



# UCLA Health FAMILY PLANNING DIVISION NEWSLETTER

## OCTOBER 2016

### HIGHLIGHTS

## Patient Care Fund Receives \$50,000 Grant

The UCLA Ob/Gyn Clinic at the West Medical Building received a generous grant from the Nicholas Endowment for \$50,000 to go towards a patient assistance fund.

The Nicholas Endowment, whose mission is to "enrich our community and the world by supporting the performing and visual arts, assisting in the advancement of science and education, and engaging other charities to make a difference in people's lives" granted the award to assist the clinic's patients.

The [UCLA Ob/Gyn Clinic](#) at the West Medical Building is a community clinic that provides comprehensive and high-quality family planning and reproductive health services to the most vulnerable, medically complex, and high-risk patients in Los Angeles County and beyond. The clinic serves mainly low-income and under-served patients, many of whom travel long distances to seek our care.

The patient assistance fund will allow for the provision of food and gas cards, hotel vouchers, parking, and other items our patients may need.

### PATIENT VOICES

**"I CANNOT RECOMMEND THE FACILITY ANY MORE HIGHLY. IF ALL WOMEN'S FACILITIES WERE AS WARM AND INFORMATIVE, THE STATE OF WOMEN'S HEALTH IN AMERICA WOULD BE ON ANOTHER PLATEAU."**

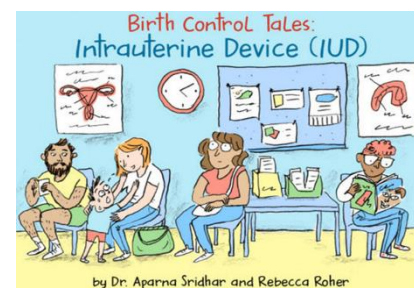
**-UCLA Ob/Gyn Clinic Patient**

## Uber Assist



The UCLA Ob/Gyn Clinic is now able to offer UberAssist as a new transportation option for its patients. Uber Assist drivers receive additional training to assist patients with different accessibility needs. This new partnership will help patients get to their appointments in a reliable and timely way. In particular, this will benefit our low-income patients who are often unable to access transportation services for their appointments.

The cost for UberAssist will come from the clinic's patient assistance fund.



by Dr. Aparna Sridhar and Rebecca Roher

### Birth Control Tales

Dr. Aparna Sridhar, MD, MPH has received a \$13,750 grant from the Society of Family Planning for the development and testing of birth control comics as educational tools for young populations. This [new patient education tool](#) can be downloaded as an app through iTunes: [BC Tales](#).



### MVA Workshop

The Family Planning Division held an MVA workshop on October 11<sup>th</sup> with the UCLA Medical Students for Choice group. The hands-on workshop allows students to practice performing MVAs on papayas.

For more information about us, visit <http://obgyn.ucla.edu/family-planning>

# LEAN Academy Project Improves Patient Wait Times

Katie Siedel, MSW, MPH, CPC, Clinic Manager of the UCLA Ob/Gyn Clinic at the West Medical Building is participating in the Ambulatory LEAN Academy. The LEAN Academy is a prestigious and intensive 8-week program for managers, leaders, and champions to develop performance improvement projects in the ambulatory setting.

## PROBLEM STATEMENT

The current average visit cycle time of 77 minutes leads to patient and staff dissatisfaction.

## GOAL

Reduce visit cycle time from 77 minutes to 60 minutes (22%) by October 31<sup>st</sup>, 2016.



**LEAN Project Team.** From left to right (top row): Vanita Varma, Nurse Manager; Kristen Wolfe, MD; Katie Siedel, Clinic Manager; Karen Roque, Title X Manager; Judith Galvan, RN; Thalia Wong, MD. Bottom row: Mayra Montano, MA; Sandra Rodriguez, Administrative Assistant; Alma Ramirez, MA.

The project involved clinical and office staff involved in the visit cycle including nurses, administrative assistants, medical assistants (MAs), doctors, and management. A root cause analysis revealed the following issues affecting clinic flow:

- Inconsistent messaging about patient arrival time
- Provider doesn't know in advance which patients they will see
- Back office responsibilities are too wide-spread
- Processes aren't identified and residents don't know who to ask for help
- Lack of handoff about next steps in visit and patient discharge

## New Process & Next Steps

- MAs and RNs will sign up for 2-3 rooms each so MDs will know who to go to for assistance
- Floater MA will assist with flow coordination and break relief
- MA will connect patient with RN or provide discharge summaries

These processes have been piloted twice; both times yielding positive feedback from MAs and MDs. We will continue to pilot and refine before rolling out for daily use.



## Post-Partum Birth Control App

Dr. Julie Kuperman, former Family Planning Fellow, developed a birth control application to increase awareness about postpartum contraception. This decision aid will be used to inform pregnant women about the importance and options for postpartum contraception, including long acting reversible contraception (LARC). The decision aid is currently being pilot-tested among patients.

For more information, please visit our [UCLA Family Planning Fellowship website](#).

# Fellowship Projects

## Reproductive Decision Making of Women in Methadone Clinics: A Mixed Methods Study

Dr. Agatha Berger, Family Planning Fellow, is conducting a study to explore the factors that influence reproductive decision-making among women in methadone-treatment programs. The study seeks to assess sexual and reproductive health perspectives and experiences of women with opioid use disorders enrolled at two methadone clinics in Los Angeles.

The study will include both qualitative and quantitative data collection to determine the factors that influence and impede reproductive decision-making in this population. In-depth interviews are currently being conducted with women from the clinics to identify key domains and themes. These will inform the development of a questionnaire survey that will be distributed to 190 women at the two clinics.

At this time, there are no other studies assessing how women with opioid use disorders view reproductive health and what guides their choices.



# Title X Outreach and Education

For decades, the Title X grant at the UCLA Ob/Gyn Clinic at the West Medical Building has evolved to be an integral component of our clinic operations.

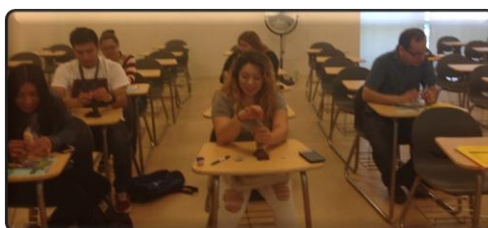
Title X is the only federal grant for comprehensive family planning services and related preventive health.

Title X enables us to outreach and educate the most vulnerable and under-served populations in our community. We partner with local community agencies, including:

- community colleges
- homeless shelters
- substance abuse treatment centers
- local middle schools and high schools
- human trafficking shelters
- after-school programs
- foster youth programs

We deliver reproductive and sexual health workshops and also staff booths at local health fairs, including the UCLA student-led Lennox Health fairs twice a year. For years, our program has been committed to providing and promoting the health and well-being of our community, particularly as it relates to family planning and reproductive health services.

For more information or questions, contact the Title X Manager at (310) 825-6657 or [visit our website](#).



## Transforming the Healthcare of Women with Disabilities

Dr. Angela Chen and Liz Forbes are collaborating with researchers at UCLA's Center for Cerebral Palsy and Tarjan Center (and also with researchers at several other institutions in New York, Boston, and Chicago) to learn about experiences women with cerebral palsy (CP) have had accessing women's health care. Here at UCLA we are focusing on reproductive life planning and pregnancy issues. Other sites are looking at issues related to breast health, adolescence, and gynecological care.

### CPSP AUDIT A SUCCESS!

On October 13<sup>th</sup>, the UCLA Ob/Gyn Clinic underwent its tri-annual Medi-Cal's Comprehensive Perinatal Services Program (CPSP) audit. The surveyors spoke about the high quality of our work across the board. We were graded in 2 domains and our scores were 90% in both (we were 70% and 85% at our last audit in 2013).

#### Special Shout Outs:

- ★ Our CPHWs (Comprehensive Perinatal Services Workers) are the heart of the program: Lupe Arias, Mayra Montano, Alma Ramirez, Ana Vera, and Cindy Vides.
- ★ Ninette Santos Sullivan's oversight of their work is paramount.
- ★ Thank you to our Midwives: Shadman Habibi, Stacey Schurmann-Wolcott and Harla Yaeger as well as our MFM Fellows: Drs. Rashmi Rao, Emily Scibetta, and Yalda Afshar.

## FAMILY PLANNING NEWS

### Updates on Liletta™ IUD



Liletta™, the newest hormonal IUD, created by Medicines 360 and Allergan, is FDA-approved for 3 years. Newest research demonstrates that this IUD can be effective for up to 5 years. In addition, the companies just released a new single-handed inserter that will make placement of the IUD similar to that of Mirena® and Skyla®. The Liletta™ IUD was created in an effort to make IUDs more affordable for women. The Liletta™ IUD will be added to the UCLA formulary soon and we already have some in stock at our clinic!

### New Mifeprex (Mifepristone) Label

On March 29<sup>th</sup>, 2016, the FDA issued an approval letter to Danco laboratories for a new Mifeprex (Mifepristone label). Changes to the label include the following:

- Use through 70 days gestation
- Day 1: Mifeprex 200 mg (1 tablet)
- 24-48 hours after Mifeprex: Misoprostol 800 mc buccally OR
  - UCLA providers have used evidence based alternative: Misoprostol 800mcg per vagina on same day as Mifeprex to 72 hrs after Mifeprex
- Misoprostol repeat dose: optional
- Post-treatment assessment: 7-14 days post Mifeprex
- Prescriber: by or under the supervision of a registered healthcare provider

For more information, please email [Dr. Angela Chen](#) or [read the memo](#).

## DIDACTICS & EDUCATION

### UCLA Hosts UC-Wide Journal Club



Dr. Radhika Rible hosted and facilitated October's UC-Wide Family Planning Journal Club on October 13<sup>th</sup>. The discussion focused on the effectiveness of immediate implant placement or Depo-Provera injection at the time of Mifepristone for medical abortion.

The UC-Wide Family Planning Journal Club is an excellent opportunity for providers (faculty, staff, residents, and students) to engage in meaningful discussions surrounding family planning research, updates, and news. The journal club is held every month. For more information or if you would like to participate, please contact [Dr. Rible](#).

**UCLA Department Journal Club Discussion:** Access to Family Planning Services and Female High School Dropout Rates



On September 20<sup>th</sup>, Dr. Kristen Wolfe, former Family Planning Fellow, led a department-wide discussion analyzing latest research on whether access to family planning services is associated with decreased rates of female high school dropout rates. The discussion was based on an [article](#) published in the journal American College of Obstetrics and Gynecology by Katherine Hicks-Courant, MD and Aaron L. Schwartz, MD.

### Ethics Lecture



Dr. Agatha Berger, Family Planning Fellow, and Dr. Kristen Wolfe (mentioned above) were invited by the David Geffen School of Medicine Bioethics Selective to conduct a lunchtime discussion on October 29<sup>th</sup>. The talk was titled "Empathy and Professionalism in Reproductive Healthcare" and was very well received by the students. The talk led to excellent discussions on a variety of complex situations that are encountered in women's healthcare.

## EVENTS & ACTIVITIES

### LIGHT THE NIGHT WALK



The Women's Health and Mattel Children's Hospital Team participated at the [Light the Night walk](#) for the Leukemia and Lymphoma Society in Los Angeles on Oct. 22<sup>nd</sup>. UCLA teams surpassed the goal of \$100,000 and raised \$136,000 to support blood-cancer research. Donations are still being accepted through Nov. 5<sup>th</sup>, 2016.

### ASTHO LARC MEETING



Karen Roque, Title X Program Manager at UCLA Ob/Gyn Clinic, will be participating in the [Association of State and Territorial Health Officials LARC Learning community](#). Karen will be representing the state of California and UCLA in promoting the uptake of LARCs nationwide. The learning community will take place on Oct. 27<sup>th</sup>-28<sup>th</sup> in Washington, D.C.

### CP FOUNDATION STAKEHOLDER MEETING

Liz Forbes, MPH, Research and Family Planning Coordinator, will be attending the Cerebral Palsy Foundation Stakeholder meeting in Washington D.C. She will be representing UCLA and the Family Planning Division research on women with disabilities (see page 3 for more information). The meeting will take place on Dec. 5<sup>th</sup>-6<sup>th</sup>.

### BINGO BOY FUNDRAISER



The UCLA Ob/Gyn Clinic will be hosting a fundraiser with Legendary Bingo Boy in support of its patient assistance fund. There will be prizes and lots of fun!

**Date:** Sunday, June 18<sup>th</sup>, 2017

**Time:** 6pm

**Location:** Hamburger Mary's in West Hollywood

**Stay tuned for more information!**