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### IMPLEMENTING EVIDENCE-BASED CRITERIA FOR DECISION SUPPORT REDUCES GONADOTROPIN IUI CYCLES AND MULTIPLE PREGNANCY RATES

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**Title:**

IMPLEMENTING EVIDENCE-BASED CRITERIA FOR DECISION SUPPORT REDUCES GONADOTROPIN IUI CYCLES AND MULTIPLE PREGNANCY RATES

**Submitter's E-mail Address:**

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**Preferred Presentation Type:**

Oral or Poster

**Study Type:**

Retrospective Cohort Study (includes comparator groups)

**Category - Subcategory(ies):**

**Patient Centered Care:** General

**References:**

1. Practice Committee of the American Society for Reproductive Medicine. Evidence based treatments for couples with unexplained infertility: a guideline. Fertil Steril 2020; 113:305-322.

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**Abstract Category:**

All Other Categories

**Applied for the Resident In-Training Award****Applied for the In-Training Award for Research****Abstract Text:**

**OBJECTIVE:** Though some exceptions exist, American Society for Reproductive Medicine (ASRM) does not generally recommend the use of injectable gonadotropin/IUI (G/IUI), as multiple gestation pregnancy rates can be high and are associated with maternal and fetal risks.(1) Instead, fertility treatments aim to balance optimizing pregnancy rates while reducing the likelihood of multiple gestations. To support the greater medical community, expert reproductive endocrinology and infertility (REI) clinicians and a benefit solution organization have established a medical advisory board (MAB) to align G/IUI criteria with safety objectives. This study evaluates the relationship between implementation of a medical advisory board and G/IUI treatment.

**MATERIALS AND METHODS:** This retrospective, cohort study included review of all oral and gonadotropin medication IUI cycles between Jan 1, 2023 and Dec 31, 2024. The MAB review for G/IUI treatment requests was implemented Jan 1, 2024. Data was evaluated for the 1 year prior (Group 1: 2023) and 1 year after (Group 2: 2024) the policy change. The rate of G/IUI cycles among all stimulated IUI cycles, before and after the policy change, were compared. The overall clinical pregnancy rate per G/IUI cycle and multiple pregnancy rate per clinical pregnancy in each group was compared. Chi-square analysis was performed.

**RESULTS:** A total of 8,866 stimulated IUI cycles were authorized in Group 1 (2023), and 8,017 in Group 2 (2024). Within these, 736 (8.3%) were G/IUI cycles in Group 1 (2023) and 179 (2.2%) were G/IUI cycles in Group 2 (2024), showing a significant decrease in overall G/IUI cycles performed annually following the initiation of the MAB review ( $p = <0.0001$ ). Clinical pregnancy rates after G/IUI cycles were statistically comparable between groups (10.7% vs 6.1%, respectively,  $p = 0.09$ ). In the first year following the implementation of the G/IUI policy, the multiple pregnancy rate decreased from 10.1% in Group 1 (2023) to 0% in Group 2 (2024).

**CONCLUSIONS:** A benefit solution organization committed to best practices can effectively implement evidence-based recommendations. In collaboration with REI specialists, such an organization can establish a high-impact medical advisory board to implement policies that prioritize patient well-being by reducing multiple gestation pregnancies. Policy adjustments in selection criteria for G/IUI candidates did not significantly change clinical pregnancy rates but led to a decrease in high-risk multiple gestation pregnancies.

**IMPACT STATEMENT:** A gonadotropin IUI policy, reviewed by an expert medical advisory board, adheres to evidence-based guidelines and guides practices to minimize patient risk by reducing multiple gestation pregnancy rates.

First Presenting Author***Presenting Author***

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Within the past 2 years, have you or your spouse/partner had any potential COI?

No

Signature: Keri A. Bergin



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Second Author

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Within the past 2 years, have you or your spouse/partner had any potential COI?

Yes

Organization Name	Relationship Type	Who has this Relationship?	
Progyny, Inc.	Full-Time Company Employee Relationship Began - Monday, November 13, 2023 Relationship Ended -	Self	

Signature: Maciej Szmidt, B.S.

Third Author

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Nicole Berckefeldt, BSN, RN

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No

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#### Fourth Author

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Within the past 2 years, have you or your spouse/partner had any potential COI?

No

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#### Fifth Author

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Biographical Sketch Margaret M. Daneyko, RN, BSN currently serves as Director of Nursing and Clinical Services at Reproductive Medicine Associates of New York. Ms. Daneyko received her BSN from University of Medicine and Dentistry/Rutgers University and has spent her entire twenty-five year career in the field of Women's Health. Ms. Daneyko started her career as a Labor and Delivery nurse at Morristown Memorial Medical Center before transitioning to fertility services in 2001 at Reproductive Medicine Associates of New Jersey. In 2006 she went on to be the Director of the Valley Hospital Fertility Center in Paramus, NJ. In 2009 she became the Director of Outpatient Women's and Children's Services at The Valley Hospital. In this role she oversaw the daily operations of the Fertility Center, the Maternal Fetal Medicine Center, The Center for Children's Development and the Family Education Center. In 2014, she joined the staff of Reproductive Medicine Associates of NY. Ms. Daneyko is passionate about providing access to reproductive care for all women in all capacities. She is a member of the American Society for Reproductive Medicine and the Association of Reproductive Managers.

Within the past 2 years, have you or your spouse/partner had any potential COI?

No

Signature: Margaret M. Daneyko, RN BSN

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#### Sixth Author

Danielle Soltesz, M.B.A., M.P.H

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Biographical Sketch Danielle E. Soltesz, M.B.A, M.P.H.: Danielle Soltesz is the President of Reproductive Medicine Associates of New York (RMA of New York) a Manhattan-based fertility clinic with over 250 employees and 17 doctors in 6 locations. Danielle earned her B.S. in public health from Rutgers University, her M.B.A. in healthcare finance from Rutgers Business School and her M.P.H. in health systems and policy from the University of Medicine and Dentistry of New Jersey. Danielle has extensive experience in healthcare practice operations, physician practice growth and development, and driving strategic change in the healthcare setting. Danielle prides herself on putting the patient first in everything she does by being a patient advocate. Danielle lives in New Jersey with her husband and three kids. When she is not working, you will find her at the Jersey Shore soaking up the sun with a book in her hand.

Within the past 2 years, have you or your spouse/partner had any potential COI?

Yes

Organization Name	Relationship Type	Who has this Relationship?
RMA of New York	Company Officer Relationship Began - Tuesday, February 19, 2013 Relationship Ended -	Self
US Fertility	Full-Time Company Employee Relationship Began - Monday, July 1, 2024 Relationship Ended -	Self

Signature: Danielle Soltesz



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 [Danielle Soltesz2022.pdf](#)

Seventh Author

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Joseph A. Lee, BA

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Biographical Sketch Early success, marked by his first publication in CELL at Harvard Medical School, inspired Joseph to continue his research endeavors in reproductive endocrinology and infertility. Joseph has been with Reproductive Medicine Associates of New York since 2011. Joseph has authored over 400 peer-reviewed abstracts & manuscripts. Passionate about development, he cultivates relationship with investors & entrepreneurs to advance reproductive endocrinology & infertility care.

Within the past 2 years, have you or your spouse/partner had any potential COI?

No

Signature: Joseph Adam Lee



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 [Joseph Lee CV.docx](#)

Eighth Author

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Within the past 2 years, have you or your spouse/partner had any potential COI?

Yes

Organization Name	Relationship Type	Who has this Relationship?	
Progyny	Company Officer Relationship Began - Friday, August 25, 2017 Relationship Ended - Thursday, June 1, 2023 Paid Consultant Relationship Began - Relationship Ended - Direct Stockholder Relationship Began - Friday, August 25, 2017 Relationship Ended - Friday, November 1, 2024	Self	

Signature: Alan B Copperman



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 [Alan B. Copperman M.D. - CV \(March 2024\).docx](#)

Ninth Author

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Within the past 2 years, have you or your spouse/partner had any potential COI?


Yes

Organization Name	Relationship Type	Who has this Relationship?	
Ferring	Paid Consultant Relationship Began - Monday, December 18, 2023 Relationship Ended - Friday, February 14, 2025	Self	
Progyny	Other: Medical Advisory Board member Relationship Began - Thursday, October 10, 2019 Relationship Ended -	Self	
Progyny	Full-Time Company Employee Relationship Began - Monday, May 22, 2023 Relationship Ended - Company Officer	Self	

Organization Name	Relationship Type	Who has this Relationship?	
	Relationship Began - Monday, May 22, 2023 Relationship Ended -		
Respin	Other: health advisory board member with potential for restricted options in the future Relationship Began - Tuesday, December 31, 2024 Relationship Ended -	Self	

Signature: Janet M Choi, MD

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