

Contraceptive training & youth education

Cynthia Harper, Professor

Department of Obstetrics, Gynecology &
Reproductive Sciences

Director, Beyond the Pill Program at Bixby





Beyond the Pill

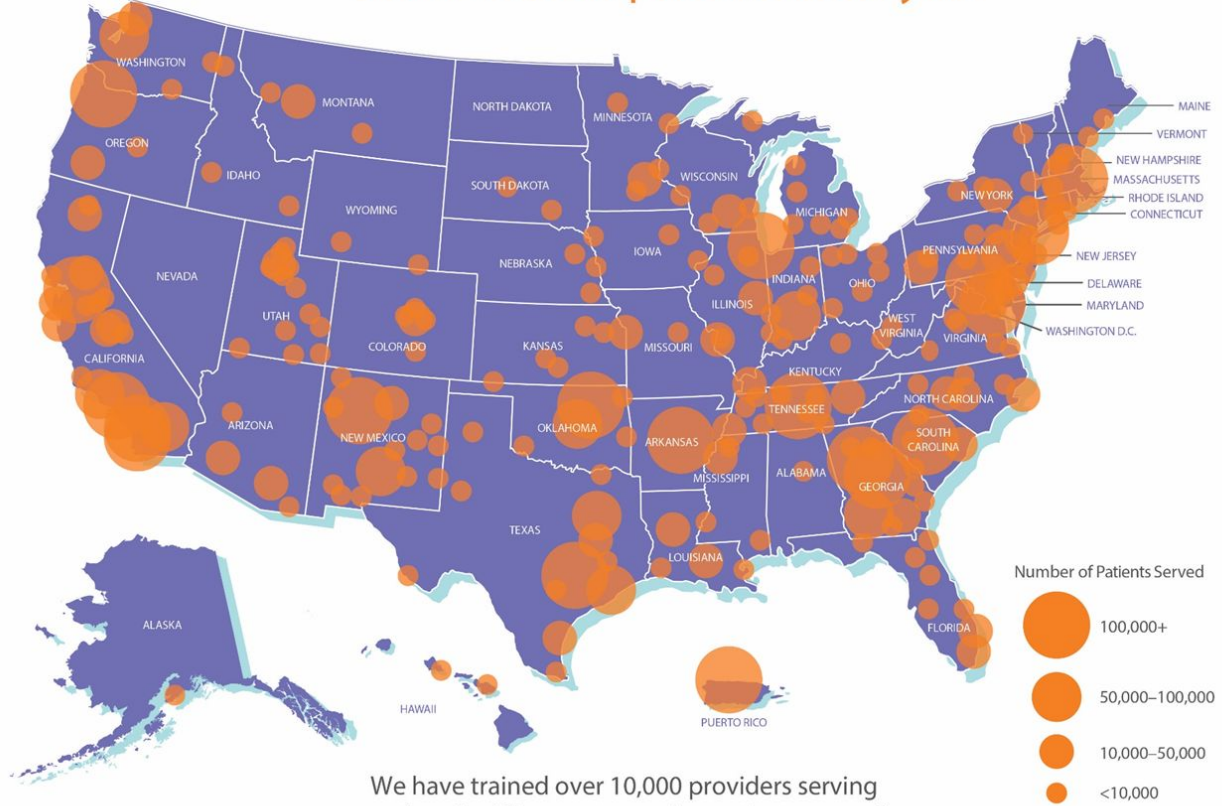
A program of the
Bixby Center for Global
Reproductive Health at the
University of California,
San Francisco (UCSF)
School of Medicine



beyondthepill.ucsf.edu

Beyond the Pill Contraceptive Training

Improved access to contraception for more than 7 million patients each year



We have trained over 10,000 providers serving more than 7 million contraceptive patients annually



School-Based Health Centers – Training and Resources

©2023 The Regents of the University of California. All rights reserved.



Bixby Center
for Global
Reproductive
Health



University of California
San Francisco

Our Training Approach

- All-staff
- Evidence-based practice recommendations
- Evaluation, proven to improve access & uphold reproductive autonomy
- Live virtual *and* in-person options
- Interactive

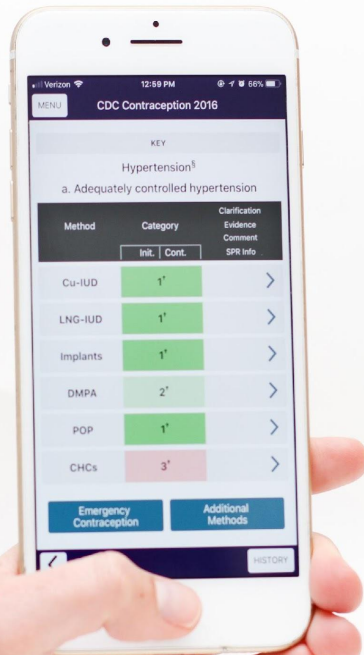


Core Elements

- Reproductive autonomy
- Reproductive Justice lens
- Trauma-informed practices
- Inclusive and culturally humble care



Evidence-Based Practices & Guidelines



- Contraceptive guidance tools and resources
- Medical eligibility review
- Methods review, including new contraceptives
- Side effects management
- Non-contraceptive benefits

Skills-Building Practicum Sessions

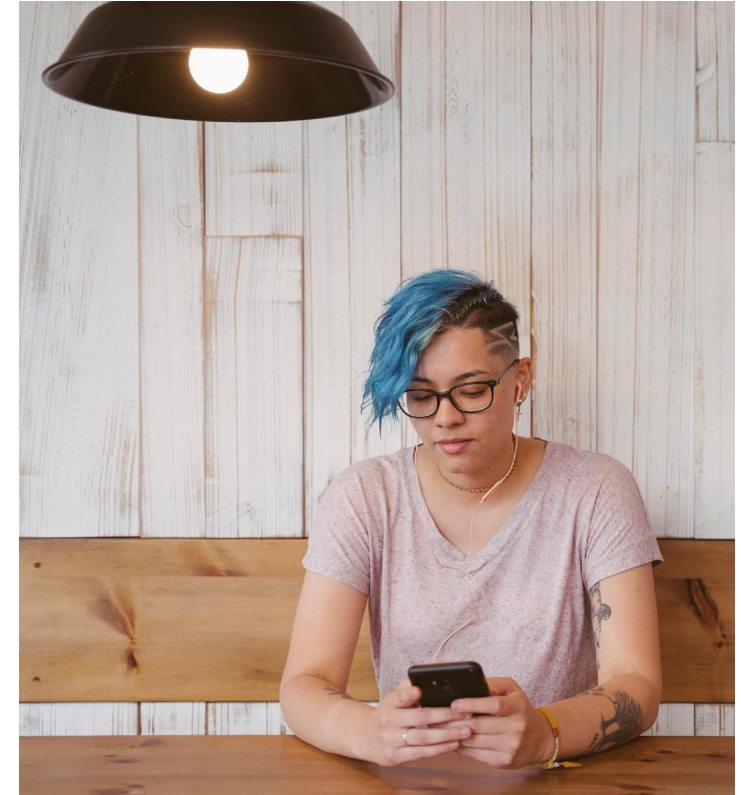
Counseling and communication skills



IUD placement and removal

De-Biasing Techniques & Shared Decision-Making

- Values clarification around adolescent sexuality, pregnancy, and parenting
- Common scenarios with youth, including concerns around privacy and confidentiality
- How to address common concerns, including weight gain, bleeding changes



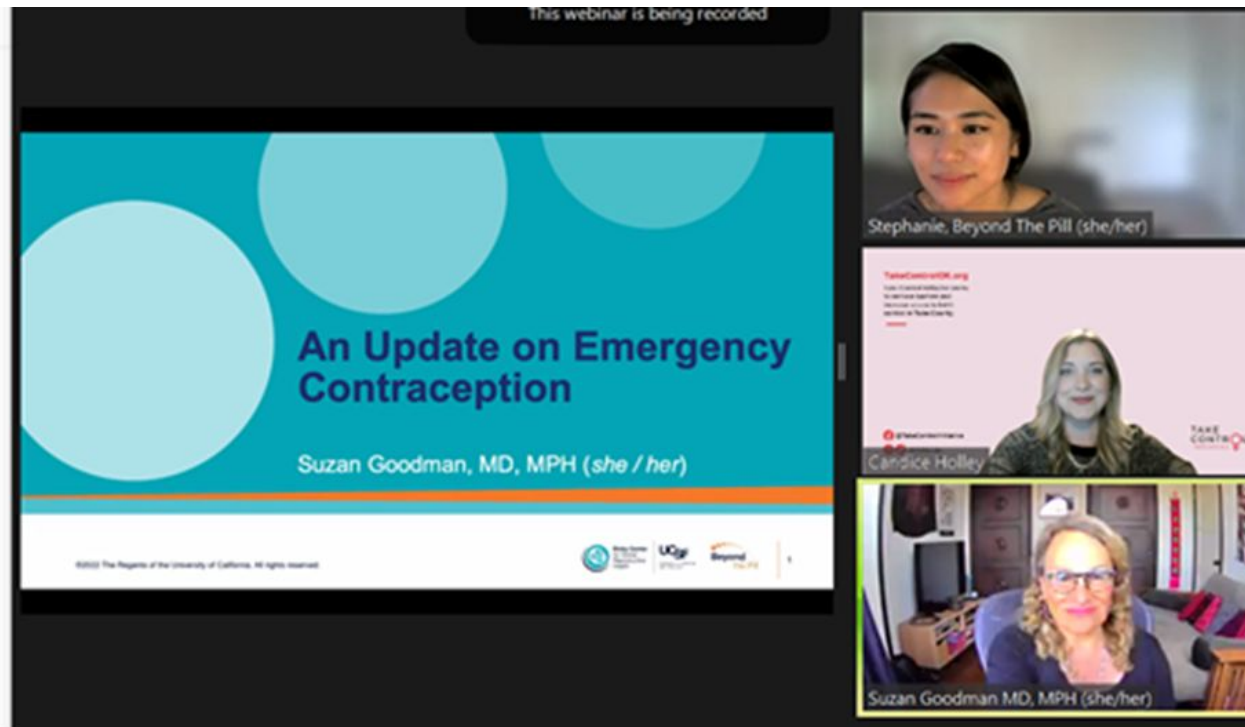
UCSF CME-accredited courses

Beyond the Pill: Expanding Reproductive Autonomy & Contraceptive Access

UCSF CME Course #MMC23087

- Practical and Sustainable Steps for Addressing Bias in Contraceptive Care
- An Evidence-Based Training on Contraceptive Care
- An Evidence-Based Training on IUDs & Implants
- An Update on Emergency Contraception

Provider and clinic staff EC training

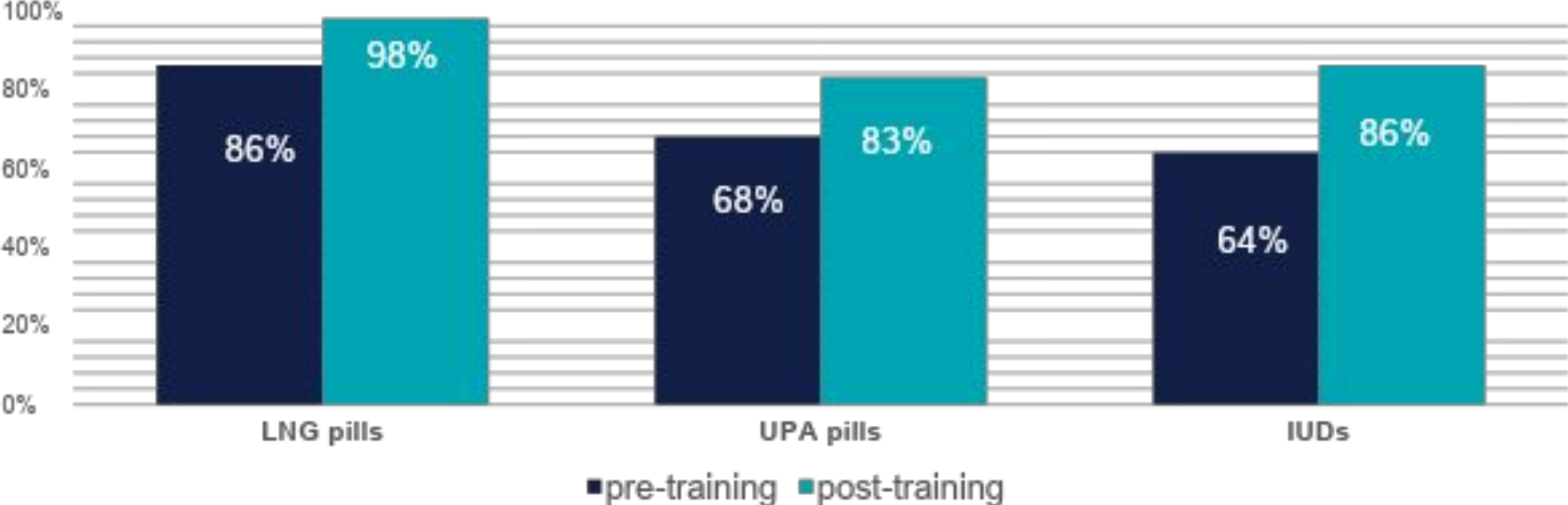


- New course
- Launched in June 2022
- First training covered by NPR
- Trained 600 clinic staff
- Significant knowledge and practice changes

Practice changes from EC training course

preliminary data

Provision of different methods of emergency contraception increased

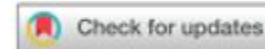


SBHC training and evaluation impact

Journal of Pediatric and Adolescent Gynecology 2021

Original Report

Improving Capacity at School-based Health Centers to Offer Adolescents Counseling and Access to Comprehensive Contraceptive Services



Alison B. Comfort PhD^{1,*}, Lavanya Rao MPH¹, Suzan Goodman MD, MPH¹, Angela Barney MD¹, Angela Glymph PhD², Rosalyn Schroeder MPH, MSc¹, Charles McCulloch PhD¹, Cynthia C. Harper PhD¹

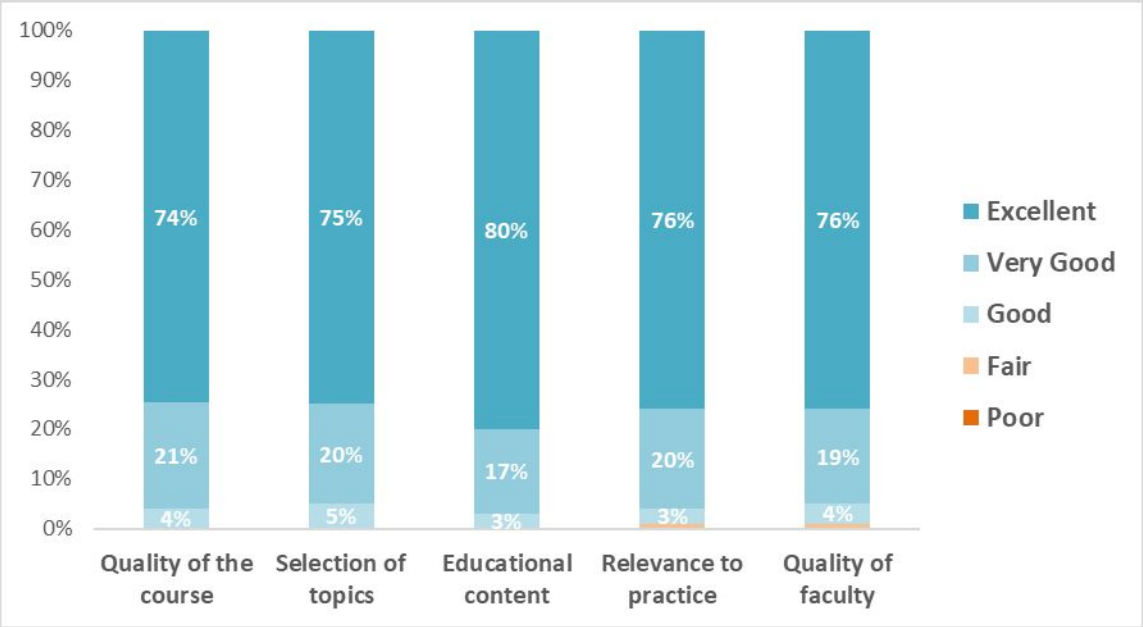
¹ Department of Obstetrics, Gynecology and Reproductive Sciences, University of California San Francisco, San Francisco, CA

² Peer Health Exchange, Oakland, CA

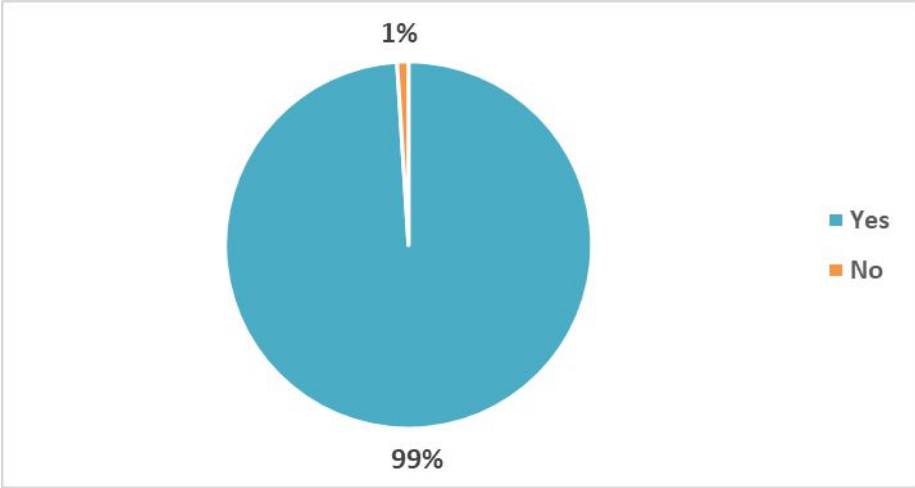
- New counseling skills & improved service provision

Quality of Training

Rating of course quality



Course increased awareness of how personal bias can affect counseling



Materials and Resources

Youth-friendly educational materials

- Colorful and engaging handouts (English and Spanish)
- Educational video (with Spanish subtitles)



LARC Quick Coding Guide
LARC ICD-10 Coding Reference

ICD-10 Codes	CPT Procedure Codes	HCPCSII/JCode
Basic Implant Codes		
ICD-10 Codes - Implant		
Z30.017 Encounter for initial prescription of other contraceptives (includes Nexplanon) *updated 10/2018	11981 - insertion	J7307
Z30.46 Encounter for surveillance of other contraceptives (includes removal, checking, reinsertion of Nexplanon) *updated 10/2018	11982 -- removal 11983 -- removal + reinsertion 81025 (Urine pregnancy test)	J7307 D9999 (Note: Blue arrow points to 81025)
Z32.02 Pregnancy test/exam - negative		
Basic IUD Codes		
ICD-10 Codes - IUDs		
Z30.014 Encounter for initial prescription of IUD (not coded with the actual insertion)	58300	Kyleena = J3490* Liletta = J7297 Mirena = J7299 ParaGard = J7307 Skyla = J7307
Z30.430 Encounter for insertion of IUD		
Z30.431 Follow-up for patient with IUD or Routine checking for IUD	58301	Kyleena Liletta Mirena Para Sky
Z30.432 Encounter for removal of IUD	58301 AND 58300-51* OR 58300-59* (Check with payer for expected modifier.) Append modifier -51 or -59 to the lesser paying service.	
Z30.433 Encounter for removal + reinsertion of IUD		
	81025 (Urine pregnancy test)	

Protocol for Provision of the Contraceptive Implant

Clinic tools

- Sample protocols, templates
- Billing and coding guide
- English/Spanish glossary

Create and test youth educational materials

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX				
Types of emergency contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
 <p>ParaGard IUD</p>	<p>Almost 100% effective</p> 	<p>Within 5 days</p> 	<p>It's placed in the uterus by a doctor or nurse</p> <p> Keeps working as super effective birth control.</p>	<p>From a doctor, nurse, or at a clinic</p> <p> Say it's for EC so you are scheduled quickly.</p>
 <p>Ella</p>	<p></p> <p> Less effective if over 195 pounds. Try an IUD.</p>	<p>ASAP</p> <p> Works better the sooner you take it, up to 5 days.</p>	<p>Take the pill as soon as you get it</p> <p> Remember to use it every time you have unprotected sex.</p>	<p>From a doctor, nurse, or at a clinic</p> <p> Get an extra pack for future emergencies.</p>
 <p>Plan B One-Step or a generic</p>	<p></p> <p> Less effective if over 165 pounds. Try ella or an IUD.</p>	<p>ASAP</p> <p> Works better the sooner you take it, up to 3 days.</p>	<p>Take the pill as soon as you get it</p> <p> Remember to use it every time you have unprotected sex.</p>	<p>At a pharmacy, no prescription needed</p> <p> Get an extra pack for future emergencies.</p>



For more information, check out not-2-late.org

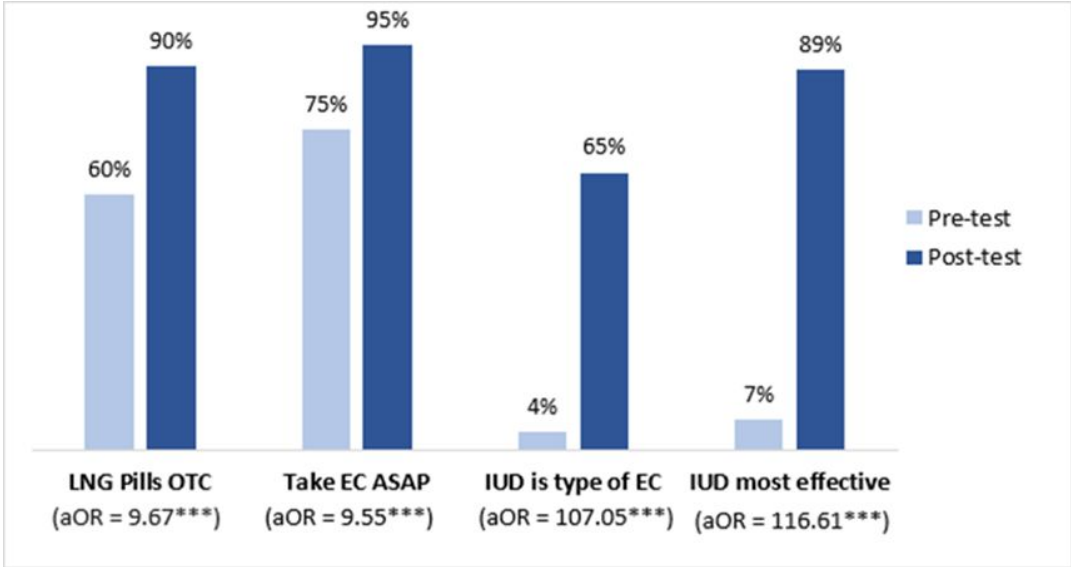


This work by the UCSF School of Medicine Bixby Center and Bedsider is licensed as a Creative Commons Attribution - NonCommercial - NoDeriv 3.0 Unported License

Youth learned key aspects to access EC methods in low-cost intervention

Effective education for all genders

Journal of Adolescent Health



Barriers to care during pandemic

"In person appointments are very difficult to get and usually have very long wait times upwards of one month to be seen." – age 18, CA

"Having to search up everything online since I can't ask my doctor everyday about avoiding pregnancy." – age 19, CA

"In my family/culture, it's not something we talk about...I never knew you could get these options online and not go to the doctor... It was really informative." – age 18, CA

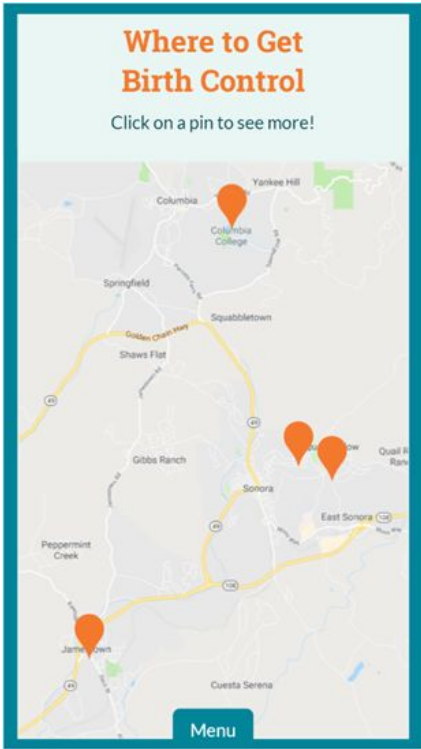
"I'm shocked because I thought condoms were more effective than the pill. I had never heard of the copper IUD before." –age 19, TX

Youth digital tool with contraceptive education & clinic locator

Birth control guide



Clinic Locator



Services, hours, costs

Planned Parenthood Mira Mesa

Near the 237, 921 & 964 bus lines.

What they provide:

IUD	Yes
IUD - same day	Yes
The implant	Yes
The implant - same day	Yes
The pill	Yes
The patch	Yes
The ring	Yes
The shot	Yes
Condoms	Yes
Emergency contraception	Yes

Address: 10717 Camino Ruiz, Suite 258, San Diego, CA 92126

Hours: Monday - Thursday 8 AM - 6:30 PM, Friday & Saturday 7:30 AM - 4 PM

Phone: 888-743-7526

Website: www.planned.org

Tips:

- Phone and video appointments available. Book an appointment online!
- You can wait in your car until you're ready to be seen.

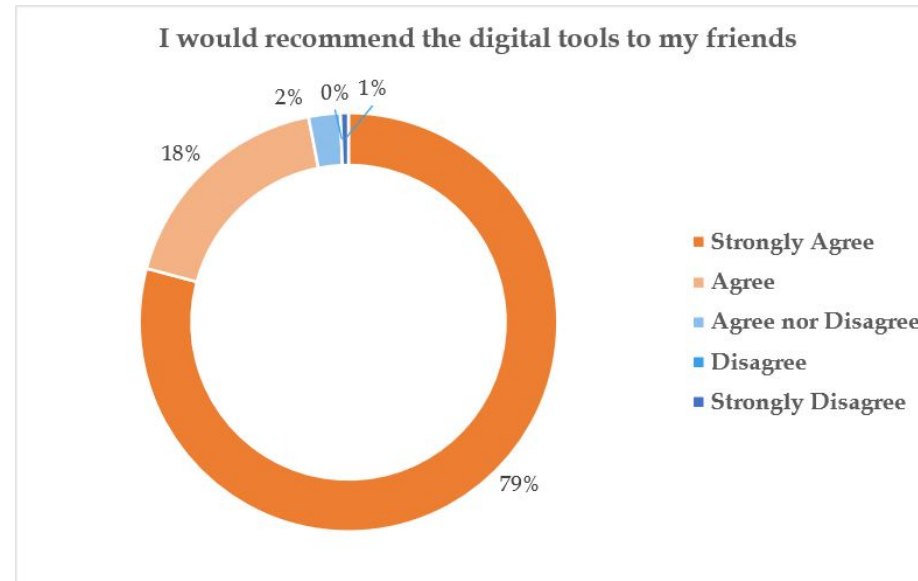
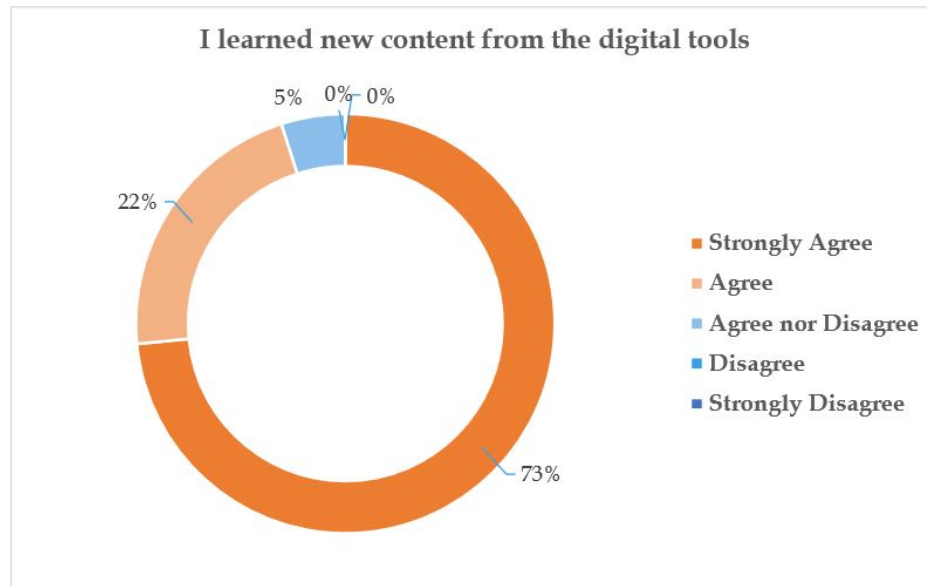
Additional Info:

- Takes walk-ins? **No**
- Accepts Medi-Cal? **No**
- Accepts Family PACT? **Yes**

Youth digital tool with contraceptive education and clinic locator

- Currently testing in large randomized trial (N=2,060)
- Older adolescents (18-19 years) and young adults (20-25 years)
- Piloting to adapt for adolescents at SBHCs

Acceptability of digital tool



**Cynthia.harper@
ucsf.edu**

Beyondthepill.ucsf.edu

California School Based Health Alliance Annual Meeting
April 17, 2023