

Episode: *Author Interview: “How Should IUD Placement Pain Be Described and Managed?”*

Guest: Veronica Hutchison, MD

Host: Tim Hoff

Transcript: Cheryl Green

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[bright theme music]

[00:00:03] TIM HOFF: Welcome to another episode of the Author Interview series from the *American Medical Association Journal of Ethics*. I’m your host, Tim Hoff. This series provides an alternative way to access the interesting and important work being done by Journal contributors each month. Joining me on this episode is Dr Veronica Hutchison, a resident physician in obstetrics and gynecology at Oregon Health and Science University in Portland. She’s here to discuss her article, coauthored with Dr Eve Espey, “*How Should IUD Placement Pain Be Described and Managed?*,” in the February 2025 issue of the Journal, [Pain Management in Non-Labor and Delivery OBGYN Procedures](#). Dr Hutchison, thank you so much for being on the podcast. [music fades]

DR VERONICA HUTCHISON: Thank you so much for having me. I’m so happy to be here.

[00:00:48] HOFF: So, what’s the main ethics point that you and Dr Espey are making in this article?

HUTCHISON: Well, we’d say it’s the importance of providing patient-centered care that ensures the highest possible degree of patient autonomy. Since patients have different experiences with pain during IUD placement, and given that there’s mixed data on the efficacy of current pain management options, there’s really no standard of care to reduce pain in these patients receiving IUDs in clinic. However, this should not stop physicians from having these discussions with patients to evaluate their specific needs and come up with a pain management plan that works best for them.

[00:01:31] HOFF: And what do you think is the most important thing for health professions students and trainees to be taking from this article?

HUTCHISON: Well, I think it’s to have a patient-centered, trauma-informed, and shared decision making approach when counseling patients about pain management strategies, especially for IUD insertion. Since everyone has a different background and current perspective, it’s important to understand patient preferences and values that may derive from their lived experiences, including with pelvic exams. Also important is discussing the patient expectations about paying for the procedure and address any concerns to individualize interventions.

[00:02:12] HOFF: And finally, if you could add a point to your article that you didn’t have the time or space to fully explore, what would that be?

HUTCHISON: I would add that since reproductive rights and access to contraception is dynamic and currently changing in our country, it is crucial that we as health care providers find ways to decrease barriers that prevent people from accessing birth control. One of those barriers is people's fear with the pain associated with IUD placement, which makes this an important topic for future research. [theme music returns]

[00:02:46] HOFF: Dr Hutchison, thank you so much for your time on the podcast today, and thanks to you and your coauthor for your contribution to the Journal this month.

HUTCHISON: Thank you for having us. It was so nice talking with you.

HOFF: To read the full article, as well as the rest of this month's issue for free, visit our site, journalofethics.org. We'll be back soon with more *Ethics Talk* from the *American Medical Association Journal of Ethics*.