Online Education Improves Physicians’ Knowledge of Family Planning and Pregnancy Management in Women with Chronic Inflammatory Rheumatic Diseases

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**BACKGROUND**

Chronic inflammatory rheumatic diseases often develop in women during their childbearing years. Preconception counselling and coordinated medical and obstetric care are essential to maintain control of the disease and maximize the chances of a successful pregnancy.

**METHODS**

An online video activity consisting of a 15-minute discussion between 2 experts, followed by an online video activity consisting of a multiple-choice question, was sent to 280 rheumatologists and 160 obstetricians/gynecologists from 2 Aug 2018 to 30 Aug 2018.

**RESULTS**

- **Rheumatologists (n=47)**
  - **Pre-assessment:** 10% of respondents were confident in managing CRDs during pregnancy.
  - **Post-assessment:** 76% of respondents were confident in managing CRDs during pregnancy.
  - **Change:** 66% of respondents reported a positive change in confidence.

- **Obstetricians/gynecologists (Ob/Gyns) (n=40)**
  - **Pre-assessment:** 91% of respondents were confident in managing RA during pregnancy.
  - **Post-assessment:** 93% of respondents were confident in managing RA during pregnancy.
  - **Change:** 2% of respondents reported a negative change in confidence.

**CONCLUSION**

- **A 15-minute online video discussion significantly improved rheumatologists’ and obstetricians/gynecologists’ understanding of family planning and pregnancy management in women with chronic inflammatory rheumatic diseases.**

- The improvement in physician knowledge and understanding should lead to improved outcomes for both women and babies.

- Further education is required to reinforce knowledge of disease activity on conception and pregnancy, to emphasize the need for collaborative proactive family planning and to encourage physicians to provide comprehensive care and family planning for women with chronic inflammatory rheumatic diseases.

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**REFERENCES**


