Pregnancy Counseling for Women on Methotrexate or Cyclophosphamide

The Problem

Methotrexate and Cyclophosphamide should not be used by women who are pregnant or may become pregnant as these medications may be hazardous to the fetus. Women who are pregnant or may become pregnant must be advised of the potential hazard to the fetus.

Aim/Goal

To ensure that all women between the ages of 18 and 50 who are seen in the Division of Rheumatology and are on Methotrexate (MTX) or Cyclophosphamide (Cytoxan) receive pregnency counseling.

The Team

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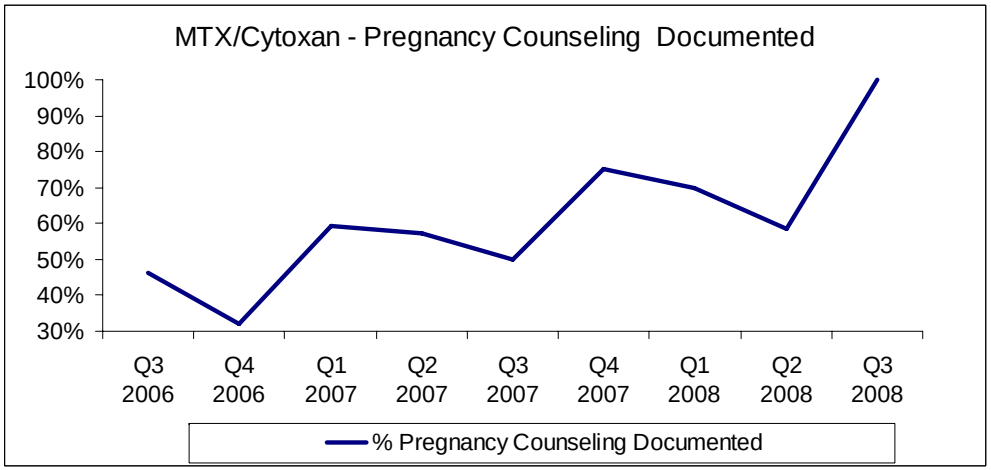
The Interventions

- A policy on providing pregnancy counseling prior to starting Methotrexate (MTX) or Cyclophosphamide (Cytoxan) was written by the Rheumatology Division and was followed by a project in which appropriate documentation was monitored and feedback was provided to physicians for continuous improvements.
- The list of patients for review was generated by using billing information including a manual review for sorting those patients currently prescribed MTX and Cytoxan, as well as sorting for gender (women) and DOB (ages: 18-50). Subsequently the Web OMR notes of those women prescribed Cytoxan/MTX in last year (of visit date) were reviewed for documentation of pregnancy counseling.
- Data was charted in the Rheumatology QI Dashboard.
- Quarterly confidential individual scorecards gave each clinician feedback regarding their performance as compared to that of the entire Division's faculty.

The Results

The Percentage of 18-50 years old women with documented pregnancy counseling (or UCG testing) before starting Cytoxan or MTX has increased from 46% in Q3 2006 to 100% in Q3 2008.



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