion Criteria:**
 - Unable to read / write in English
 - No access to internet / computer / mobile device

Methods



- **Enrollment:**
 - Study coordinators screened daily schedules to identify potential subjects
 - Office visit per usual care
 - Once patient elected an eligible contraceptive, she was offered enrollment in the study
 - Study coordinator obtained consent and randomized to control versus intervention group

Methods



Protocol

- Both groups:
 - *Bedsider.org* website was introduced using either exam room computer or iPad
 - Review specific sections of website using a script
 - ✦ Reminders, Frisky Fridays, Fact or Fiction
 - Patients given *Bedsider.org* post-card
- Intervention Group:
 - Study personnel assisted patients with initiating the “reminder” tool

Data Collected



1. Time spent on introduction to the website
2. Time required for initiation of reminders
3. Baseline questionnaire (written)
 - prior knowledge of the website, opinion of the website, satisfaction with overall care and contraceptive care during the visit
4. 3-month follow up questionnaire (phone)
 - utilization of the reminder tool, experience with the website since their appointment, aspects of the website that are most useful, and self-report of adherence to their contraceptive regimen

Baseline Questionnaire



	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am glad I was introduced to <i>Bedsider.org</i> in the office today.					
<i>Bedsider.org</i> seems like an easy website to use.					
<i>Bedsider.org</i> seems like a helpful website to use.					
I plan to use the contraceptive reminder tool on <i>Bedsider.org</i>.					
I would be more likely to use the contraceptive reminder if it was initiated for me while in the doctor's office.					
I plan to use <i>Bedsider.org</i> website in the future.					
I plan to tell friends about the <i>Bedsider.org</i> website.					
I am satisfied with the contraceptive counseling that I received during my visit today.					
I am comfortable with the contraceptive that I have chosen during my visit today.					
I am satisfied with my overall visit today.					

3-Month Follow Up



- Have you accessed Bedsider.org since your appointment? Yes No

If yes: How many times? _____

What portions of the website did you use? (note all that apply)

- ___ Testimonials
- ___ Reminders
- ___ Fact or Fiction
- ___ Frisky Fridays

What portions of the website are most useful to you?

- ___ Testimonials
- ___ Reminders
- ___ Fact or Fiction
- ___ Frisky Fridays

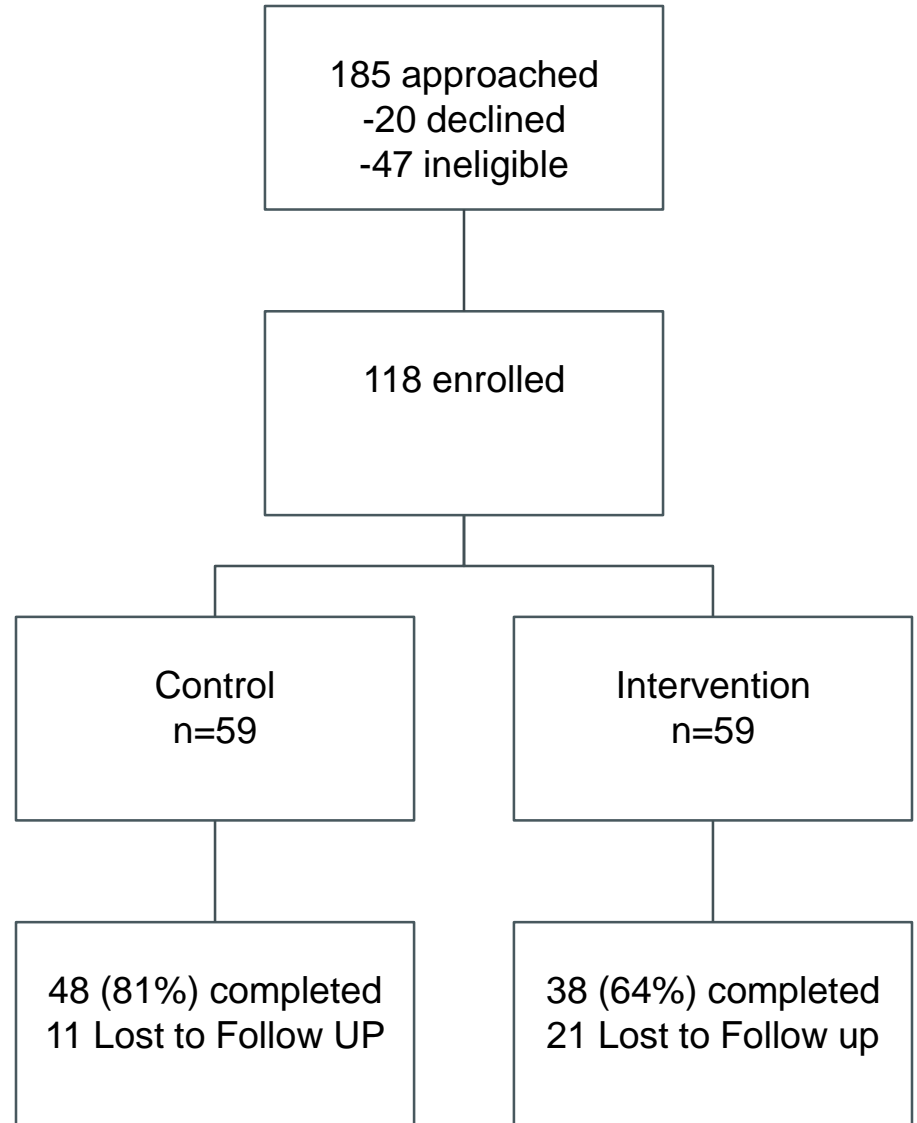
If no: Why not?

- ___ Did not think it would be useful
- ___ I forgot about it
- ___ I lost my “post card” / couldn’ t remember the web address

Sample Size



- **Assumptions:**
 - 30% in control group will be using the reminder tool at 3 months
 - The intervention will double this proportion
- 80% power ($\alpha=0.05$) to detect a two-fold increase in reminder use in the intervention group
 - 98 patients
- Anticipating a 20% loss to follow up rate
- **Final Sample Size: n=118 patients**



Comparison of Randomization Groups at Baseline



	Control n=59	Intervention n=59	p
Age (mean 24)			0.41
18-21	24%	29%	
22-25	44%	32%	
26-29	32%	39%	
Race			0.12
Caucasian	27%	41%	
African American	73%	59%	
Contraceptive method			0.41
Oral Contraceptives	29%	27%	
Vaginal ring	3%	12%	
Transdermal patch	2%	2%	
DMPA	64%	59%	
None	2%	0%	
Prior knowledge of website	9%	5%	0.46

Baseline Patient Responses



	Control n=59	Intervention N=59	p
Bedsider seems easy to use	95%	98%	0.33
Bedsider seems helpful	98%	99%	0.54
Plan to use the reminder tool	85%	87%	0.72
Plan to use the website	83%	83%	0.45
Most likely to use:			0.31
Reminders	32%	47%	
Other	68%	53%	
Satisfied with visit	99%	98%	0.57

Time Requirements



	Control	Intervention	p*
Total time on website	10 min	13 min	0.001
Time for reminder initiation	NA	4 min	---

*Reported as median time, p value based on wilcoxon rank sum test

3-Month Follow Up



	Control n=48	Intervention n=38	p
Accessed Bedsider since appointment	40%	55%	0.15
Received at least one reminder in last 3 months	33%	55%	0.04
Are currently receiving reminders	28%	47%	0.06
Still using contraceptive that was prescribed during visit	91%	87%	0.49
Are satisfied with contraceptive care	93%	97%	0.75
Believe they are:			0.31
perfect user of method	66%	53%	
“pretty good” user	32%	45%	
Are satisfied with contraceptive (*n=76)	93% (n=43)	94% (n=33)	0.69

Among Those Receiving Reminders

(n=39)



	Control N=17	Intervention N=22	p
Reminders help you to remember use your contraceptive	83%	73%	0.27
Reminders help you remember to refill your prescription	71%	55%	0.38
Reminders help you remember to keep appointments	70%	41%	0.20
Have begun to ignore reminders because they are so frequent	29%	18%	0.30
Preferred text to email	47%	86%	0.01

Conclusions



- Few women knew about *Bedsider.org* prior to our introduction
- Nearly all felt the website seemed useful and easy to use
- Interest in other portions of the website was higher than in reminder system
- Intention to use the website and reminders was high among both groups after introduction
- Signing women up for the reminder system was efficient

Conclusions



- 3 month continuation of chosen method was high in both groups
- Visiting the website and continuing reminders did not differ
- Signing patients up for the reminder did not impact
 - Satisfaction with the method
 - Satisfaction with overall care
 - Self-reported correct or consistent use

Among the Control Group (n=48)



	DMPA n=31	P/P/R n=17	p
Accessed Bedsider since appointment	68%	32%	0.65
Received at least one reminder in last 3 months	60%	40%	0.77
Are currently receiving reminders	62%	38%	0.84

*Frequencies reported as row percents

Among Pill –Patch-Ring Users



	Control n=17	Intervention n=17	p
Accessed Bedsider since appointment	35%	53%	0.30
Received at least one reminder in last 3 months	35%	76%	0.02
Are currently receiving reminders	29%	53%	0.16

Reminders by Contraceptive Choice



	DMPA n=51	P/P/R n=34	p
Accessed Bedsider since appointment	48%	44%	0.72
Received at least one reminder in last 3 months	34%	56%	0.05
Are currently receiving reminders	33%	41%	0.46
Preferred text to email (n=39)	53%	85%	0.03