

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.
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Contraceptive Counseling, Coercion, and Reproductive Justice

- [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.
- [Patient-Centered Contraceptive Counseling](#). Committee Statement No. 1. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2022;139(2):350-353
- 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](#): 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](#): 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](#): 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](#): 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](#): 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](#): 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](#): 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](#): 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 February 7, 2022. Please visit the LARC Program at acog.org/larc for more information or email larcprogram@acog.org with suggestions or comments.

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