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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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The Ryan Residency Training Program

The UNM Family Planning Division's vision is singular: to empower women through optimal reproductive health care. Through the Kenneth J. Ryan Residency Training Program, we extend this vision to our learners as well, by integrating comprehensive reproductive health care education, including opt-out abortion training, into UNM Ob/Gyn medical student education and residency training.

What is the Ryan Program?

The Kenneth J. Ryan Residency Program is a national program launched in 1999, in response to the ACGME mandate that Ob/Gyn residency education include access to opt-out abortion training. Its mission is to improve and formalize training in all aspects of



contraception and uterine evacuation, including pregnancy termination, for ob-gyn residents.

What Makes UNM's Family Planning Training Special?

When you complete your Ob/Gyn residency at UNM, you will experience first-rate family planning training by fellowship-trained, nationally recognized leaders in the field. As the single academic referral institution in a minority-majority state, you will join us in delivering vital reproductive healthcare services to underserved, ethnically and racially diverse patient populations. Our welcoming and well-equipped clinical training site, the UNM Center for Reproductive Health, is a full-service family planning clinic providing abortion care, management of first trimester pregnancy complications, contraception, miscarriage management, hysteroscopic sterilization, in-office hysteroscopy, endometrial ablation, STI management, and full-scope obstetrics and gynecology services (Visit our website! www.unmcrh.org). UNM also enjoys clinical rotation partnerships with local Planned Parenthood clinics.



Ob/Gyn Residents on Family Planning Rotation Receive:

- Extensive training in all contraception methods, including long-acting reversible methods (IUDs/Implants)
- Complete exposure to pregnancy options counseling, procedure counseling, and early gestational ultrasound training
- Comprehensive opt-out training in first trimester surgical and medical abortion and the opportunity to learn second trimester procedures
- Weekly didactic sessions, online modules, cultural competency and health disparities training.
- A wealth of reproductive health research opportunities and mentorship
- Rich advocacy experiences through local partner organizations and the ACOG New Mexico Section.

What does "Opt Out" Mean?

An opt-out rotation in abortion and contraception means that training in elective pregnancy termination is an expected and scheduled part of residency education. Residents with religious or moral objections can "opt-out" of participating in pregnancy termination; however, participation in contraception counseling, pre/post abortion care training, and management of pregnancy failure is still expected.

Feedback from Residents after Their Ryan Rotation

"This rotation gave such a great sense of varying levels of care as well as an overarching sense of the importance of research to continue advancing the field." – Ryan Program resident

"One-on-one teaching with an attending as an intern – this is rare. Lots of procedures. Lots of opportunity to counsel over and over again to really get a feel for what works and what doesn't. Enough procedures that sometimes difficult ones were encountered. Training at an actual abortion clinic to get a feel for the disparities." – Ryan Program resident

"Even at my experience level, I was treated as part of a team and allowed hands-on learning during office hours. This type of teaching gave me the exposure I needed to learn about the family planning aspects of obstetrics and gynecology." – Ryan Program resident

Join us!

