

Contraceptive Counseling

Resource Digest

Contraceptive Counseling Approaches

- **Reproductive Life Planning**
 - Allen D, Hunter MS, Wood S, Beeson T. **One Key Question®: First Things First in Reproductive Health.** *Matern Child Health J* 2017;21(3):387-92.
 - Gavin L, et al. **Providing Quality Family Planning Services: Recommendations of CDC and the U.S. Office of Population Affairs.** *MMWR Morb Mortal Wkly Rep* 2014;63(RR04):1-29.
 - Innovating Education in Reproductive Health. **Getting Started in RHEcourse**
 - Valentin AL. **Putting the QFP Into Practice Series: Integrating Reproductive Life Planning Into Your Family Planning Session [webinar].** Family Planning National Training Centers. Mar 19 2015.
- **Shared Medical Decision Making**
 - Bellanca H. **Changing the Conversation About Contraception.** *Bedsider Providers.* Oct 22 2015.
 - Dehlendorf C. **This is How I Teach: SDM with LARC Methods [video].** Innovating Education in Reproductive Health. Oct 25 2016.
 - **Effective Patient–Physician Communication.** Committee Opinion No. 587. *American College of Obstetricians and Gynecologists. Obstet Gynecol* 2014;123:389–93.
 - Innovating Education in Reproductive Health. **Shared Decision Making Using a Decision Aid**
 - **Partnering with Patients to Improve Safety.** Committee Opinion No. 490. *American College of Obstetricians and Gynecologists. Obstet Gynecol* 2011;117:1247–9.
 - Postpartum Contraceptive Access Initiative (PCAI). ACOG. **Shared Medical Decision Making**
- **Motivational Interviewing**
 - **Motivational Interviewing: A Tool for Behavior Change.** ACOG Committee Opinion No. 423. *American College of Obstetricians and Gynecologists. Obstet Gynecol* 2009;113:243-6.
- **Other Approaches**
 - Innovating Education in Reproductive Health. **Contraceptive Counseling: Responding to Patient Preferences [Prezi].** Apr 21 2016.
 - Jaccard J. **Counseling Adolescents About Contraception: Towards the Development of an Evidence-Based Protocol for Contraceptive Counselors.** *J Adolescent Health* 2013;52(4):S6-13.
 - University of California, San Francisco. **Person-Centered Reproductive Health Program.**

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

- Curtis KM, Jatlaoui TC, Tepper NK, Zapata LB, Horton LG, Jamieson DJ, et al. **U.S. Selected Practice Recommendations for Contraceptive Use, 2016.** *MMWR Recomm Rep* 2016;65(RR-4):1–66.
- Curtis KM, Tepper NK, Jatlaoui TC, Berry-Bibee E, Horton LG, Zapata LB, et al. **U.S. Medical Eligibility Criteria for Contraceptive Use, 2016.** *MMWR Recomm Rep* 2016;65(RR-3):1–103.
- Schreiber C. **LARC for the Medically Complicated Patient [webinar].** ACOG LARC Program. Dec 14 2016.



Contraceptive Counseling, Coercion, and Reproductive Justice

- **Adolescent Pregnancy, Contraception, and Sexual Activity.** Committee Opinion No. 699. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;129:e142–9.
- **Adolescents and Long-Acting Reversible Contraception: Implants and Intrauterine Devices.** Committee Opinion No. 735. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2018;131:e130-9.
- Aiken ARA, Borrero S, Callegari LS, et al. **Rethinking the Pregnancy Planning Paradigm: Unintended Conceptions or Unrepresentative Concepts?** *Perspect Sex Repro H.* 2016;48(3):147-51.
- Beyond the Pill. **An Ethical Framework for Providing Contraceptive Counseling [Webinar]**
- Callegari LS, Aiken ARA, Dehlendorf C, Cason P, Borrero S. **Addressing Potential Pitfalls of Reproductive Life Planning with Patient-Centered Counseling.** *Am J Obstet Gynecol* 2016.
- **Counseling Adolescents About Contraception.** Committee Opinion No. 710. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;130:e74-80.
- Dehlendorf C. **Performance Measures for Contraceptive Care: What are We Actually Trying to Measure?** *Contraception* 2015;91(6):433-7.
- Downey M, Arteaga S, Villasenor E, Gomez AM. **More than a Destination: Contraceptive Decision Making as a Journey.** *Women’s Health Issues,* 2017;27-5:539-45.
- Gilliam M. **Beyond Coercion: Let Us Grapple with Bias.** *Obstet Gynecol* 2015;126(5):915-6.
- Gold R. **Guarding Against Coercion While Ensuring Access: A Delicate Balance.** *Guttmacher Policy Review* 2014;17(3).
- Gomez AM, Fuentes L, Allina A. **Women or LARC First? Reproductive Autonomy and the Promotion of Long-Acting Reversible Contraceptive Methods.** *Perspect Sex Repro H* 2014;46(3):171-5.
- Gubrium AC, Mann ES, Borrero S, Dehlendorf C, et al. **Realizing Reproductive Health Equity Needs More Than Long-Acting Reversible Contraception (LARC).** *Am J Public Health* 2016;106(1):18-9.
- Reproductive Health Access Project. **Contraceptive Pearl: Contraceptive Counseling Through the Lens of Reproductive Justice**
- SisterSong. **Reproductive Justice**

Practice Resources and Patient Education Materials

- **ACOG LARC Program Help Desk:** <https://acoglarc.freshdesk.com/en/support/home>
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>
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>
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>
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>
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/>
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>
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:**
<https://www1.nyc.gov/site/doh/providers/health-topics/sexual-and-reproductive-health.page>
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/>
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> for more information. Please email larcprogram@acog.org with suggestions or comments.

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