



Welcome to the HO4 Family Planning Rotation!

We are very excited to have you join us for your rotation, and we hope you find your experiences here as wonderful as we have found ours. This document will provide an operational overview and resources to guide you throughout your rotation. You will receive specific instruction after you arrive and meet your attending physicians.

Contents

Course Description	1
Resident Responsibilities	2
Clinical Objectives	2
Assessment	2
Timeline: Rotation Checklist	2
Family Planning Faculty & Fellows at UNM	3
Important phone numbers and addresses	4
Family Planning Rotation Clinical Training Site	4
Weekly Schedule	5
Didactic Sessions	5
e-LEARN Curriculum	Error! Bookmark not defined.
Residency Program: Womens' Health Curriculum	5
Ryan LARC Program	6
Clinic Security	6

Course Description

This is an (8) week rotation focusing on family planning care within the UNM Department of Obstetrics and Gynecology. The rotation will include clinical care within the UNM Center for Reproductive Health (CRH). During your rotation, you will gain knowledge and clinical experience in the following areas:

- Sterilization
- Pain Management in Office-Based Procedures
- Hysteroscopy

Resident Responsibilities

You will train at the resident level, under the direct supervision of Ob/Gyn fellows and faculty. You are expected to participate as a full member of the family planning team. Responsibilities include:

Clinic Attendance: You will attend all assigned clinics at:

- UNM Center for Reproductive Health (CRH)

Assignments: Online Modules – You will complete

- Women's Health Curriculum: 6 Hysteroscopic Sterilization modules

Clinical Objectives

Sterilization

- Counsel and consent patients about permanent sterilization
- Perform interval laparoscopic sterilization
- Perform hysteroscopic sterilization (Essure)

Pain Management in Office-Based Procedures

- Curriculum will be individualized to the projected type of practice that resident intends to pursue
- Understand the different options for pain management
- Understand the evidence for pain options by common office-based gynecological procedures

Hysteroscopy

- Cover basic instrumentation necessary to assemble and operate a hysteroscope
- Understand the concepts and concerns regarding uterine cavity visualization
- Uterine access and distention media
- Understand how to use various energy modalities in operative hysteroscopy

Assessment

It is your responsibility to email Dr. Pereda midway through your rotation to discuss your progress towards your rotation goals, requests for additional resources or challenges. At the end of your rotation, you will be given the opportunity for evaluation and feedback. We will evaluate whether you are meeting the clinical goals and objectives by:

- Directly observing your clinical, technical and communication skills
- Satisfaction of Women's Health Ob/Gyn Residency training curriculum requirement

Timeline: Rotation Checklist

Before Rotation Starts

-
- Thoroughly review this packet. Ensure you have the tools you need to complete these assignments and to be ready to participate in discussion.
 - Connect with Dr. Brenda Pereda (brpereda@salud.unm.edu) to review rotation goals
 - e-LEARN curriculum: Ensure that you have your login information
 - Hysteroscopic Sterilization Curriculum
 - Plan to have a great rotation!

Rotation Mid-Point

- Email Dr. Pereda with mid-point progress, challenges, and goals. Schedule meeting, if necessary.
- By rotation mid-point, you should have completed half of the required e-LEARNING modules

Last 2 Weeks / End of Rotation

- Completion of e-LEARN Curriculum Requirement (3/5 modules)
- Completion of Hysteroscopic Sterilization Curriculum (6 modules)
- Schedule time to meet incoming intern to review Beta Book, OR schedule and weekly schedule.

Family Planning Faculty & Fellows at UNM

Eve Espey, MD, MPH	Chair, Ob/Gyn & Director, Fellowship in Family Planning eespey@salud.unm.edu
Rameet Singh, MD, MPH	Chief, Family Planning Division rhsingh@salud.unm.edu
Brenda Pereda, MD, MS	Director, Ryan Family Planning Residency Program brpereda@salud.unm.edu
Lisa Hofler, MD, MPH	Assoc. Medical Director, CRH lhofler@salud.unm.edu
Lily Bayat, MD, MPH	Family Planning Fellow lbayat@salud.unm.edu
Regan Riley, DO, MPH	Family Planning Fellow reriley@salud.unm.edu

You may also work alongside Family Planners from UNM's Department of Family Medicine, including:

Family Medicine Faculty:

Larry Leeman, MD, MPH	Director, Family Practice Maternity & Child Health
Jennifer Phillips, MD	Assoc. Medical Director, Center for Reproductive Health
Mary Pia Castillo	Faculty, Family & Community Medicine
Adela Tam, MD	Faculty, Family & Community Medicine
Nicole Yonke, MD, MPH	Faculty, Family & Community Medicine
Mary Beth Sutter, MD	Faculty, Family & Community Medicine
Laura Chambers-Kersh, MD	Faculty, Family & Community Medicine
Kira Paisley	Faculty, Family & Community Medicine
Sarah Gopman	Faculty, Family & Community Medicine

Important phone numbers and addresses

Attending Pager Numbers

Dr. Rameet Singh	(505) 951-0560
Dr. Brenda Pereda	(505) 951-1880
Dr. Eve Espey	(505) 951-2228
Dr. Lisa Hofler	(505) 951-1970

Surgery

Scheduling:	(505) 272-2249 (Michelle Singletary)
Main Line:	(505) 272-9096
Fax:	(505) 272-2410

Pre-Op Anesthesia Clinic

Location:	2 nd Floor of old hospital
Walk-in clinic:	8:00 AM – 4:00 PM
Patients Must Bring:	Original or copy of consent Surgical admission (blue card)

SANE Clinic – (Sexual Assault Nurse Examiners)

Location:	625 Silver Ave SW, 2 nd Floor, Albuquerque, NM 87102
Phone:	(505) 450-8438 or (505) 248-3153 - Clinical Coordinator
Fax:	(505) 883-8715

UNM Financial Assistance Office

Location:	1131 University NE, Suite D (<i>Next door to Satellite Coffee</i>)
Phone:	(505) 272-4858
	Rebecca B. Jaramillo, Patient Financial Serv. Supervisor

Family Planning Rotation Clinical Training Site

Clinic	UNM Center for Reproductive Health
Location	2301 Yale Blvd. SE, Bldg. E, Albuquerque, NM 87106
Main Line	Main Line: (505) 925-4455 / Dr's Pod: (505) 925-4286
Admin Contact	Nico Candelaria / (505) 925-4455 / nscandelaria@unmmg.org

Melissa Blacklock / (505) 925-4296 / mrblacklock@unmmg.org

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
(0 Hour) 7:00am					Pre-Op Conference Grand Rounds
AM (8:00am)	REI	Admin	Admin	Admin	Resident Conference
PM (12:30pm)	REI	Admin	PCC (12:45 pm)	CRH Procedure Clinic	REI
(After Hours)		Journal Club once every other month, 6:15-8:15pm			

- Please arrive at CRH Procedure Clinic by 12:30 pm unless otherwise instructed by your attending.

Didactic Sessions

Pre-Op and Grand Rounds

Pre-Op Conference and Grand Rounds occur every Friday morning at 7:00am and 8:00am, respectively. You will present weekly at Pre-op conference. CRH clinic starts later on Friday to accommodate Grand Rounds.

Family Planning Journal Club

Journal Club occurs every other month, usually on a Tuesday, Wednesday or Thursday evening, from 6:15pm-8:15pm at Dr. Espey's house (unless otherwise notified). Below you will find a link to our wiki page with Journal Club dates, agendas (as they are finalized), and readings. Please plan to attend Journal Club if one falls during your rotation.

- [Link to Journal Club dates, agendas, and readings](#)

Residency Program: Womens' Health Curriculum

By the end of your rotation, you are expected to complete 6 Hysteroscopic Sterilization modules in the Residency Program's Women's Health Curriculum. Your progress towards this goal will be reviewed during your mid-point evaluation and again at the end of your rotation.

To access the curriculum, click the following link: <http://bit.ly/TheResidencyProgram>

- The password to login to this curriculum is **education**.
- Once logged in, you will have a choice of selecting Hysteroscopic Sterilization or Intrauterine Contraception.

Choose Hysteroscopic Sterilization - Complete all 6 modules

- Module 1: Sterilization
- Module 2: Hysteroscopy

- Module 3: Clinical Data
- Module 4: Device and Procedure
- Module 5: Essure Confirmation Test
- Module 6: Patient Identification and Counseling

Ryan LARC Program

The Ryan LARC Program provides the UNM Family Planning Residency Program with complimentary LARC for qualifying patients for training purposes, in the form of Nexplanon, Liletta and ParaGard. The goals of the Ryan LARC Program are to increase training in the evidence-based provision of LARC, and to decrease financial barriers to patients accessing LARC who are in the immediate or early post-abortion or post-partum period (≤ 10 weeks).

To Access Free LARC for your patient on L&D, in the Mother/Baby unit, or at CRH, follow the instructions on the Family Planning Ryan LARC Program wiki page: <http://bit.ly/UNMRyanLARC>.

Clinic Security

Protesters may be present outside the CRH clinic, and we would like you to take some basic security precautions while attending clinic.

- Remove anything from your person that will identify you as medical personnel before you come to the clinic. This includes: ID badges, pagers, scrubs (wear regular clothing and bring a set of scrubs to the clinic on the days you will be doing procedures), white coats.
- Remove anything in your vehicle that might identify you as medical personnel or associate you with the clinic. These include items such as your: Parking pass, badges, mail, scrubs/clothing.
- If protesters are present, please DO NOT interact with them in any way.
- Stay alert and aware of your surroundings when entering and exiting the building as well as when you are driving.
- If you feel you are in a situation where you would prefer to have security escort you, contact the police, 242-Cops or 911 if emergency.
- If you think you are being followed: Go to a fire station, police substation or a well-lit public area.
- If you are hit from behind and you suspect it was not an “accident.” Do not get out of your car. Call 911 and tell them you think you are being car jacked, that gets the police out much quicker.
- Give as little information about yourself as possible when in public. Do not share where you work unless it is necessary

Please talk to us—Drs. Pereda, Hofler, Singh, or Espey—at any time if you have concerns about your security or concerns about the experience at the clinic. We want this to be a great clinical experience for you and understand that the rotation can bring up emotions. We are here for you!