



ANTE LA DUDA
Pregunta

Z-CAN Update #1

November 4, 2016

Dear Z-CAN Colleagues,

It is with great pleasure that we share with you the first "Z-CAN Update". Through this newsletter we will be sharing updates about Z-CAN. It will also be a forum to share knowledge and experiences related to the project.

We appreciate your collaboration and participation in Z-CAN, and we hope these updates will be useful.

Many thanks,
Medical Director

Program implementation snapshot

160 physicians trained to provide Z-CAN services

138 Z-CAN Physicians approved for Z-CAN service provision

1,228 Initial visits

During these visits

97% patients received same-day contraceptive method

Contraception provided at visit	
LARC	65%
DMPA, pills, patch, ring	30%
Condoms only	2%
None	3%

Share your experiences!

Please tell us about your success stories, testimonials, and recommendations. We will be collecting them to share in future Z-CAN Updates.

Postpartum contraception protocol

As many of you know, the immediate postpartum period is a critical time period to counsel on and initiate contraception. While postpartum contraception was not a focus of the Z-CAN training, we would like to expand Z-CAN services to include postpartum contraceptive services (either in the hospital after delivery or at the 4-6 week postpartum visit).

Attached is a protocol for the provision of counseling and method initiation for women in the postpartum period. If you are practicing obstetrics and doing deliveries or seeing women at postpartum visits, please spend some time reviewing this protocol and consider adding postpartum contraception to your practice as part of the Z-CAN program.

The protocol details exactly which forms to use and when. If you have any questions, please let us know, and we can provide consultation as needed. At this time Z-CAN is not providing immediate postpartum IUD insertion. Z-CAN providers may, however, provide IUDs to women who are at least 4 weeks postpartum if they are otherwise eligible.

We look forward to hearing about your experiences providing postpartum contraception.

Reminder to send Master Z-CAN ID lists (Form B) securely

Please remind all staff that Master Z-CAN ID Lists (Form B) with patient names and contact information should be sent via **FAX to XXX-XXX-XXXX ONLY**. This form collects personally identifiable information (PII) and must be transmitted securely through FAX.

For detailed instructions on the revised protocol for notifying patients about future contact for participation in the satisfaction surveys, how to use new forms, and how to cover up parts of Form B before sending via FAX, please refer to the email sent Friday, October 28th, 2016.

Permission to include contact information on the Bedsider website

Bedsider was created by The National Campaign to Prevent Teen and Unplanned Pregnancy to provide accurate and easy to understand information on family planning to women 18-29. Bedsider also offers provider [tools and materials](#) to help reduce no-show rates and increase the quality of patient visits.

[Bedsider.org](#) features a clinic finder tool where women can find a provider or health center that provide contraceptive services based on a zip-code search. The information provided for each location includes: address, directions to location, link to clinic's website, a list of services offered and additional information such as accepted insurance plans, if they have staff who speaks other languages, if they will provide services on a sliding scale for people that may be uninsured, and if they are LGBT friendly. https://bedsider.org/es/where_to_get_it

In partnership with Z-CAN, [Bedsider](#) has agreed to add any Z-CAN clinics that are not already included in their clinic locator tool and include the Z-CAN logo and a notification that this clinic is participating in Z-CAN and providing contraceptive services at NO COST to the patient.

Please note that most Z-CAN clinics already appear on Bedsider's clinic locator. Now Z-CAN program info will be featured alongside your clinic's information.

If you do not want your clinic information and your name to appear on [Bedsider.org](#), please email info@zcanpr.org and write: DO NOT INCLUDE on Bedsider.org

Shipment of "Ante la Duda, Pregunta" campaign materials

In the next few days clinics will receive, via postal service, a package of materials that will help advertise your participation in Z-CAN and to publicize the availability of free contraceptive services in your clinics. The package will include posters and postcards for display and distribution as well as pins for clinic staff to wear. The materials are part of a campaign entitled "Ante la Duda, Pregunta" created to increase knowledge of Z-CAN in Puerto Rico. We want to increase the demand for services and believe that advertising will be an important strategy for doing so.

We are excited to offer these advertising materials for you to use in your clinics. Please put them where they will be visible to your patients. Please put them where they will be visible to your patients.

You can also visit the campaign website at www.AnteLaDudaPregunta.org for more information on this effort.



Physician and clinic photos for Z-CAN websites

We are asking Z-CAN physicians to provide a headshot and pictures of their clinic. Pictures will be used on the clinic finder tool on zcanpr.org and a patient-focused “*Ante La Duda, Pregunta*” [web page](#). When a patient searches for a clinic near her, she will see both pictures along with the physician and clinic name and address. Please email photos to info@zcanpr.org.

Tip of the Week: "How to avoid pulling out a recently placed IUD while cutting the strings"

An IUD can sometimes be pulled out accidentally if strings have not been cut all the way or if the scissors are pulled out too fast with strings attached.

Here is a tip to prevent accidental removing an IUD after insertion: When it is time to cut the strings, go in with scissors open, cut the strings and come out with scissors open. Using long or curved scissors can make things easier and give you better visualization.

Best,
[Name]

[Full name and credentials]