

# Video Companion Guide

## Abortion after the First Trimester

### Learning Objectives:

By the end of the session, learners will be able to:

- State the proportion of abortions that take place after the first trimester in the US
- Identify common reasons why women have abortions after the first trimester
- Describe the unique challenges for women seeking abortion after the first trimester

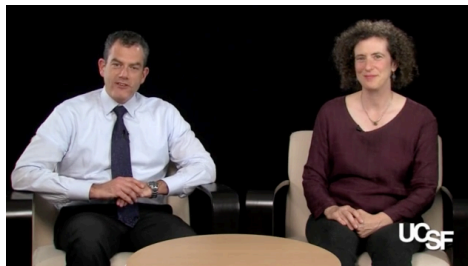
### Video Lectures:

Abortion after the First Trimester  
Presented by Dr. Eleanor Drey

Improving Access to Safe Abortion Care after the  
First Trimester  
Presented by Dr. Dan Grossman



Contextualizing who has Abortions after the 1<sup>st</sup> Trimester  
Presented by Drs. Eleanor Drey and Dan Grossman



All lectures are available for free viewing at:

[innovating-education.org/course/abortion-complete-course/#week4](https://innovating-education.org/course/abortion-complete-course/#week4)

### Suggested Readings:

- Swanson M, Karasek D, Drey E, Foster DG. Delayed pregnancy testing and second-trimester abortion: can public health interventions assist with earlier detection of unintended pregnancy? *Contraception*. 2014. 89(5): 400-6.
- Andersson IM, Gemzell-Danielsson K, Christensson K. Caring for women undergoing second-trimester medical termination of pregnancy. *Contraception*. 2014. 89(5): 460-5.
- Jones BS, Weitz TA. Legal barriers to second-trimester abortion provision and public health consequences. *Am J Public Health*. 2009. 99(4): 623-30.
- Weitz TA, Yanow S. Implications of the Federal Abortion Ban for Women's Health in the United States. *Reprod Health Matters*. 2008. 16(31 Suppl): 99-107.
- Harris LH. Second trimester abortion provision: breaking the silence and changing the discourse. *Reprod Health Matters*. 2008 May;16(31 Suppl):74-81.
- Upadhyay UD, Weitz TA, Jones RK, Barar RE, Foster DG. Denial of abortion because of provider gestational age limits in the United States. *Am J Public Health*. 2014 Sep;104(9):1687-94.

### Teaching Points

- Most abortions occur in the first trimester, yet women seeking abortion after the first trimester are often the most marginalized women who have some of the most challenging life circumstances and are most deserving of our care and empathy.
- A large majority of abortions (~88%) occur in the first trimester (<12 weeks gestational age) and about 1% of all abortions in the United States occur after 20 weeks gestational age.
- Women seek abortion care later in pregnancy for a variety of reasons. Some of these reasons include:
  - women not realizing that they were pregnant
  - difficulty making arrangements for abortion
  - afraid to tell parents or partner
  - fetal abnormality diagnosed late
- In the United States most (95%) abortion procedures occur by dilation & evacuation (D&E), and a minority (5%) occur using medical induction. These procedures are very different experiences:
  - D&E's generally are offered as outpatient procedures. Cervical preparation is critical when performing a safe D&E procedure. And while the cervical preparation may be obtained in a longer, single-day or two-day procedure, the actual abortion itself takes somewhere between 10-15 minutes.
  - Medical induction/medical abortion (after the first trimester) is more likely to be an inpatient procedure and its duration may be half a day to several days.
- In all but a few countries, abortion frequently legal for indications not identified/approved until after the 1<sup>st</sup> trimester including:
  - fetal anomalies
  - conditions that threaten the woman's health
  - process of reporting rape which may force delay past the 1<sup>st</sup> trimester

## Lesson Plan: *Abortion after the First Trimester*

Using a flipped classroom model, this lesson plan will use the video lecture and additional resources to provide learners with an engaging learning environment. Here's how to use this course in a "flipped-classroom" at your own institution.

### What is a "Flipped Classroom" Learning Model?

A "flipped classroom" model provides learners with instructional content prior to class and facilitates in-class activities that focus on higher-level cognitive activities.<sup>1,2</sup> This model differs from a traditional direct instruction approach and uses class time for learners to engage in hands-on learning, collaboration with their peers, and evaluation of their own progress. Learners are then able to practice applying key concepts while receiving guidance and feedback when it can help them most.<sup>1,2,3</sup>

### Time Required

*Total Time of Video Lectures:* 55 minutes

*[Recommended] Estimated Independent Prep Time Required by Learner:* 1 hour

*Total Estimated Time Required for In-Classroom Activity:* 1 hour

### Materials Required and Instructor Preparation

- Learners will need internet access with enough bandwidth to view streaming videos.
- The instructor should print copies of the quiz (Page 4) and the small group activity small group activity (Page 7) included in this packet.

### Activity

*Independent Preparation (conducted by learner before in-classroom activity)*

- Learners should independently view the video lecture.
- Learners may be assigned any of the following relevant readings (determined by instructor's desired learner work-load) as outlined in the "Suggested Readings" section on page 1.

*In-Classroom Activity (Small Group and Individual Assignment)*

- Distribute the quiz (page 4). Instruct learners to spend approximately 10-15 minutes and work individually to answer each question on the quiz.
- At the end of this activity, convene the class. Present the questions on the quiz and have learners share their answers.
- Write the correct answers on the board for the class to see. Collect each handout from learners.
  - The instructor can reference the answer sheet on pages 5-6.
- Next, divide the classroom into small groups (of 2 or 3) and distribute the small group activity handout (Page 7). Instruct learners to spend 15 minutes and work together to answer the questions provided on the handout. Collect the handout and conclude the lesson.

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## **Abortion after the First Trimester Individual Assignment: Quiz**

Answer the following multiple-choice and short answer questions referencing the video lectures. Be prepared to turn in this handout at the end of class.

### Questions

1. Approximately what percentage of abortions in the United States occur after the first trimester (after 12 weeks from a woman's last menstrual period)?
  - 1%
  - 12%
  - 25%
  - 50%
  - 90%
  
2. In the United States, most abortions after the first trimester are performed by which procedure?
  - Medical Induction
  - Dilation & Evacuation (D&E)
  - Dilation and Curettage (D&C)
  - None of the above
  
3. What are some common reasons why women seek abortion services after the first trimester?
  - The woman did not realize she was pregnant
  - The woman experienced difficulty making arrangements for abortion
  - A fetal abnormality was diagnosed
  - The woman was afraid to tell her parents or partner
  - All of the above
  
5. Safe later-term abortion services are not available in many settings because:
  - There are a lack of trained providers in later-term abortions
  - Later term abortion services are often concentrated in urban areas
  - There is intensified stigma for later-term abortions
  - All of the above
  
6. Which method of termination after the first trimester is conducted in an inpatient setting, is more dependent on nursing care, and may be more emotionally difficult for the patient?
  - D&C (Dilation and Curettage)
  - D&E (Dilation and Evacuation)
  - Medical Induction
  - None of the above

## Abortion after the First Trimester Quiz Answer Sheet

### Questions

1. Approximately what percentage of abortions in the United States occur after the first trimester (after 12 weeks from a woman's last menstrual period)?
- 1%
  - 12%
  - 25%
  - 50%
  - 90%

Answer: **12%**

Explanation: Most (approximately 88%) abortions in the United States occur in the first trimester. 11% of abortions in the United States are after the 12<sup>th</sup> week and 1% of abortions are after 20 weeks. Please refer back to Dr. Eleanor Drey's lecture, "Abortion after the First Trimester" for a detailed explanation.

2. In the United States, most abortions after the first trimester are performed by which procedure?
- Medical Induction
  - Dilation & Evacuation (D&E)
  - Dilation and Curettage (D&C)
  - None of the above

Answer: **Dilation & Evacuation (D&E)**

Explanation: Dilation & Evacuation (D&E) is the most common procedural technique in abortions after the first trimester. Please refer back to Dr. Eleanor Drey's lecture, "Abortion after the First Trimester" for a detailed explanation.

3. What are some common reasons why women seek abortion services after the first trimester?
- The woman did not realize she was pregnant
  - The woman experienced difficulty making arrangements for abortion
  - A fetal abnormality was diagnosed
  - The woman was afraid to tell her parents or partner
  - All of the above

Answer: **All of the above**

Explanation: All answers presented in this question are common reasons why women seek abortion services after the first trimester. Please refer back to Dr. Drey's lecture for a detailed explanation.

5. Safe later-term abortion services are not available in many settings because:

- There are a lack of trained providers in later-term abortions
- Later term abortion services are often concentrated in urban areas
- There is intensified stigma for later-term abortions
- All of the above

**Answer: All of the above**

**Explanation:** All answers presented in this question are reasons why safe later-term abortion services are not available in many settings. Please refer to Dr. Grossman’s lecture “Improving Access to Safe Abortion Care after the First Trimester” for a detailed explanation.

6. Which method of termination after the first trimester is conducted in an inpatient setting, is more dependent on nursing care, and may be more emotionally difficult for the patient?

- D&C (Dilation and Curettage)
- D&E (dilation and evacuation)
- Medical Induction
- None of the above

**Answer: Medical Induction**

**Explanation:** Medical induction is a method of termination after the first trimester that is conducted in an inpatient setting, is more dependent on nursing care, and may be more emotionally difficult for the patient. In contrast, dilation and evacuation (D&E) requires more training for the provider, may be more emotionally difficult for the provider, and can be conducted in an outpatient setting. Please refer to Dr. Grossman’s lecture “Improving Access to Safe Abortion Care after the First Trimester” for a detailed explanation.

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## **Abortion after the First Trimester Small Group Activity**

As a group please answer the following questions referencing the video lectures and the assigned readings. You will turn in this completed handout at the end of this session.

### Questions

1. How do the situations and circumstances of women who seek abortion after the first trimester differ from women seeking abortion earlier in pregnancy?
  - How can we as health care providers offer patient-centered care for women who seek abortion after the first trimester?
  
2. Describe the differences between dilation & evacuation (D&E) and medical induction for abortion after the first trimester.
  - How does this differ for the patient?
  - How does this differ for the provider?