

## Evaluating Dermatology Residents Combined Oral Contraceptive Pill Prescribing Practices, Knowledge Base, and Comfort Level in the Management of Acne Vulgaris

Shane M. Swink DO, MS  
*Lehigh Valley Health Network, [Shane.Swink@lvhn.org](mailto:Shane.Swink@lvhn.org)*

Megan Jones-Sheets DO

Ankita Sinharoy MBBS, MPH

Melissa Butt

Anthony J. Gust MD  
*Lehigh Valley Health Network, [Anthony\\_J.Gust@lvhn.org](mailto:Anthony_J.Gust@lvhn.org)*

*See next page for additional authors*

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## Authors

Shane M. Swink DO, MS; Megan Jones-Sheets DO; Ankita Sinharoy MBBS, MPH; Melissa Butt; Anthony J. Gust MD; and Andrea Zaenglein MD

# Evaluating Dermatology Residents Combined Oral Contraceptive Pill Prescribing Practices, Knowledge Base, and Comfort Level in the Management of Acne Vulgaris

Shane M. Swink, DO, MS,<sup>1</sup> Megan A. Jones-Sheets, DO,<sup>2</sup> Ankita Sinharoy, MBBS, MPH,<sup>3</sup> Melissa Butt,<sup>4</sup> Anthony Gust, MD, MPH,<sup>1,5</sup> Andrea L. Zaenglein, MD,<sup>4,6</sup>

<sup>1</sup>Division of Dermatology, Lehigh Valley Health Network, Allentown, PA, <sup>2</sup>Universal Dermatology and Vein Care, Dublin, OH, <sup>3</sup>Department of Public Health Sciences, Penn State College of Medicine, Hershey, PA,

<sup>4</sup>Department of Dermatology, Penn State Health Milton S. Hershey Medical Center, Hershey, PA, <sup>5</sup>Advanced Dermatology Associates, Ltd., Allentown, PA, <sup>6</sup>Department of Dermatology, Penn State Children's Hospital, Hershey, PA

## Background/Objectives

Combined oral contraceptive pills (COCs) are documented to be a safe and effective therapy for adolescent/adult females with acne vulgaris. Data is lacking regarding United States (U.S.) dermatology residents' use of COCs. This study aimed to evaluate dermatology residents' knowledge, comfort level, and prescribing practices of COCs in the management of acne vulgaris.

## Methods

A cross-sectional survey study was emailed to current residents in approved training programs in the U.S.. Descriptive statistics were performed on the survey responses.

## Results

A total of 178 residents responded to the survey (Figures 1 and 2). Most residents feel that COCs are an effective treatment for acne vulgaris (129/138, 93.5%) but, less feel adequately trained on their efficacy (78/122, 63.9%) and safety (53/122, 43.4%). 54.1% (66/122) of residents report that their attending physicians regularly prescribe COCs to treat acne (Figure 3). Half of residents are comfortable counseling patients on adverse effects of COCs (60/122, 49.2%) while fewer are comfortable counseling on how to properly take COCs (48/122, 39.3%). 57.4% (70/122) of residents feel comfortable prescribing COCs to a healthy adolescent while 65.5% (80/122) were comfortable prescribing to adult patients (Figure 4).

## Conclusions

This data suggests that a majority of U.S. dermatology residents know that COCs are an effective treatment for acne vulgaris, but fewer feel adequately trained on their efficacy and safety. This study identifies dermatology residents' knowledge gaps regarding COCs as a treatment for female adolescents and adults with acne vulgaris, specifically adverse effects and their proper use. This gap appears to mirror frequency of attending physician use of COCs for the treatment of acne. Additionally, there is room to increase residents' comfort levels in prescribing COCs by improving this knowledge gap.

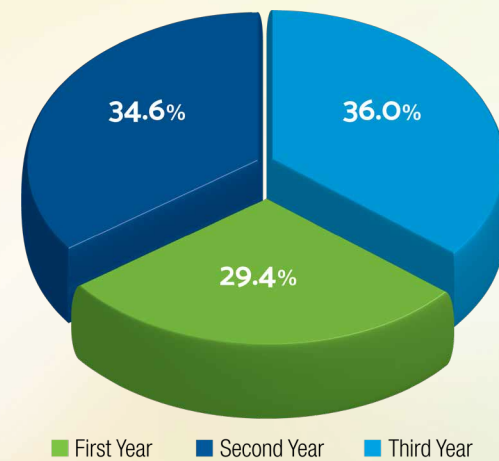


Figure 1. Percentage of resident survey respondents by year of dermatology training.

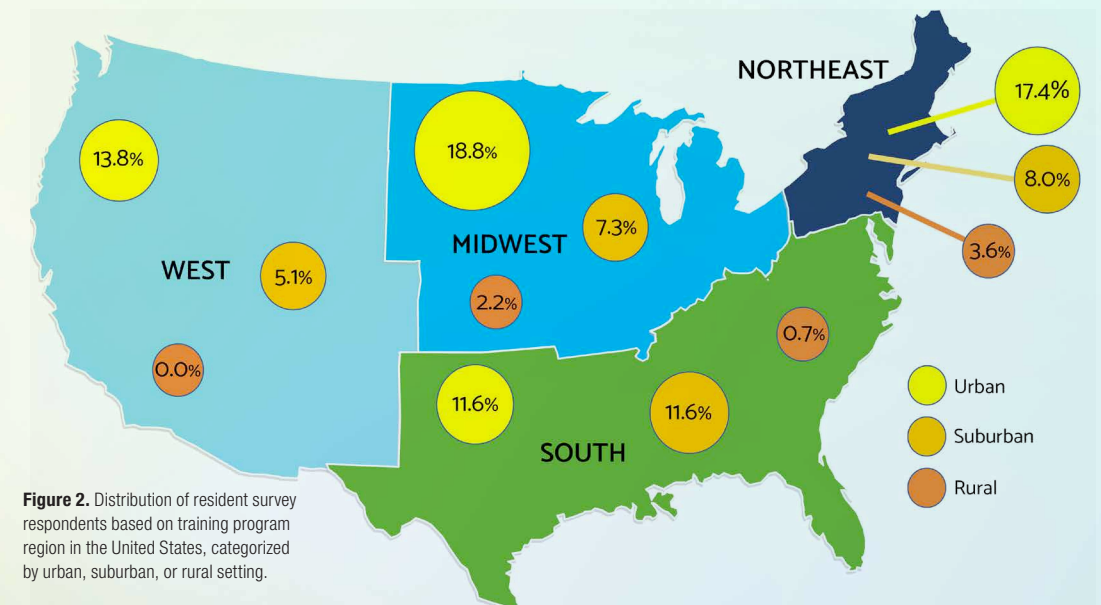


Figure 2. Distribution of resident survey respondents based on training program region in the United States, categorized by urban, suburban, or rural setting.

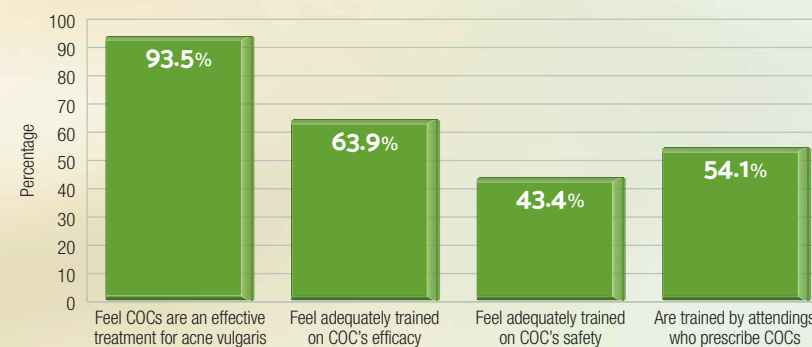


Figure 3. Percentage of resident survey respondents' training experience with combined oral contraceptive pills.

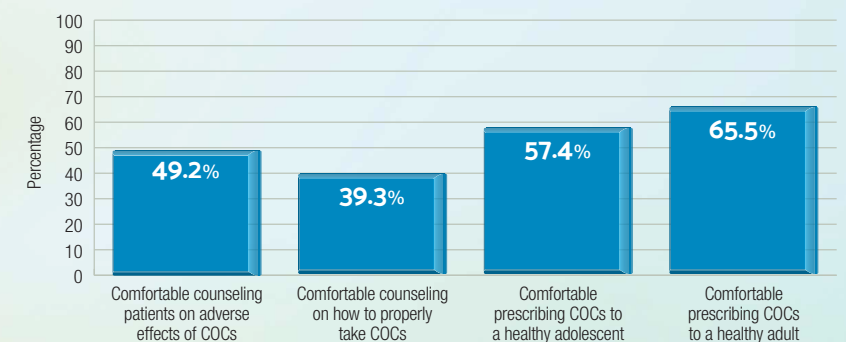


Figure 4. Percentage of resident survey respondents' comfort level with combined oral contraceptive pills in various clinical scenarios.