

Innovations in abortion research and practice: Lessons learned and future directions

Presentation to FIAPAC

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The Society of Family Planning (SFP) & SFP Research Fund

Activities

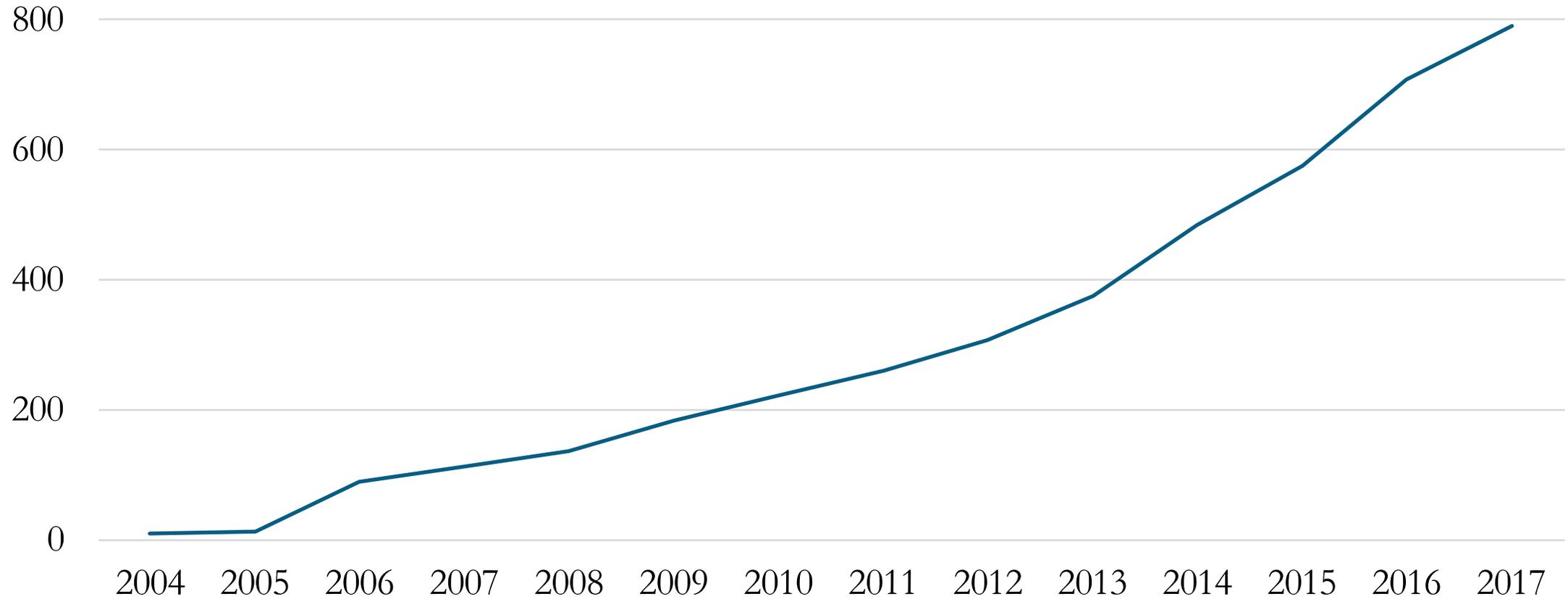
Mary Fjerstad, NP, MHS

SFP Board member

National Abortion Federation, Senior Director

Membership

Membership numbers, by year



Membership

The majority of members are clinically trained and based in the US

Membership benefits:

- Stay up to date with scientific and clinical developments
- Connect with others invested in family planning
- Serve on SFP-committees, review grant proposals
- Take part in mentorship and career development opportunities
- Receive reduced conference registration fees

Proposals and grants

Between 2007-2017:

- Received 1,024 proposals
- Awarded 305 grants (\$22.5 million)
- 2018 awards just announced!

Grants:

- 38% focus on abortion; 41% on contraception

The North American Forum on Family Planning

- Premier family planning conference of over 1,200 clinical and social scientists, and other partners
- Started in 2012
- Attendees hear about new research



Clinical practice guidelines (CPGs)

- First published in 2008
- 18 published to date
 - 13 focused on abortion provision
 - 5 focused on contraception provision
- Collectively cited 495 times



Join us!

Apply for grants

- New RFP in Spring, 2019

Become a member

- Apply online, applications rolling

Attend the 2018 *Forum*

- October 20th-22nd in New Orleans

Engage with our CPGs

- Open access at *Contraception*

Questions? Email info@societyfp.org

MARE Guidelines for research about medical abortion

Mary Fjerstad, NP, MHS

MARE= Medical abortion reporting of efficacy

Creinin, MD, Chen MJ. Medical abortion reporting of efficacy: the MARE guidelines. *Contraception* 2016; 94: 97-103.

Why were these guidelines created?

Results of medical abortion studies were inconsistent:

- Varying definitions (or unclear definitions) of failure or success
 - No persistent sac at follow-up
 - Types of medical abortion failure were not defined (ongoing pregnancy, patient symptoms, heavy bleeding, heterogeneous intrauterine material seen on follow-up ultrasound)
- Timing of medication doses unclear
- No stratification of gestational age

Goal of the recommendations:

Standardize early medical abortion efficacy reporting to facilitate comparison of outcomes between studies.

MARE recommendations:

Definition of successful medical abortion: successful expulsion of intrauterine pregnancy without need for surgical intervention.

Outcome: Define types of medical abortion failure

- Ongoing pregnancy: a viable pregnancy at follow-up (a retained gestational sac is not a continuing pregnancy)

Uterine aspiration for:

- Incomplete abortion/ bleeding/ cramping
- Patient symptoms

MARE recommendations:

Many other recommendations for:

- Title and abstract
- Eligibility criteria
- Sample size
- Randomization
- Allocation concealment/ blinding
- Statistical methods
- Discussion

Standardized definitions and reporting medical abortion efficacy will help us understand efficacy across studies and regimens.

