July 2022

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Physician Awareness of Fertility Awareness-Based Methods
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Program: Family Medicine
Type: Original Research

Background: There is a knowledge gap regarding fertility and fecundity. Family physicians are uniquely positioned to educate patients on these topics due to their longitudinal care platform from birth to death. Fertility Awareness Based Methods (FABM’s), or Natural Family Planning, can increase understanding of fertility and fecundity.

Methods: Fourteen family medicine residents were provided the survey in Figure 1 before and after watching a FABM video lecture. A one-sample, paired t-test was used to compare survey results.

Results: There was a 100% response rate for the initial surveys and a 43% response rate for the conclusion surveys. Difference in level of understanding of the various types of FABM’s before ($M = 1.4, SD = 0.55$) and after ($M = 3.6, SD = 0.55$) was significant ($t(4) = -5.88, p < .01$). Difference in level of comfort counseling patients on FABM’s in outpatient visits before ($M = 1.2, SD = 0.52$) and after ($M = 3.4, SD = 0.52$) was significant ($t(4) = -5.88, p < .01$). Difference in level of knowledge of evidence for FABM’s before ($M = 1.2, SD = 0.52$) and after ($M = 3.6, SD = 0.55$) was significant ($t(4) = -6, p < .01$).

Conclusion: Family physicians can fill a knowledge gap regarding fertility and fecundity in the patient population using FABM’s due to their longitudinal care platform for patients. There is an overall low level of understanding of FABM, which might be improved with a specific tool or training curriculum.

https://doi.org/10.32873/unmc.dc.gmerj.4.1.038