



## Improving Women's Access to IUDs & Implants: An Evidence-based Training (UCSF CME Course #MMC18087)

The Beyond the Pill Program at University of California, San Francisco (UCSF) School of Medicine is working with community clinics, health departments and non-profit organizations to offer CME-accredited training on long-acting reversible contraceptives (LARC), including the IUD and contraceptive implant, with the goal of promoting reproductive autonomy and access to the full range of contraceptive methods. In a large national randomized study, our training program was proven effective in lowering unintended pregnancy among at-risk teens and young women.

### Training Description

The UCSF Beyond the Pill Program provides **evidence-based** training on LARC methods—the IUD and implant—for health educators, outreach staff, health center staff and clinicians. This CME-accredited training includes general information suitable for all audiences, as well as separate practicums focused on counseling and clinical skills, customized for each group. The initial session includes information on medical eligibility for IUDs and implants, common misunderstandings about these methods and billing and clinic flow troubleshooting. A separate session for health educators provides opportunities to build counseling skills and apply them through role-play counseling scenarios specific to LARC method use, with emphasis on patient-centered care and promoting access to all methods of contraception. A clinician practicum provides hands-on insertion practice with small uterine models and clinical tips and tricks for insertion and removal.

### Key features

- One-day **CME/CE-accredited training** on IUDs and implants, emphasizing patient-centered care and access to full range of contraceptive methods.
- Follow-up **technical assistance** including supplemental training, clinic resources and patient educational materials.
- **Flexible, customized approach** based on community needs.
- Designed for health educators, outreach staff, health center staff, managers, administrative staff and clinicians.
- Pre/post surveys to evaluate training needs and impact.
- Training offered at no cost to eligible sites; cost-sharing opportunities available for other sites

This training has the greatest impact when *all staff and clinicians* at the health clinic participate. To minimize the impact on clinic operations, UCSF will schedule the training at the convenience of clinic staff, including hours when clinic or client services are not operational. Licensed clinicians who participate will receive up to 7.25 CME/CE credit hours.

**More than 5,000 health educators and clinic staff have taken the training.**

**On average, they rated the training content and faculty quality as “Excellent”**

## Training Components

The one-day on-site training includes:

- **Main session** for all staff, including clinicians, health educators, outreach staff, managers, billing specialists, front desk staff and medical assistants.
- **Counseling practicum** for staff who conduct contraceptive counseling, with information on best practices and the opportunity to practice counseling specific to LARC methods. Emphasis on patient autonomy, minimizing unconscious bias and promoting access to all methods.
- **IUD insertion practicum** for clinicians, providing hands-on practice with IUD insertion models and advanced tips for those already comfortable with the insertion process.

## Follow-up Technical Assistance

- Supplemental training including advanced counseling skills and expedited scheduling of Nexplanon insertion training, as needed.
- Clinic tools and assistance on billing, reimbursement and proctoring.
- Patient educational materials at no cost, including counseling aids, brochures and videos.

## Site Selection & Staff Enrollment

We are seeking clinics and health programs that serve large numbers of family planning clients. To conduct the training, we ask:

- A minimum of 30 participants sign up in advance.
- Providers represent clinics with combined annual volumes of 10,000 female contraceptive clients (e.g. providers from 3 different clinics that each serve 3500 female contraceptive clients annually are eligible for a training together).
- Clinics represented have LARC use <15%.

## Logistics & Evaluation

- UCSF staff work with a clinic or health program representative to identify possible dates and locations for the training. Once the training has been scheduled, UCSF will take care of most logistical arrangements.
- Staff and clinicians asked to complete a 10-minute survey prior to training and 3 months later. Surveys can be completed online or on paper, and will be used to assess training needs as well as the impact of the training. UCSF will work with the clinic or program management to distribute surveys, and to remind staff to complete and return the surveys. Clinics and programs will be asked to provide basic service statistics from baseline and 6 months after the training.

For more information, please contact:

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