

# TRANSFORMING *the* Family Planning LANDSCAPE

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Optional Pre-Sessions: Wednesday, September 18 (no cost)		
Time	Session	Additional Information
12pm to 2:30pm	IUD Placement and Removal Basics	<p>For providers that have not inserted IUDs or want a refresher; pre-training 1.5 hours online didactic; hands-on skills-based practice on proper placement and removal of Skyla®, Mirena®, Kyleena®, ParaGard® and Liletta®.</p> <p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Vocalize understanding of the online didactic course content</li> <li>▪ Clarify content of the online didactic course</li> </ul>
2:30pm to 3pm	Break	
3pm to 5pm	LARC Challenging Cases	<p>For experienced and new IUD providers.</p> <p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Describe counseling strategies for responding to bleeding complaints with LARC</li> <li>▪ List tenaculum and sound techniques for optimizing success with placement of an IUD</li> <li>▪ Display familiarity with use of finders for challenging IUC placement</li> <li>▪ Discuss strategies for dealing with IUD removals with missing strings</li> </ul>
	Title X 101 Training	<p>This session is for anyone who is new to the Title X program or those who want a review.</p>

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		<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Describe Missouri’s Title X network</li> <li>▪ Define the allowable scope of services provided under Title X</li> <li>▪ Identify priority populations served by Title X services</li> <li>▪ Define confidentiality</li> <li>▪ Define voluntary participation</li> <li>▪ List federal and state record-keeping and reporting requirements associated with administration and implementation as a provider of Title X services in Missouri</li> </ul>
5pm to 6pm	Break/Dinner	
6pm to 7pm	Clinical Support Session for LARC Procedures	<p>Audience: Medical Assistants, Registered Nurses/Licensed Practical Nurses, or other clinical support staff. Attendees will learn best practices for supporting providers who are placing long-acting reversible contraception (LARC), such as IUDs or implants.</p> <p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ List essential patient history questions that must be documented before the procedure</li> <li>▪ Discuss the medical/clinical assistant role in educating the client about the LARC methods</li> <li>▪ Describe the IUD and Nexplanon placement and removal process in lay terms</li> <li>▪ List the instruments and supplies necessary for LARC placement and removal, including instruments which might be needed for a complicated/difficult placement or removal</li> </ul>

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		<ul style="list-style-type: none"> <li>▪ Discuss procedure for adverse reactions to LARC placement</li> </ul>
6pm to 8pm	Nexplanon® Insertion Training	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Display expertise with insertion and removal procedures of Nexplanon®</li> <li>▪ Achieve appropriate implant localization techniques for the placement of Nexplanon®</li> </ul>

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Thursday, September 19		
Time	Session	Additional Information
8am to 9am	Registration/Breakfast	
8:30am to 9am	Ahlers <i>optional</i> breakfast session to demonstrate auto-post	
9am to 9:15am	Welcome and Introduction	
9:15am to 10:30am	Understanding the Reproductive Justice Framework	At the completion of this course, participants will be able to: <ul style="list-style-type: none"> <li>▪ Define the difference between reproductive health, reproductive rights, and reproductive justice.</li> <li>▪ Provide overview of the history of the reproductive justice movement.</li> <li>▪ Understand why adopting a reproductive justice framework is important for family planning providers.</li> <li>▪ Develop strategies for putting the reproductive justice framework into action.</li> </ul>
10:30am to 10:45am	Break/Visit with Exhibitors	
Breakout Session		
10:45am to 12pm	Let's Talk about Sext	At the completion of this course, participants will be able to: <ul style="list-style-type: none"> <li>▪ Define and discuss sexting</li> <li>▪ Provide methods and information for discussing sexting, coercion, and boundaries</li> <li>▪ Examine methods for helping clients to think critically about digital behavior</li> </ul>
	Conflict Resolution/Work Place Communication	At the completion of this course, participants will be able to:

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		<ul style="list-style-type: none"> <li>▪ Teach participants to recognize the causes of workplace conflicts</li> <li>▪ Explain how differences in communication styles can produce tense situations</li> <li>▪ Suggest solutions for managing cultural expectations and differences</li> <li>▪ Provide multiple tactics for better listening</li> <li>▪ Give participants an arsenal of facilitation techniques for managing tough conversations</li> </ul>
12pm to 12:45pm	<b>Lunch/Visit with Exhibitors</b>	
12:45pm to 2pm	Racial Bias Training	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Define unconscious bias and microaggression.</li> <li>▪ Identify the impact of unconscious bias in health care, specifically reproductive health.</li> <li>▪ Identify strategies for disrupting and reducing unconscious bias.</li> </ul>
2pm to 2:15pm	<b>Break/Visit with Exhibitors</b>	
<b>Breakout Session</b>		
2:15pm to 3:30pm	Reproductive Life Planning & Client-Centered Care	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Explain how to establish and maintain rapport with clients</li> <li>▪ Describe how to use tailored assessment, education, and counseling to help clients identify their preferred contraceptive method</li> <li>▪ Determine strategies to support a client in successfully using their chosen method</li> <li>▪ Summarize the client’s understanding of chosen method</li> <li>▪ Identify possible barriers to providing client-centered contraceptive counseling</li> </ul>

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	Providing LARC On-Site: Nuts and Bolts for Health Center Administrators	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Summarize billing and coding practices that contribute to full and accurate reimbursement for LARC services</li> <li>▪ Explain how to employ a “buy and bill” approach to stocking LARC methods</li> <li>▪ Review best practices in inventory management</li> </ul>
3:45pm to 5pm	The Impact of Trauma on the Delivery of Reproductive Healthcare	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Discuss reproductive health across the lifespan and how it plays an integral role at various ages for women’s health</li> <li>▪ Explain how trauma shifts client perspectives and sense of safety with healthcare practitioners</li> <li>▪ Identify three or more practice shifts that could help clients impacted by trauma feel more comfortable receiving reproductive healthcare</li> <li>▪ Offer sex education ideas that could help clinicians work better with their clients, because sex is part of a patient’s quality of life</li> </ul>

Friday, September 20		
Time	Session	Additional Information
7am to 8:15am	Registration/Breakfast	
8:15am to 8:30am	Welcome, Housekeeping	
8:30am to 10am	Emerging Issues in Family Planning (panel)	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Identify strategies for incorporating SBIRT into a family planning visit.</li> </ul>

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		<ul style="list-style-type: none"> <li>▪ Understand the STI landscape in MO (chlamydia, gonorrhea and syphilis rates) and best practices for screening.</li> <li>▪ Provide overview of upcoming contraceptive options:               <ul style="list-style-type: none"> <li>○ Annovera (year-long ring)</li> <li>○ Extended duration for Liletta (clinical trial update)</li> <li>○ ParaGard as EC</li> <li>○ Male birth control pill</li> </ul> </li> </ul>
10am to 10:15am	<b>Break/Networking</b>	
<b>Breakout Session</b>		
10:15am to 11:30am	LGBTQIA Healthcare	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Overview of terms and the nuance of gender identity and sexual orientation</li> <li>▪ Define barriers to safe spaces</li> <li>▪ Identifying strategies for creating welcoming safe spaces in clinical settings</li> <li>▪ Basics of inclusive practices through utilization of a checklist and self-assessment form that cultivates inclusion</li> <li>▪ Gain a deeper understanding of providing inclusive care</li> </ul>
	Strategies for Ensuring Same-Day Access to LARC	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Summarize how patient access to same-day LARC can be maximized through appointment scheduling</li> <li>▪ Describe strategies to ensure complete and consistent room set-up</li> </ul>
	Advocacy and Lobbying for 501(c)(3)s	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Why RRHJ groups should engage in advocacy and lobbying;</li> <li>▪ How federal tax law permits lobbying for charities and how lobbying is defined;</li> <li>▪ Yearly lobbying limits for charities;</li> </ul>

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		<ul style="list-style-type: none"> <li>▪ Tips for taking advantage of the narrow definitions of lobbying – which will help charities make the most of their lobbying limit;</li> <li>▪ When your advocacy is not lobbying;</li> <li>▪ Advocacy and Title X funds; and</li> <li>▪ How to continue your advocacy in an election year</li> </ul>
11:30am to 12:30pm	<b>Lunch/Keynote Address from NFPRHA Representative</b>	
12:30pm to 2pm	LARCs and Protecting Patient Autonomy (panel)	<p>At the completion of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Define “patient autonomy” and how it relates to reproductive healthcare</li> <li>▪ Describe how women’s reproductive autonomy influences their reproductive health goals</li> <li>▪ Identify strategies for empowering women to make their own reproductive healthcare decisions</li> <li>▪ Examine the influence of other individuals (healthcare providers, sexual partners, parents, in-laws, friends, and care givers) on a woman’s reproductive autonomy</li> </ul>
2pm	<b>Adjourn/End of Conference</b>	
2:30pm to 3:30pm	<b>ARC Meeting (Title X Subrecipients Only)</b>	

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