

2.3B CONTRACEPTIVE TRAINING: CONTRACEPTIVE TRAINING CURRICULUM.

Examples of topics to include in a comprehensive contraception training include:

- I. Present an overview of contraception methods:
 - ✓ Mechanism of action
 - ✓ How to start methods
 - ✓ How to be reasonably sure a woman is not pregnant
 - ✓ How to manage side effects and irregular bleeding with methods
- II. Review evidence-based contraception guidance:
 - ✓ CDC's medical eligibility criteria (MEC)
 - ✓ Selected practice recommendations (SPR)
 - ✓ WHO's MEC and SPR
- III. Provide in-depth training on client-centered contraception counseling and the use of available job aides:
 - ✓ Use role play to increase confidence and understanding
 - ✓ Use case studies as helpful training tools
- IV. Include LARC-specific instruction and hands-on simulation for:
 - ✓ LARC insertions
 - ✓ LARC removals
 - ✓ Management of complicated insertions and removals
 - ✓ Troubleshooting (e.g., missing strings or deep implants)
 - ✓ Include direct observation of each participant to ensure competency in each of the desired procedures.
- V. If the setting is the United States or a U.S. Territory, include an FDA-approved subdermal implant training. If the training is outside the United States, the implant training can be part of the overall LARC training.
- VI. If applicable, include provision of immediate postpartum contraception, including IUDs and implants.
- VII. If applicable, include provision of permanent sterilization in the training curriculum and the follow-up plans.
- VIII. Ensure that each training has the necessary supplies and equipment for the number of anticipated participants (see Training Plan Template).

Service delivery in the context of this intervention/program setting

- I. The training is likely to be followed by a program intervention that has specific requirements for participating providers and staff.
- II. Ensure that the training includes:
 - ✓ A thorough review of all program policies and procedures
 - ✓ All data collection forms
 - ✓ All inventory tracking forms
 - ✓ Expectations regarding program financing and compensation
 - ✓ Anticipated program visits to providers' sites
 - ✓ Anticipated refresher trainings
 - ✓ Best ways to contact the program
 - ✓ Frequently Asked Questions
 - ✓ Reminders about planned post-training evaluation (e.g., 3–6 months)