Contraceptive Counseling

Resource Digest

Contraceptive Counseling Approaches

- **Reproductive Life Planning**
  - Innovating Education in Reproductive Health. *Getting Started in RHEcourse*

- **Shared Medical Decision Making**
  - Innovating Education in Reproductive Health. *Shared Decision Making Using a Decision Aid*
  - Postpartum Contraceptive Access Initiative (PCAI). ACOG. *Shared Medical Decision Making*

- **Motivational Interviewing**

- **Other Approaches**
  - University of California, San Francisco. *Person-Centered Reproductive Health Program.*

Contraceptive Decision-Making for Patients with Co-existing Medical Conditions


Contraceptive Counseling, Coercion, and Reproductive Justice


- Beyond the Pill. An Ethical Framework for Providing Contraceptive Counseling [Webinar]


- Reproductive Health Access Project. Contraceptive Pearl: Contraceptive Counseling Through the Lens of Reproductive Justice

- SisterSong. Reproductive Justice

Practice Resources and Patient Education Materials

The ACOG LARC Program Help Desk contains a page of resources that can be accessed and downloaded free of charge, including ACOG guidance and patient education materials.

- **Bedsider:** [http://www.bedsider.org](http://www.bedsider.org)
Bedsider is an online birth control support network operated by Power to Decide: the campaign to prevent unplanned pregnancy. The Bedsider Method Explorer is an interactive visual tool that uses filters to help
users find contraceptive methods that best fit their needs, or users can compare features of all contraception side-by-side. Clinicians can also visit the Bedsider Providers website to order patient education materials, register as a LARC provider on the LARC Locator, and access other digital tools.

- **Beyond the Pill:** [http://www.beyondthepill.ucsf.edu/tools-materials](http://www.beyondthepill.ucsf.edu/tools-materials)

  **Beyond the Pill** is a program of the Bixby Center for Global Reproductive Health at the University of California, San Francisco (UCSF) that partnered with Bedsider to create patient education tools in both English and Spanish that include contraceptive counseling charts, posters, brochures, and videos, which can be digitally downloaded or ordered online. Clinic and provider tools are also available for front desk staff, counselors, clinicians, and billing experts to help integrate LARC into practice.

- **CAI-CHOICE Contraceptive Action Plan:** [http://www.contraceptiveactionplan.org](http://www.contraceptiveactionplan.org)

  The **CAI-CHOICE Contraceptive Action Plan** enhances contraceptive services in health care practices. CAP provides e-learning courses, technical assistance, and downloadable resources to help health care providers and staff to provide quality client-centered contraceptive services.

- **CDC:** [https://www.cdc.gov/reproductivehealth/contraception/index.htm](https://www.cdc.gov/reproductivehealth/contraception/index.htm)

  The **Centers for Disease Control and Prevention (CDC)** provides tools to help clinicians discuss the effectiveness of contraception methods and the importance of STI prevention with their patients.

- **Center for Young Women’s Health:** [https://youngwomenshealth.org/2014/02/27/contraception/](https://youngwomenshealth.org/2014/02/27/contraception/)

  The **Center for Young Women’s Health** provides tools to teens, parents, and providers on health and development, including sexual health and contraception.

- **Family Planning National Training Center:** [https://www.fpntc.org/training-packages](https://www.fpntc.org/training-packages)

  The **Family Planning National Training Center** works to address the needs of Title X family planning service grantees and providers and offers resource collections on providing quality contraceptive care.

- **NYC Department of Health and Mental Hygiene:**

  The **New York City Department of Health and Mental Hygiene** provides patient and provider resources on contraception and sexually transmitted infections, including posters and brochures in English and Spanish.

- **Reproductive Health Access Project:** [https://www.reproductiveaccess.org/resources/](https://www.reproductiveaccess.org/resources/)

  The **Reproductive Health Access Project** works to help clinicians incorporate contraception and abortion care into their practice, and provides charts, posters, and fact sheets on a full range of contraceptive methods including hormonal and non-hormonal contraception, emergency contraception, non-prescription contraceptive methods, low cost contraceptive options, and birth control for men.

---

This resource was last updated on June 10, 2020. Please visit the LARC Program website at [https://www.acog.org/programs/long-acting-reversible-contraception-larc](https://www.acog.org/programs/long-acting-reversible-contraception-larc) for more information. Please email larcprogram@acog.org with suggestions or comments.

This information is designed as an educational resource to aid clinicians in providing obstetric and gynecologic care and use of this information is voluntary. This information should not be considered as inclusive of all proper treatments or methods of care or as a statement of the standard of care. It is not intended to substitute for the independent professional judgment of the treating clinician. Variations in practice may be warranted when, in the reasonable judgment of the treating clinician, such course of action is indicated by the condition of the patient, limitations of available resources, or advances in knowledge or technology. The American College of Obstetricians and Gynecologists reviews its publications regularly; however, its publications may not reflect the most recent evidence. Any updates to this document can be found on www.acog.org or by calling the ACOG Resource Center.

While ACOG makes every effort to present accurate and reliable information, this publication is provided “as is” without any warranty of accuracy, reliability, or otherwise, either express or implied. ACOG does not guarantee, warrant, or endorse the products or services of any firm, organization, or person. Neither ACOG nor its officers, directors, members, employees, or agents will be liable for any loss, damage, or claim with respect to any liabilities, including direct, special, indirect, or consequential damages, incurred in connection with this publication or reliance on the information presented.

© 2018 by the American College of Obstetricians and Gynecologists, 409 12th Street SW, PO Box 96920, Washington, DC 20090-6920. Individuals and groups providing patient care or clinical education in family planning have permission to copy all or any portion of this resource for noncommercial, educational purposes, provided that no modifications are made and proper attribution is given.