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Family Planning

About the Family Planning Program

Family Planning is the voluntary planning and action taken by individuals to prevent, delay, or terminate a pregnancy. The UNM Division of Family Planning provides research, education, and clinical services to help individuals maintain their reproductive health and to prevent unintended pregnancies.

Vision:

Empower women and girls in the Southwest through optimal reproductive health.



Mission: (Clinical, Education, Research, Advocacy)

1. Provide quality safe patient-centered reproductive healthcare and outstanding family planning consultative services with timely access and follow up.
2. Provide exceptional family planning training and increase reproductive health knowledge in the local community.

Health Disparities and Advocacy

Surveys show that 200 million women wish to delay or stop the next pregnancy and over 100 million are not using any contraception because they lack access to it or face other barriers to its use.

We believe that no woman can be free unless she can choose when and how many children to have, that when women are offered realistic ways to limit their childbearing, family size always falls, and that access to family planning saves infant and maternal lives. We have a long history of task shifting and removing non evidence-based barriers to family planning. We are vividly aware of the public health burden of unsafe abortion and the suffering of women who experience it.

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Family Planning Fellowship

Thank you for considering the UNM Family Planning Fellowship!

The UNM Family Planning Division's vision is singular: to empower women through optimal reproductive health care. Through our Fellowship in Family Planning, we extend this vision to our fellows as well. Since accepting our first fellow in 2011, the UNM Fellowship has consistently trained top-quality family planning clinicians, educators, researchers and advocates.

To Apply

The Family Planning Fellowship accepts applications only through the "[Fellowship in Family Planning](#)" website

Additional information about this fellowship program at the University of New Mexico can be accessed through the national [Fellowship in Family Planning website](#). Registered website users can access locations of FFP sites across the country and details

General Overview

about individual programs.

Are we the fellowship site for you? The UNM Fellowship offers:

- Experience working with underserved, ethnically and racially diverse patient populations
- A culturally unique environment in a minority-majority state
- Focus on medical student & resident education within UNM's Ryan Training Program
- Reproductive health research opportunities
- Training in the single referral institution for the state
- Clinical, education and research collaboration between the UNM Departments of OB/Gyn and Family & Community Medicine
- Advocacy opportunities through the ACOG New Mexico Section, including the ACOG Congressional Leadership Conference and Santa Fe Lobby Day
- New, clean, welcoming and supported clinic space, the UNM Center for Reproductive Health (visit our website! www.unmcrh.org)
- Partnership with Planned Parenthood for supplemental abortion procedure experience
- Practice in a relatively "choice-friendly" state (no gestational age limits)
- A close-knit and collegial group of faculty with strong departmental support



The UNM Division of Family Planning features fellowship-trained, nationally recognized leaders in reproductive healthcare, including:

- Dr. Eve Espey, president-elect of the Society of Family Planning, Chairperson of the UNM Department of Obstetrics and Gynecology, Family Planning Fellowship Director and tireless advocate for the underserved women and the moral imperative for contraception (read the article here: <http://bit.ly/ContraceptionMorallmpertive>)
- Dr. Brenda Pereda, UNM Ryan Training Program Director, Associate Fellowship Director, UNM's first Family Planning fellowship graduate and champion of reducing health disparities, Community Based Participatory Research and the UNM OB/Gyn Cultural Competency curriculum
- Dr. Rameet Singh, Johns Hopkins fellowship-trained, Family Planning Division Chief, Fellowship research mentor and Medical Director for the Center for Reproductive Health.

Current Fellows

First Year



*Regan
Riley, MD*

Second Year



*Lily
Bayat, MD*

Clinical Training

Fellows are trained in abortion and contraception care, using evidence-based medical and surgical methods. Training occurs primarily at the UNM Center for Reproductive Health and the Albuquerque Planned Parenthood Surgical Center. Later second and third trimester abortions are performed at UNM Hospital.

General obstetrics and gynecology clinical opportunities are available, including OR coverage in the main OR and minor procedures at Outpatient Surgery and Imaging Services (OSIS). Fellows take three OB primary call (overnight and/or weekend) shifts per month. Maintenance of general clinical practice allows for collection of cases for board certification. The UNM Fellow will become expert at the range of family planning and abortion care while maintaining and promoting generalist skills.

Clinical training sites:

Center for Reproductive Health



The UNM Center for Reproductive Health is a full-service family planning clinic (3 miles from the hospital) providing:

- Abortion care through 22 weeks
- Management of first trimester pregnancy complications

- Contraception, complex contraception
- Miscarriage management
- Hysteroscopic sterilization (Essure)
- In-office hysteroscopy, endometrial ablation
- STI management
- Full-scope obstetrics and gynecology services

After orientation and training, the UNM Fellow supervises residents and medical students at the UNM Center for Reproductive Health, and will perform uterine evacuations up to 22 weeks with participation of medical students and residents.

UNM Hospital

Medically complex and later gestational cases are performed on labor and delivery and in the main operating rooms at UNM.

Planned Parenthood Surgical Center, Albuquerque

Fellows manage first, and early second, trimester abortion care (through 17 weeks GA) at Albuquerque's Planned Parenthood Surgical Center.

▶ Research Opportunities

▶ Post-Secondary Education

▶ International Opportunities

▶ Additional Opportunities