

New Report: Abortion is Safe Healthcare RESOURCES

Below are some resources to amplify the findings in a new report from the National Academies of Sciences, Engineering and Medicine (NASEM) that concludes that abortion is safe and effective. This packet includes key takeaways, a sample media statement, sample tweets and social media graphics.

Key Takeaways

A new report from the National Academies of Sciences, Engineering and Medicine (NASEM) concludes that abortion is safe and effective. This evidence-based, non-partisan, scientific research overview, which was developed by an independent panel of 13 experts in the field, is the first comprehensive look at abortion safety, access and care conducted in the last 40 years.

This research comes at a pivotal moment when politicians across the country seek to cut off access to abortion care. This new examination of the state of abortion care is critical given the shifts in practice and changes in availability of care.

The research finds that abortion in all forms is a safe and effective procedure that:

- Has no impact on a woman's future fertility, breast cancer risk or likelihood to experience mental health disorders.
- Can be performed safely in an office setting, without special equipment or emergency arrangements.
- Can be performed safely by an advanced practice clinician, such as a physician assistant, certified nurse-midwife or nurse practitioner trained physician, or a trained physician.
- Rarely involves serious complications.
- In the case of a medication abortion – commonly referred to as “the abortion pill” – the researchers found that the service doesn't require the physical presence of a clinician and can be safely administered via telemedicine.
- Has a lower risk of death associated with the procedure than other common medical procedures including colonoscopies, plastic surgery, dental procedures and adult tonsillectomies.
- For the most common procedures, follow-up with a physician should not be required.
- Dilation and evacuation (D&E) is reported as a “superior method” for abortions after 16 weeks, and is safe with minimal rates of complications.

The report also highlights that the U.S. is facing an abortion access crisis:

- Access to clinical abortion care depends on where the patient is located because of the litany of medically unnecessary regulations.

- A uniquely harmful array of regulations implemented across the country serve to reduce the number of abortion providers, limit access to provider training opportunities and education programs for potential providers, increase wait times, and establish mandatory delays for procedures.
- Medically unnecessary regulations result in delayed procedures, which can lead to increased costs or complications.
- Legally requiring providers to inform women about risks that are not supported or even invalidated by scientific research violates long-established standards of informed consent.

Moreover, the report finds that medically unnecessary regulations on abortion care hinder a woman’s ability to access quality care.

- When reviewed against the Institute of Medicine’s (IOM) six attributes of health care quality, the researchers find abortion care is safe and effective, but its level of quality is negatively impacted due to medically unnecessary abortion regulations. The report defines medically unnecessary regulations as “[limiting] the number of available providers, [misinforming] women of risks of the procedures they are considering, [overruling] women’s and clinicians’ medical decision making or [requiring] medically unnecessary services and delays in care.”
 1. **Safe** – Abortion is safe.
 2. **Effective** – Legal abortion is effective. Where medically unnecessary regulations have been imposed on the procedure, the result has diminished the quality of care that patients receive.
 3. **Patient Centered** – Medically unnecessary regulations ignore a patient’s personal circumstances and impact her and her doctor’s ability to make decisions that meet her needs, values and preferences.
 4. **Timely** – Timeliness depends on availability of care, distance to providers and pre and post care requirements, which are negatively impacted by medically unnecessary regulations.
 5. **Efficiency** – “Regulations that require medically unnecessary equipment, services (like ASCs) and/or additional patient visits increase cost, and thus decrease efficiency.”
 6. **Equity** – Medically unnecessary regulations impact “women differently depending on their geographic location and socioeconomic status.” These regulations are “more burdensome for women who reside far from providers and/or have limited resources.”
- Overregulating abortion create barriers to care that are more burdensome for low-income women.
- These unnecessary regulations on abortion care go beyond the accepted standards of care in the absence of evidence that they improve safety.

Template Media Statement

“The latest independent, nonpartisan research from the National Academies of Sciences, Engineering and Medicine (NASEM) affirms the [organization]’s position that abortion in all forms is a safe and effective form of health care. In fact, the biggest threat to quality abortion care is the litany of medically unnecessary regulations that raise costs and delay procedures, ultimately putting women’s health at risk. NASEM confirmed what millions of women already know: that access to safe and effective, legal abortion care depends on where you live.

“This rigorous scientific report included good news for abortion providers: abortion can be performed safely in an office setting, with no special equipment or emergency arrangements, and the abortion pill doesn’t require the physical presence of clinician and can be safely administered via telemedicine.

“While politicians across the country attempt to overregulate and restrict a woman’s access to abortion, [organization] will continue to challenge unfounded regulations that prohibit women from accessing the quality care they need.”

Sample Tweets

- ICYMI: New report from @theNASEM makes it very clear that all forms of abortion are safe and effective#ReproductiveHealth.
- [@theNASEM](#) has confirmed what we already know - abortion can be performed in an office setting, with no special equipment or emergency arrangements. #ReproductiveHealth
- New research from @theNASEM finds that access to safe and effective, legal abortion care depends on where a patient lives because of the litany of medically unnecessary regulations. #ReproductiveHealth

Graphics (available for download at www.abortionissafe.com)



NEW REPORT FINDS ABORTION IS **SAFE AND EFFECTIVE**

According to a new report from the National Academies of Sciences, Engineering and Medicine (NASEM), abortion doesn't impact a woman's future health and serious complications are rare.

Download the full report from NASEM at www.nationalacademies.org/ReproductiveHealth

EXPERTS SAY:

ABORTION CARE DOESN'T REQUIRE SPECIAL EQUIPMENT OR EMERGENCY ARRANGEMENTS

Download the full report from the National Academies of Sciences, Engineering and Medicine (NASEM): www.nationalacademies.org/ReproductiveHealth

According to experts, these
medically unnecessary regulations
hinder a woman's ability to access quality
abortion care:

- Limiting the number of a providers
- Misinforming women of risks
- Overruling women's and clinician's decision making
- Requiring medically unnecessary services
- Delays in care

Download the full NASEM report at www.nationalacademies.org/ReproductiveHealth