

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

*Presentation to FIAPAC*

September 15, 2019

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

## Activities

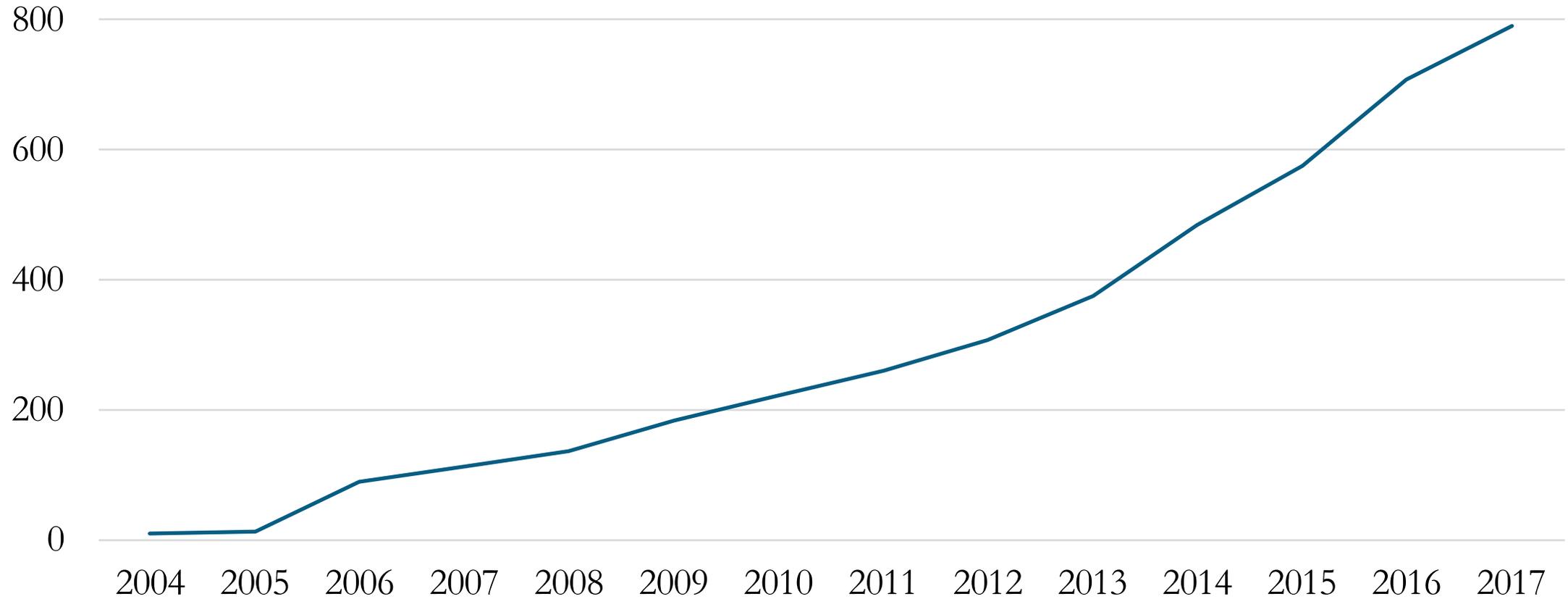
**Mary Fjerstad, NP, MHS**

**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 20<sup>th</sup>-22<sup>nd</sup> in New Orleans

## Engage with our CPGs

- Open access at *Contraception*

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Questions? Email [info@societyfp.org](mailto: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.**

