

Purpose

Our project aim is to better educate our patients receiving Methotrexate for treatment of ectopic pregnancy by providing a handout including information such as date injection was administered, dates to repeat labs (Day 4/Day 7), follow up appointment, what to avoid including dietary/environmental regulations, contraception, and return precautions. We hope this will act as a reference point to streamline how providers counsel patients receiving methotrexate.

Methods

We have sought to use Six Sigma to standardize the process of giving Methotrexate for the management of ectopic pregnancy. A comprehensive handout has been made available to all providers that includes:

- A patient handout including information about ectopic pregnancy, medical and surgical management, Methotrexate and its side effects, what to avoid while taking Methotrexate. A list of precautions/warning signs is also provided, along with the ideal Methotrexate diet. The handout includes when and where to return for Day 4/Day 7 labs, and clinic visit.
- A provider handout includes contraindications to Methotrexate, different Methotrexate regimens, as well as a comprehensive check list of all the labs to order, what consents to sign, and what orders/prescriptions to give to the patient, along with important counseling points.

Results

Pre Survey:

Out of 12 (n = 12) providers that took the survey, 25% (3) found themselves looking up counseling points for patients when giving Methotrexate very often, and 41% (5) found themselves doing so somewhat often. In terms of arranging follow up, 66.7% (8) of providers stated they had a hard time arranging follow up (day 4/day 7 labs, clinic visit). When asked about a comprehensive handout, 100% (12) of providers expressed that it would be useful to have a handout outlining Methotrexate side effects, precautions, and follow up arrangements.

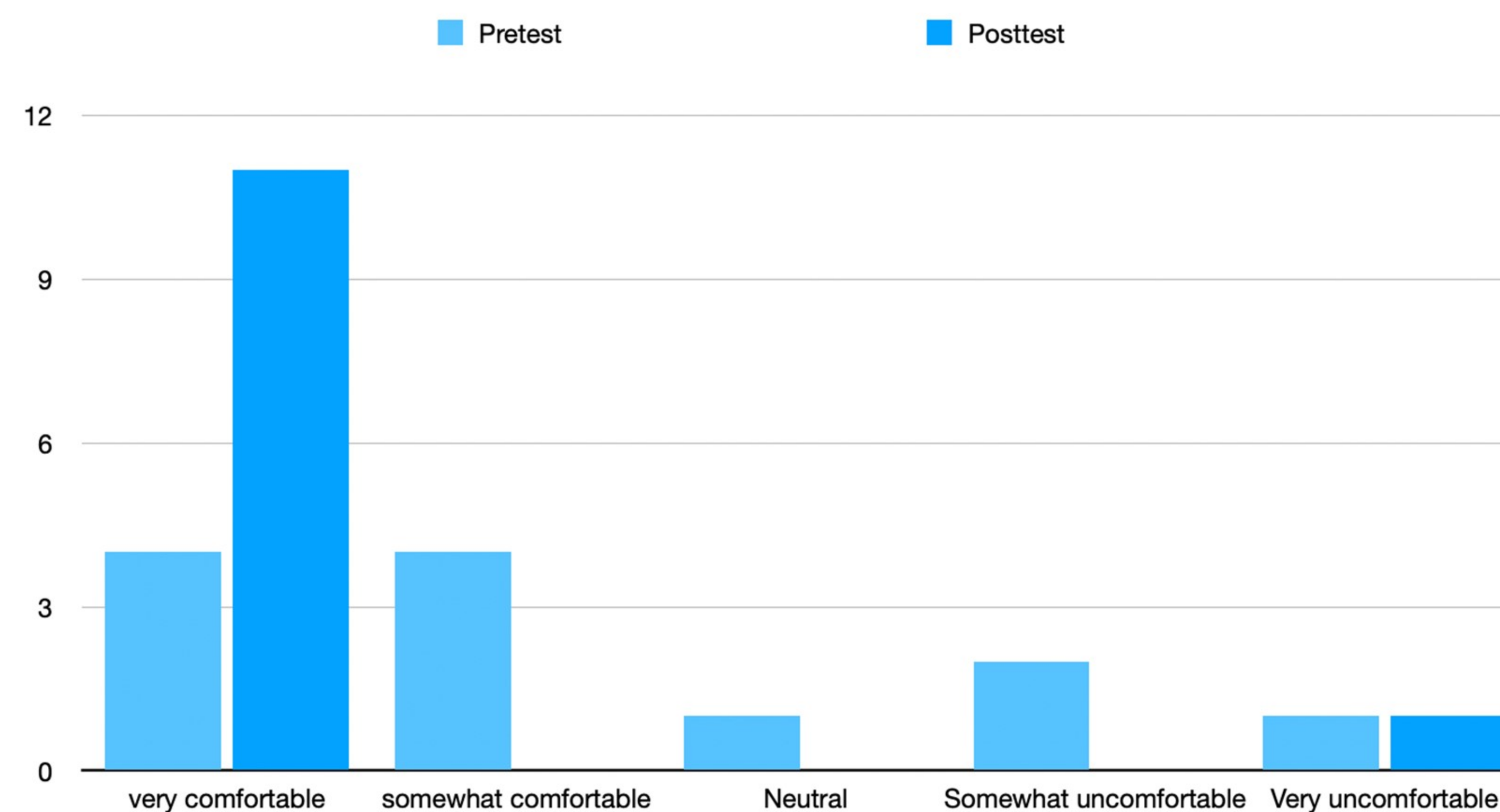


Figure 1: Survey results pre and post test regarding "how comfortable do you feel counseling patients regarding Methotrexate for management of ectopic pregnancy?"

Results Continued

Post Survey:

Out of 13 (n=13) providers who that took the post survey, 12 have been able to use the Methotrexate handout and 100% (12) providers found it helpful. In terms of counseling patients, 91.7% (11) felt very comfortable counseling patients regarding Methotrexate for management of ectopic pregnancy. In addition, 66.7% (8) of providers rarely found themselves looking up counseling points when giving Methotrexate. In terms of follow up 0% (0) of providers had a hard time arranging all aspects of follow up for Methotrexate compared to the 66.7% (8) pre handout.

Conclusions

- Based on our pre survey results, there is a need for a more comprehensive approach to the process of giving Methotrexate for the treatment of ectopic pregnancies.
- Post survey showed that our intervention filled the gap that currently exists between Methotrexate administration and thorough counseling with adequate follow up arrangements.

References

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