Contraceptive training & youth education

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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

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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

• New counseling skills & improved service provision
Quality of Training

Rating of course quality

Course increased awareness of how personal bias can affect counseling

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Materials and Resources

Youth-friendly educational materials

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

Clinic tools

• Sample protocols, templates
• Billing and coding guide
• English/Spanish glossary
Create and test youth educational materials

<table>
<thead>
<tr>
<th>Types of emergency contraception</th>
<th>How well does it work?</th>
<th>How soon do I have to use it?</th>
<th>How do I use it?</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>ParaGard IUD</td>
<td>Almost 100% effective</td>
<td>Within 5 days</td>
<td>Keeps working as instant effective birth control. Say it’s for EC so you’re scheduled quickly.</td>
<td>From a doctor, nurse, or at a clinic</td>
</tr>
<tr>
<td>Ella</td>
<td>Less effective if over 160 pounds, try an IUD.</td>
<td>Works better the sooner you take it, up to 5 days. Remember to use it every time you have unprotected sex.</td>
<td>Get an extra pack for future emergencies.</td>
<td>From a doctor, nurse, or at a clinic</td>
</tr>
<tr>
<td>Plan B One-Step or a generic</td>
<td>Less effective if over 16.5 pounds, try ella or an IUD.</td>
<td>Works better the sooner you take it, up to 3 days. Remember to use it every time you have unprotected sex.</td>
<td>Get an extra pack for future emergencies.</td>
<td>At a pharmacy, no prescription needed</td>
</tr>
</tbody>
</table>

For more information, check out not-2-late.org
Youth learned key aspects to access EC methods in low-cost intervention
Barriers to care during pandemic

“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 locater

Birth control guide

Clinic Locater

Services, hours, costs
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

I learned new content from the digital tools

- 73% Strongly Agree
- 22% Agree
- 5% Agree nor Disagree
- 2% Disagree
- 0% Strongly Disagree

I would recommend the digital tools to my friends

- 79% Strongly Agree
- 18% Agree
- 2% Agree nor Disagree
- 0% Disagree
- 1% Strongly Disagree
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California School Based Health Alliance Annual Meeting
April 17, 2023