

Family Planning Curriculum

*University of Alabama at Birmingham
Department of Obstetrics and Gynecology*

Family Planning Curriculum

Program Goal/Objectives: The goal of this program is to increase the quality of resident training and education in components of family planning. This program will counter the training limitations with increased didactic learning and increased experience in medically indicated procedures.

ACGME Obstetrics and Gynecology Program Requirement IV.A.2.d) states:

- *No program or resident with a religious or moral objection shall be required to provide training in or to perform induced abortions. Otherwise, access to experience with induced abortion must be part of residency education. This education can be provided outside the institution. Experience with management of complications of abortion must be provided to all residents. If a residency program has a religious, moral, or legal restriction that prohibits the residents from performing abortions within the institution, the program must ensure that the residents receive satisfactory education and experience in managing the complications of abortion. Furthermore, such residency programs (1) must not impede residents in the programs who do not have religious or moral objections from receiving education and experience in performing abortions at another institution and (2) must publicize such policy to all applicants to those residency programs.*

Resident Training Program

- ❖ There currently are 8 residents per year in the program.
- ❖ The residents will participate in the Family Planning Service during all four years of their training.

Course Objectives: The residents will be able to successfully manage the following procedures and situations:

- **First year –**
 - Basic contraception counseling
 - IUD insertion/removal
 - Implanon insertion/removal
 - Manual uterine aspiration (MUA) for medical indications
 - Dilation and curettage for medical indications
 - Pre-procedural counseling
- **Second year –**
 - Consultative services for ED regarding early pregnancy assessment
 - Consultative services for inpatients regarding contraception and medically indicated termination of pregnancy
 - Ultrasound in early pregnancy management
 - MUA in ED and office settings for medical indications
 - Dilation and curettage for medical indications
 - Pre-procedural counseling
- **Third year-**
 - Medically complicated contraceptive counseling and management
 - Supervisory role for PGY 1 and 2 in MUA use and other procedures

- Ultrasound in early pregnancy management
 - Dilation and evacuation for medical indications
 - Pre-procedural counseling
- **Fourth year –**
- Medically complicated contraceptive counseling and management
 - Supervisory role for PGY 1, 2, and 3 in MUA use and other procedures
 - Ultrasound in early pregnancy management
 - Dilation and evacuation for medical indications
 - Pre-procedural counseling

Faculty Contacts

Director - Sabrina Wyatt, M.D., Assistant Professor
 Division of Women's Reproductive Healthcare

Asst Director - Margaret Boozer, M.D., Assistant Professor
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Textbooks

- Management of Unintended and Abnormal Pregnancy, Paul, Lichtenberg, Borgatta, Grimes, Stubblefield, and Creinen, 2009
- Contraceptive Technology: Twentieth Revised Edition. Ardent Media, 2011
- CDC – US Selected Practice Recommendations for Contraceptive Use, 2013
 (Free download at CDC.gov – CDC eBook – Requires eReader app of your choice)

Reading Assignments (2 year rotating curriculum)

YEAR 1

➤ **Early Pregnancy Assessment**

- Chapter 5: Informed consent, patient education, and counseling. Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009:48-62.
- Chapter 6: Clinical Assessment and Ultrasound in Early Pregnancy. Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009: 63-77.
- Medical Management of Abortion. *ACOG Practice Bulletin 67*. 2005
- Medical Management of Ectopic Pregnancy. *ACOG Practice Bulletin 94*. 2008

➤ **Miscarriage Management**

- Chapter 17: Pregnancy Loss.

Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009:264-279.

- Medical management of early pregnancy failure: efficacy. Chen B and Creinin MD, *Seminars in Reproductive Medicine*. 2008 Sep;26(5):411-422
- Expectant care versus surgical treatment for miscarriage. Nanada K. et al, *Cochrane Database of Systematic Reviews*. 2006 Apr 19;(2)

➤ **Medical Abortion**

- Chapter 9: Medical Abortion in Early Pregnancy
Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009:111-134.
- Chapter 12: Medical Methods to Induce Abortion in the Second Trimester. Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009: 178-189.

➤ **Surgical Abortion**

- Chapter 10: First Trimester Aspiration Abortion.
Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009: 135-156.
- Chapter 11: Dilation and evacuation.
Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009: 157-177.
- Early surgical abortion: An alternative to and backup for medical abortion. Maclsaac et al, *American Journal of Obstetrics and Gynecology*. 2000 Aug; 183(2):S76-83.

➤ **Complication Management**

- Chapter 15: Surgical Complications: Prevention and Management.
Paul M, Lichtenberg ES, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford, UK: Blackwell Publishing Ltd; 2009: 224-251.

YEAR 2

➤ **Contraception – Overview and Reference Materials**

- US Selected Practice Recommendations for Contraceptive Use, 2013. Center for Disease Control Morbidity and Mortality Weekly Report. 2013 June 7 (eBook)
- CDC Contraception Smart Phone Application: US Medical Eligibility Criteria

➤ **Contraception – Hormonal**

- Emergency Contraception. *ACOG Practice Bulletin 112*. 2010
- Noncontraceptive Uses of Hormonal Contraceptives. *ACOG Practice Bulletin 110*. 2010

- Use of Hormonal Contraception in Women with Coexisting Medical Conditions. *ACOG Practice Bulletin 73*. 2006
 - Thrombotic Stroke and Myocardial Infarction with Hormonal Contraception. Lidegaard et al, *N Eng J Med*. 2012 Jun;366(24): 2257-2266
 - Depot Medroxyprogesterone Acetate and Bone Effects. *ACOG Committee Opinion 415*. 2008
- **Contraception – LARC/Sterilization**
- Long-Acting Reversible Contraception: Implants and Intrauterine Devices. *ACOG Practice Bulletin 121*. 2011
 - Benefits and Risks of Sterilization. *ACOG Practice Bulletin 133*. 2013
 - The risk of pregnancy after tubal sterilization: Findings from the US Collaborative Review of Sterilization. Peterson et al. *American Journal of Obstetrics and Gynecology*. 1996; 174: 1161-1170.
 - Effectiveness of Long-Acting Reversible Contraception. Winner et al. *N Engl J Med* 2012. 366; 21:1998-2007.
- **Contraception – Barrier/Other**
- Male Condoms. *Contraceptive Technology: Twentieth Revised Edition*. Ardent Media, 2011
 - Vaginal Barriers and Spermicides. . *Contraceptive Technology: Twentieth Revised Edition*. Ardent Media, 2011
 - Fertility Awareness-based Methods. . *Contraceptive Technology: Twentieth Revised Edition*. Ardent Media, 2011