

## Contraceptive Knowledge and Counseling among OB-GYN and Family Medicine Physicians

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**Introduction.** Few studies have examined knowledge and confidence in contraceptive knowledge and counseling among primary care residents and physicians. This study aimed to evaluate contraceptive education, knowledge, and counseling practices among physicians in obstetrics and gynecology (OB-GYN) and family medicine.

**Methods.** This is a prospective study that utilized a cross-sectional survey administered to current OB-GYN and family medicine residents and program graduates from the last five years from a single institution. Survey questions included demographics, knowledge of contraception, provider confidence, and contraceptive counseling and procedures. Responses were included if any knowledge questions were answered.

**Results.** Our final analysis included 45 respondents (response rate of 8%). Of the respondents, 33.3% (n = 15) were family medicine physicians and 66.7% (n = 30) were OB-GYN physicians. There was no difference in the average scores to the knowledge-based questions between the family medicine respondents (60%, 12/20) and OB-GYN respondents (70%, 14/20). Attending physicians' average scores to the knowledge-based questions (85%, 17/20) were significantly higher than current residents' (60%, 12/20; p = 0.0014). The majority of respondents (97.8%, n = 44) agreed they felt comfortable counseling patients. Most respondents (93.3%, n = 42) felt comfortable with procedures and prescribing methods. More advanced training and experience revealed increased comfort with placing both Levonorgestrel and Paraguard intrauterine devices (p = 0.040).

**Conclusions.** There is no significant difference in knowledge of contraceptive use between OB-GYN and family medicine physicians. More advanced training increases both knowledge and comfort with prescribing and contraceptive procedures. The low response rate and small sample size may limit the generalizability of these results.

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