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# Anxiety and Pain in IUD Placement: Pre-, Intra-, and Post-Procedure Interventions to Improve the Patient Experience

ATSU

SCHOOL OF OSTEOPATHIC MEDICINE IN ARIZONA

Coleman Schaefer MPH, Isabela Bello-Zap, Benjamin Ihms DO AT Still University School of Osteopathic Medicine Arizona

#### Background

- Intrauterine devices (IUDs) are the third most commonly used method of contraception in the United States.
- Current guidelines on addressing pain during IUD insertions are vague, leaving the possibility of inadequately treated pain during the procedure.
- Anxiety surrounding unaddressed pain may be a barrier to accessing care for women seeking long acting contraception.
- Integrating pharmacological, methodological, and socially-aware changes are required in approaching patient centered reforms that address pain and anxiety during IUD insertion.

# Objectives

- Identify areas within the IUD insertion that produce the most pain for women.
- Create a comprehensive list of interventions actively being researched.
- Propose a multifaceted procedural revision to IUD insertion to reduce pain and improve the patient experience.

### Methods

- A narrative review of EBSCOhost Medline Complete was conducted.
- Keywords used included intrauterine device, IUD insertion, analgesics, and pain management.
- Twenty seven articles met inclusion criteria after being screened for duplicates and retractions.

# Results PRE-PROCEDURE Pertinent medical history - nulliparous, cesarean section NSAIDs - Naproxen "What is my care · Opioids - Tramadol · Self administered vaginal dinoprostone, lidocaine going to look like?" Alternative pain scale Topical medications - Lidocaine, Pricolaine INTRA-PROCEDURE Cervical suction · Allis clamp versus single tooth tenaculum Virtual reality / TENS "What is the Verbal analgesia physician doing?" Isoniazid vaginally · Ultrasound for reassurance · Pharmacologic management "What are my outcomes going to be?' Article Distribution by Category Post-Procedure Context Intra-Procedure Pre-Procedure

#### Discussion

- Pre-procedural interventions reduced feelings of anxiety, intra-procedural pain, and gave women autonomy through self administration.
- There was a direct correlation between pre-procedure anxiety and pain.
- Pharmacologic pain management significantly reduced intra- and post-procedural pain without increasing procedure length.
- Alternative tools and distraction methods were effective.
- Use of ultrasound intra-procedure provided women with confirmed placement, reducing anxiety.

#### Conclusions

- There are many opportunities to create positive refinement of the IUD insertion procedure.
- Combining multiple of these interventions could result in significant improvement in the patient experience.
- Methods discussed have broader applications for other gynecologic procedures.
- Further research on the additive effects of interventions is needed to determine which combination is more effective.

## Acknowledgements

 Thank you to Dr. Ihms, our mentors, and families.. Your support means more than you know!

#### References

Attached as additional appendix