

# The University of New Mexico College of Pharmacy

## 2019 Top Chapter Participating in the APhA-ASP Women's Health Campaign



### Methods

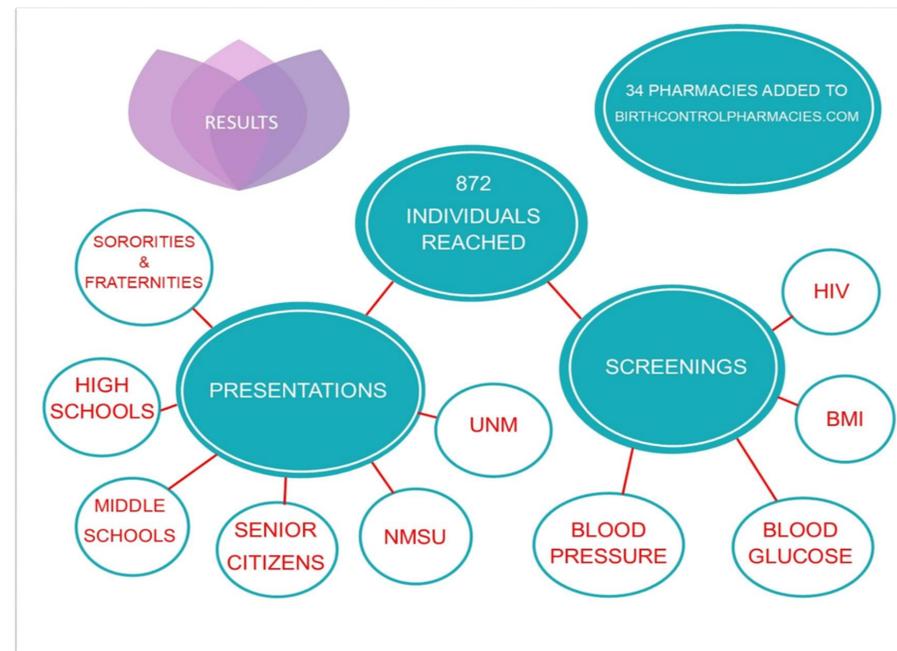
- ❑ The partnership with Beyond the Pill, Bixby Center for Global Reproductive Health has helped us to create a presentation that is an up-to-date and accurate overview of the different contraceptive options.
- ❑ Through reproductive health lectures, we have been able to expand the knowledge, answer questions, dispel myths and misinformation associated with reproductive health.
- ❑ Members of our initiative have taken Beyond the Pill training to understand best practices in contraception, long term reversible contraception, and counseling techniques.
- ❑ We provide pregnancy wellness information including how to manage medications during pregnancy and breastfeeding, nutrition during pregnancy and pediatric dosages of common medications.
- ❑ Our presentations are constantly adapting and aim to address the sexual and gender minorities and their unique health risks
- ❑ FDA Office of Women's Health provided us with educational materials on breast cancer, osteoporosis and much more.

### Objectives

- ❑ Educate New Mexicans about pharmacists' role in women's health through over-the-counter education, hormonal contraception, and HPV prevention.
- ❑ Foster relationships between pharmacists, student pharmacists, and other health care professionals.

### UNM Outreach Day

- ❑ Outreach Day is a student-lead community service day where each initiative plans and executes different events.
- ❑ Women's Health had three events on this day.
- ❑ Information tables were set up at both the University of New Mexico in Albuquerque and New Mexico State University in Las Cruces. Passerby were able to take flyers and talk to students about women's health.
- ❑ Topics discussed were HPV and Gardasil, HIV, hormonal contraception and a pharmacist's role in contraception, as well as any questions students may have asked.
- ❑ In Albuquerque, we gave a lecture on contraception methods, Gardasil and HPV, and HIV to students in an Introduction to Women, Gender, and Sexuality class.
- ❑ **The Women's Health Campaign educated 100+ people on this day alone!**



### Conclusion

- ❑ The Women's Initiative at UNM COP was created to educate, serve, and provide resources in the community.
- ❑ We have interacted with hundreds of children, young people, and parents to raise awareness of women's issues.
- ❑ We will continue to branch out with creative presentations with other APhA initiatives to educate the community about women's issues and how to support women.
- ❑ We have our eyes set on the future and are actively working on reaching as many people as we can with this important information.

### Looking Forward

- ❑ As the Women's Health Campaign grows at the University of New Mexico, we are focused on providing much needed education to our patients.
- ❑ Through collaboration with the International Pharmaceutical Students' Federation and Truman Health Services, we plan to reach transgender women with HIV prevention education.
- ❑ To enhance our interactions with young women in middle and high school, we plan on implementing new topics such as:
  - Skincare
  - Non-comedogenic products
  - Proper hygiene
  - Sun protection

### Intraprofessional Collaboration

- ❑ Through collaboration with the International Pharmaceutical Student Federation and Truman Health Services we provided education on HIV distributed condoms and provided HIV testing.
- ❑ We worked with Guard Ur Self within ASHP-SSHP to provide education on HPV and the Gardasil vaccine benefits and schedule

