

# Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

UCSF CME Course #MMC23087

## Table of Contents

|  |          |
|--|----------|
| Training Overview.....   | 2        |
| Training Timeline.....   | 3        |
| Training Module Descriptions and Objectives.....   | 4        |
| <i>An Evidence-Based Training on Contraceptive Care.....</i>   | <i>4</i> |
| <i>An Update on Emergency Contraception.....</i>   | <i>5</i> |
| <i>Practical &amp; Sustainable Steps for Addressing Bias &amp; Patient Concerns in Contraceptive Care.....</i> | <i>6</i> |
| <i>Advanced Clinical Practicum on IUDs &amp; Implants.....</i>   | <i>7</i> |
| <i>Practical Approaches to Advancing Access and Equity in Contraceptive Care.....</i>                          | <i>8</i> |
| Service Statistics Reporting.....  | 9        |

# Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

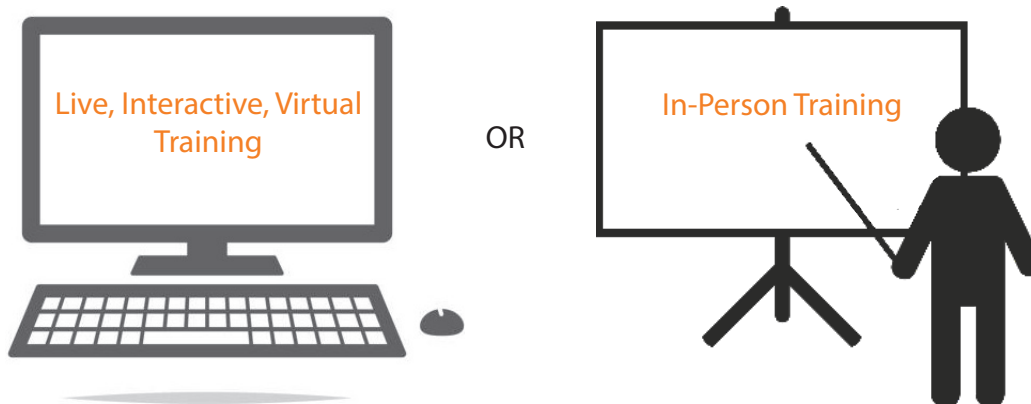
UCSF CME Course #MMC23087

## Training Overview

### INFORMATION FOR PROSPECTIVE TRAINING SITES

The Beyond the Pill Program at the University of California, San Francisco (UCSF) School of Medicine works with community clinics, health departments, abortion health centers, school-based health centers, and non-profit organizations to offer CME-accredited training on evidence-based guidelines for contraceptive care. Our trainings seek to promote reproductive autonomy and access to the full range of contraceptive methods. The training is offered at no cost to eligible training sites, and can be offered either in-person, or through a live, interactive, virtual meeting format.

### DELIVERY FORMATS



### KEY FEATURES

- CME/CE-accredited training focused on contraceptive methods and counseling
- Flexible, customized approach based on community needs
- Length of training course tailored to clinic needs
- Designed for all staff who provide contraceptive counseling and care, including health educators, outreach and health center staff, medical assistants, nurses, administrators, billers, and clinicians
- Follow-up technical assistance, clinic resources, and patient education materials
- Pre/post-training surveys to evaluate training needs and impact



For more information,  
please contact:

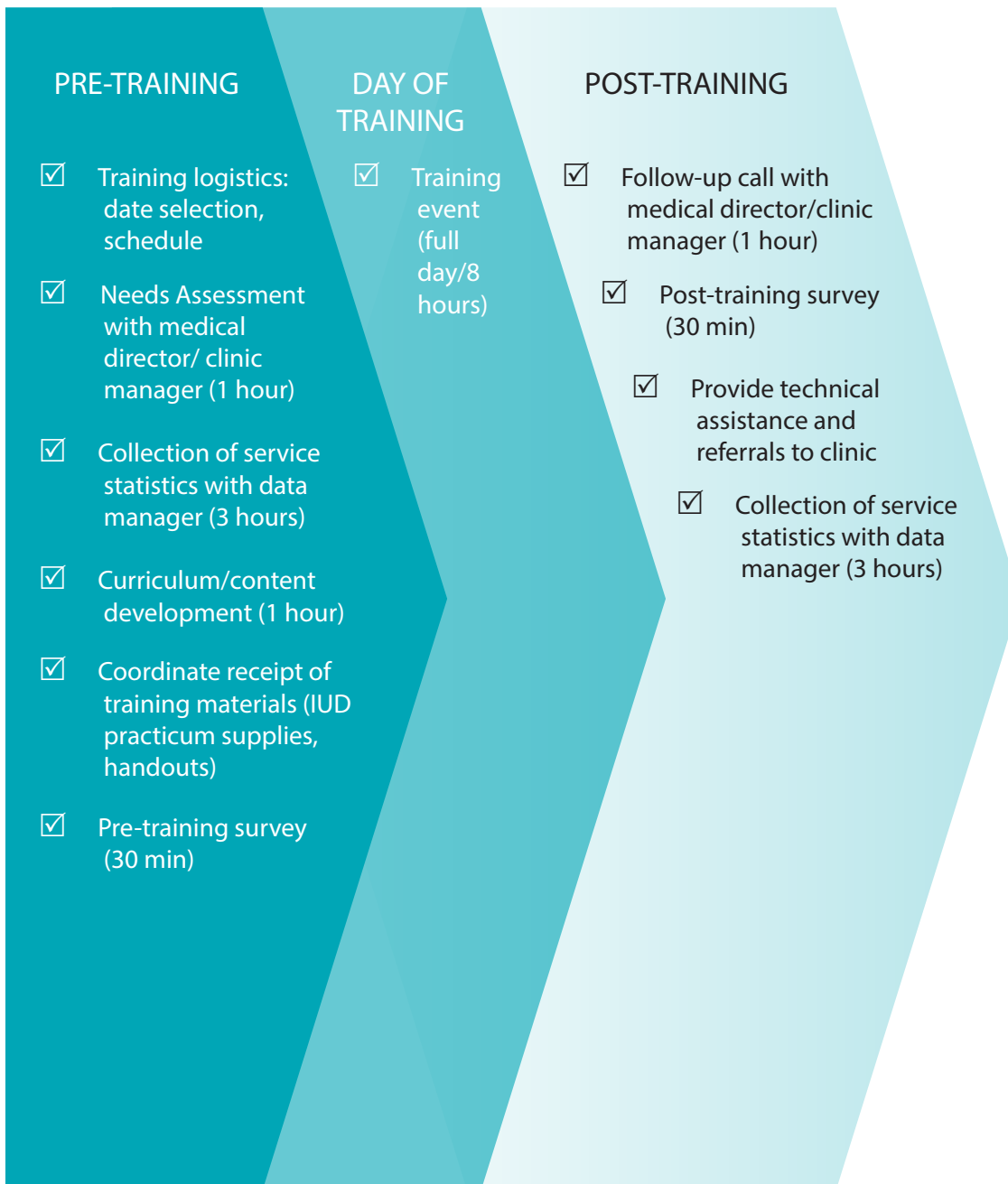
**Erica Somerson**  
Training Coordinator  
Beyond the Pill Program  
University of California,  
San Francisco  
(415) 502-0331  
erica.somerson@ucsf.edu  
beyondthepill.ucsf.edu



# Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

UCSF CME Course #MMC23087

## Training Timeline



This course is accredited by the University of California, San Francisco School of Medicine Office of Continuing Medical Education.

For more information, please contact:

**Erica Somerson**  
Training Coordinator  
Beyond the Pill Program  
University of California,  
San Francisco  
(415) 502-0331  
erica.somerson@ucsf.edu  
beyondthepill.ucsf.edu



# Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

UCSF CME Course #MMC23087

## Training Module Descriptions and Objectives

### AN EVIDENCE-BASED TRAINING ON CONTRACEPTIVE CARE

#### Updates, Guidelines & Best Practices

This training reviews evidence-based guidelines for providing contraceptive care, utilizing counseling approaches designed to support patients in making informed and voluntary choices. We will review patient eligibility, compare and contrast side effects and benefits, and discuss common misconceptions. *This training can focus on IUDs and implants or address the full range of contraceptive methods.*

#### Contraceptive Counseling Fundamentals

Designed for all staff who provide contraceptive counseling, this session focuses on patient-centered counseling techniques and shared decision-making. Through interactive case studies, participants will become more comfortable responding to common patient concerns around birth control and counseling on side effects.

##### Learning Objectives:

- Describe counseling approaches that support client autonomy in contraceptive decision-making
- Discuss patient-centered counseling techniques, including shared decision-making
- Review common contraceptive priorities
- Practice addressing common client concerns using a patient-centered framework

##### Learning Objectives:

- Describe counseling approaches designed to support clients in making informed and voluntary choices about contraception
- Review updated evidence and best practices for the provision of the full range of contraceptive methods
- Identify common misinformation about contraceptive methods, including progestin-only and combined hormonal methods
- Compare and contrast side effects and benefits of available FDA-approved methods, including recently approved methods
- Consider clinic policies and procedures that support improved access to the full range of methods, including during COVID-19

#### Clinical Skills Practicum

Designed for clinicians, this session reviews medical eligibility for IUDs as well as pain management, patient follow-up, challenging placements and removals, and proctoring considerations. Participants will gain hands-on practice with placement and removal of all FDA-approved intrauterine devices, with individualized support from an expert trainer.

##### Learning Objectives:

- Identify the absolute contraindications to IUD initiation
- Practice skills required for proper IUD placement and removal techniques
- Review pain management strategies for IUD placement
- Discuss strategies for management of difficult IUD placements and removals
- Discuss appropriate follow-up for patients initiating IUD

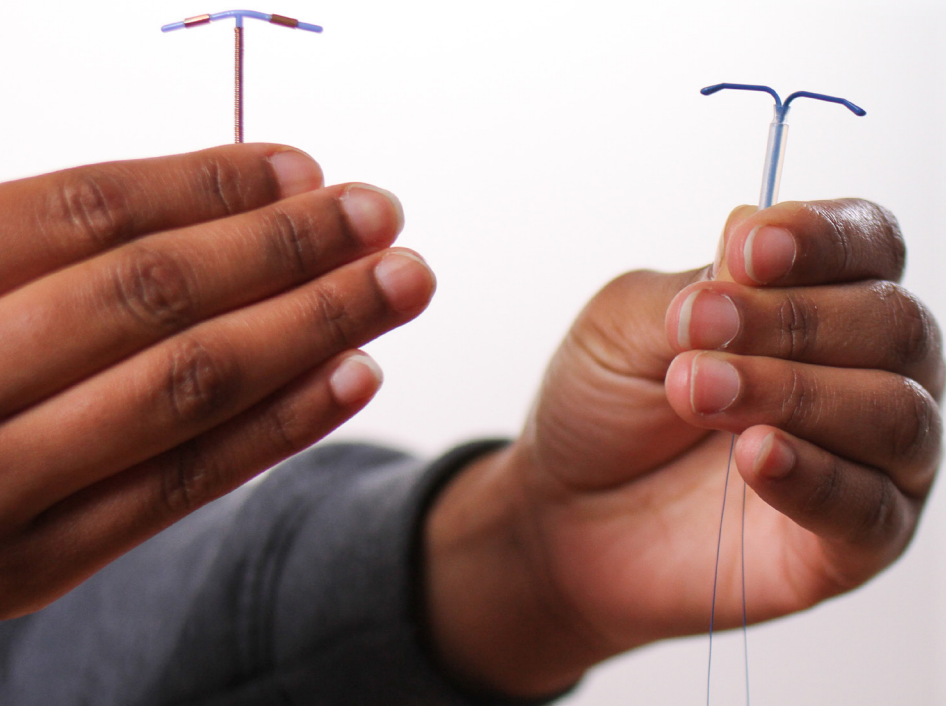
This course is accredited by the University of California, San Francisco School of Medicine Office of Continuing Medical Education. The UCSF Office of Continuing Medical Education designates this live activity for a maximum of 25.5 AMA PRA Category 1 Credits™.

## AN UPDATE ON EMERGENCY CONTRACEPTION

This 1-hour specialized training is designed for clinic staff and clinicians who provide emergency contraception education and services. Participants will explore best practices and new developments in the provision of emergency contraception. Topics include dispelling common myths, mechanisms of action, the role of BMI and weight, and safety and side effects. We will also discuss the resumption or initiation of hormonal contraception after the use of emergency contraceptive pills (ECP), the evidence supporting advanced provision of ECP, and the use of the LNG-IUD for emergency contraception.

### Learning Objectives:

- Review updated evidence for emergency contraception methods
- Compare and contrast the available emergency contraception methods
- Discuss practice changes that support the provision of, and improved access to, emergency contraception



# PRACTICAL & SUSTAINABLE STEPS FOR ADDRESSING BIAS & PATIENT CONCERNS IN CONTRACEPTIVE CARE

## Reproductive Coercion, Justice & Implications for Care

Designed for all staff and clinicians, this session explores the history of coercive contraceptive practices in the United States as well as key principles of the Reproductive Justice movement. Participants will discuss strategies for applying these principles to patient encounters and review counseling practices and clinic policies that uphold patient autonomy.

### Learning Objectives:

- Explore the history and contemporary manifestations of reproductive coercion
- Review the history and key principles of the Reproductive Justice movement
- Discuss the application of Reproductive Justice principles to clinical encounters

## Implicit Bias & Cultural Humility

Designed for all staff and clinicians, this session explores implicit bias and how applying the principles of cultural humility can improve the quality of contraceptive care. Through guided exercises and self-reflection, participants practice strategies and techniques to improve clinical outcomes and the patient experience.

### Learning Objectives:

- Review current research on implicit bias
- Examine potential impacts of implicit bias on clinical outcomes related to contraceptive care
- Identify ways to incorporate cultural humility, self-reflection, and other practical strategies to improve the patient experience and clinical care

## Sharing the Science: Applying Shared Decision-Making in Contraceptive Care

Designed for all staff who provide contraceptive counseling or education, this workshop provides an opportunity for learners to discuss the role of shared decision-making in contraceptive counseling. Participants will practice sharing scientific information within this framework, review and discuss case studies, and practice offering non-judgmental, patient-centered counseling in common, challenging real-world scenarios. Cases include encounters with patients who have concerns about weight gain, breakthrough bleeding, as well as patients with complex feelings around pregnancy.

### Learning Objectives:

- Apply principles of shared decision-making to contraceptive counseling and clinical encounters
- Describe techniques to present scientific data with clarity, using a patient-centered approach
- Practice remaining patient-centered in common challenging scenarios





## ADVANCED CLINICAL PRACTICUM ON IUDS & IMPLANTS

Designed for clinicians who are already familiar with the fundamentals of IUD and implant placements and removals, this interactive training utilizes a combination of case scenarios, counseling guidance for clinical questions, proctoring tips, and optional hands-on practice to advance clinical skills. Topics include complex cases, difficult placements and removals, paracervical blocks, and cervical dilation.

### Learning Objectives:

- Review patient-centered counseling tips and clinical management for common patient concerns
- Discuss case studies and evidence for management of difficult IUD placements & removals to improve clinical care
- Review when and how to utilize paracervical block, cervical dilation, and other instruments in IUD placements and removals
- Discuss proctoring readiness, models, and tips for success



# PRACTICAL APPROACHES TO ADVANCING ACCESS AND EQUITY IN CONTRACEPTIVE CARE

## Emerging Issues and Special Topics in Contraceptive Care and Provision

[Session description will be specific to the topic(s) selected.]

### Learning Objectives:

Address special topics based on site-specific needs assessment, such as:

- Discuss access challenges and strategies to reach special populations
- Review new contraceptive methods and modes of delivery
- Discuss strategies to optimize revenue cycle management and reimbursement, including billing and coding
- Review literature addressing complex or controversial issues in contraceptive care



## Contraceptive Access Learning Collaborative

Designed for Contraceptive Access Specialists, clinic managers, and providers skilled in IUD and implant placement and removal, this session provides an opportunity to discuss regional challenges and barriers to contraceptive access and equity. Participants will assess regional infrastructure and existing resources and opportunities for expanding access and equity in order to develop clinic-specific and regional plans, including the training of local/regional/clinic proctors.

### Learning Objectives:

- Identify clinic-specific and regional barriers to offering the full range of methods
- Review case studies and models for streamlining access to the full range of methods
- Select clinic-specific and regional-level goals to improve contraceptive access
- Assess existing resources, opportunities, and implementation strategies
- Develop a clinic/regional plan, timeline, and measures of success



## Additional Technical Assistance Available

Beyond the Pill is able to provide additional technical assistance as needed. Examples include:

- Assistance to support regional proctors
- Specialized billing and coding troubleshooting
- Clinic flow and efficiency
- Clinic observations of counseling with feedback and recommendations

# Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

UCSF CME Course #MMC23087

## Service Statistics Reporting

Sites are responsible for reporting service statistics to Beyond the Pill both one month prior to the training as well as six months after the training.

Please see this example of the information we collect.

| University of California, San Francisco Contraceptive Training          |                              |                               |
|---|------------------------------|-------------------------------|
| Client-level Service Statistics Form                                    |                              |                               |
| Health Center: <b>Health Center Name Here</b>                           |                              |                               |
|   | Pre-Training<br>date range 1 | Post-Training<br>date range 2 |
| <b># of Total Unduplicated Contraceptive Clients</b>                    |                              |                               |
| <b># of Total Contraceptive Visits</b>                                  |                              |                               |
| <b># of Unduplicated Female Clients by Primary Contraceptive Method</b> |                              |                               |
| Female sterilization  |                              |                               |
| Intrauterine device   |                              |                               |
| Hormonal implant  |                              |                               |
| Hormonal Injections   |                              |                               |
| Oral contraceptive  |                              |                               |
| Contraceptive patch   |                              |                               |
| Vaginal ring  |                              |                               |
| Cervical cap or diaphragm   |                              |                               |
| Contraceptive sponge  |                              |                               |
| Female condom   |                              |                               |
| Spermicide (used alone)   |                              |                               |
| FAM or LAM *  |                              |                               |
| Abstinence  |                              |                               |
| Withdrawal or other method  |                              |                               |
| <b>Rely on Male Method</b>  |                              |                               |
| Vasectomy   |                              |                               |
| Male condom   |                              |                               |
| <b>No Method</b>  |                              |                               |
| Pregnant/seeking pregnancy  |                              |                               |
| Other   |                              |                               |
| <b>Method Unknown</b>   |                              |                               |
| <b>Total Female Users</b>   |                              |                               |
| <b># of Units Dispensed by Contraceptive Method Onsite</b>              |                              |                               |
| Contraceptive Implant (Nexplanon®)                                      |                              |                               |
| IUD (all brands combined)   |                              |                               |
| Copper T IUD (ParaGard®)  |                              |                               |
| Mirena®   |                              |                               |
| Skylla®   |                              |                               |
| Kyleena®  |                              |                               |
| Liletta®  |                              |                               |
| Emergency Contraception   |                              |                               |
| <b># of Total Telemedicine Visits</b>                                   |                              |                               |
| <b># of Telemedicine Visits for Contraception Visits</b>                |                              |                               |

\* FAM=fertility awareness-based method. LAM=lactational amenorrhea method. FAMs include Calendar Rhythm, Standard Days®, TwoDay, Billings Ovulation, and SymptoThermal methods

