

upstream^{USA}

Clinician Resource Guide



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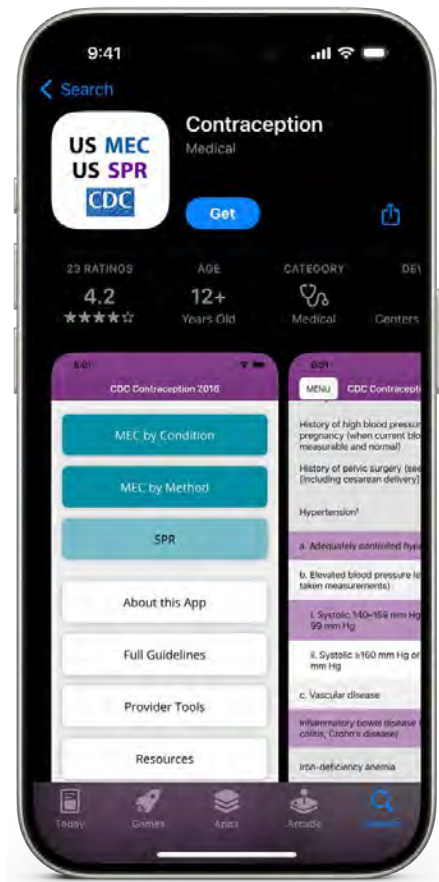
Upstream Clinician Training Resource Guide

We are excited to share our Upstream Clinician Training Resource Guide with you. We created this guide to be a comprehensive repository for the resources that we reviewed in our virtual instructor-led training. These are high-yield, evidence-based resources that inform practice-changing guidelines, and they have been reviewed by our clinical team at Upstream. In addition, we include multimedia resources, information on national reproductive health organizations, and materials that we created at Upstream to help support you in your journey of providing high-quality, comprehensive reproductive healthcare services. This guide will be updated regularly and the current version is available to our learners in our Virtual Classroom.

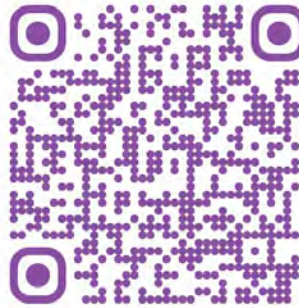
Please be aware that while we have made every effort to include a wide range of valuable resources, this guide may not cover every available resource or dedicated organization in this ever-changing field.

Resources

1. CDC Medical Eligibility for Contraceptive Use (MEC) / Selected Practice Recommendations (SPR) Citations, Resources and the Contraception App



iPhone Users, scan this QR Code:



Android Users, scan this QR Code:



- [CDC contraception app](#), including links to the MEC and SPR
- [How to use the US MEC and US SPR App YouTube video](#)
- Gavin, L., Pazol, K., & Ahrens, K. A. (2017, December 22). [Update: Providing quality family planning services—Recommendations from CDC and the U.S. Office of Population Affairs, 2017](#). Morbidity and Mortality Weekly Report, 66(50),1383–1385.

2. Managing Contraception Guide

Managing Contraception: For Your Pocket is a reference guide that is available for you to download as part of your Upstream training experience. The guide offers a comprehensive overview of contraceptive methods and family planning essentials, including counseling, method selection, up-to-date evidence, and guidelines.

If you did not receive your download link during Upstream's live training, you can download a digital version of the Managing Contraception Guide by selecting [this link](#) or scanning the QR Code below:



3. Practice-Changing Guidelines

This section of our clinical resource guide is dedicated to practice-changing evidence and guidelines. In the dynamic field of healthcare, staying up to date with the latest recommendations and practice-changing guidelines is critical to providing the best possible care to your patients. We present a selection of guidelines and practices that are based on the latest evidence.

In this section, you may see evidence that has already led to changes in clinical practice. Often, updates to official guidelines may take longer to adopt these changes. These resources are designed to empower clinicians with the latest insights and evidence-based strategies that can impact patient care.

3.1. Emergency Contraception

- Guidelines for the use of emergency contraception:
 - Salcedo, J., Cleland, K., Bartz, D., & Thompson, I. (2023). [Society of Family Planning Clinical Recommendation: Emergency contraception](#). *Contraception*, 121, 109958.
- Evidence for the use of levonorgestrel 52mg IUDs (Liletta®, Mirena®) as emergency contraception:
 - Turok, D. K., Gero, A., Simmons, R. G., Kaiser, J. E., Stoddard, G. J., Sexsmith, C. D., Gawron, L. M., & Sanders, J. N. (2021, January 28). [Levonorgestrel vs. copper intrauterine devices for emergency contraception](#). *New England Journal of Medicine*, 384(4), 335–344.

- Evidence for the initiation of the levonorgestrel 52 mg IUDs (Liletta®, Mirena®) without requiring a backup method:
 - Fay, K. E., Clement, A. C., Gero, A., Kaiser, J. E., Sanders, J. N., BakenRa, A. A., & Turok, D. K. (2021, November). [Rates of pregnancy among levonorgestrel and copper intrauterine emergency contraception initiators: Implications for backup contraception recommendations](#). *Contraception*, 104(5), 561–566.
- Evidence for quick-start of levonorgestrel 52mg IUDs (Liletta®, Mirena®) anytime a pregnancy test is negative:
 - BakenRa, A., Gero, A., Sanders, J., Simmons, R., Fay, K., & Turok, D. K. (2021, July 1). [Pregnancy risk by frequency and timing of unprotected intercourse before intrauterine device placement for emergency contraception](#). *Obstetrics & Gynecology*, 138(1):79–84.

3.2. Extended Use of Long-Acting Reversible Contraception

- Society of Family Planning recommendations and review of the evidence for extended use of long-acting reversible contraception:
 - Dethier, D., Qasba, N., & Kaneshiro, B. (2022, September). [Society of Family Planning clinical recommendation: Extended use of long-acting reversible contraception](#). *Contraception*, 113, 13–18.

3.3. Self-Removal of IUD

- Foster, D. G., Grossman, D., Turok, D. K., Peipert, J. F., Prine, L., Schreiber, C. A., Jackson, A. V., Barar, R. E., & Schwarz, E. B. (2014, July). [Interest in and experience with IUD self-removal](#). *Contraception*, 90(1), 54–59.
- There are online resources with helpful illustrations for patients who want to learn about self-removal of IUDs. These are provided by organizations like Partners in Contraceptive Choice and Knowledge (PICCK), the Reproductive Health Access Project (RHAP), and others. For more information about these organizations and their patient resources, please refer to Section 6. National Organizations in this resource guide.

3.4. Contraceptive Considerations for Specific Populations

The Reproductive Health Access Project (RHAP) publishes informative posts called Contraceptive Pearls, which offer comprehensive insights into evidence-based contraceptive counseling and care. These resources are designed to address various clinical conditions and patient populations. They provide valuable guidance on contraceptive care for individuals who use substances, who have physical or intellectual disabilities, and more.

To access the Contraceptive Pearls and explore a wide-range of resources, you can visit [the resource page here](#).

3.4.1. People Who Use Substances

- Woodhams, E., Samura, T., White, K., Patton, E., & Terplan, M. (2022, August). [Society of family planning clinical recommendations: Contraception and abortion care for persons who use substances](#). *Contraception*, 112, 2–10.
- Terplan, M., Hand, D. J., Hutchinson, M., Salisbury-Afshar, E., & Heil, S. H. (2015). [Contraceptive use and method choice among women with opioid and other substance use disorders: A systematic review](#). *Preventive medicine*, 80, 23–31.

3.4.2. Adolescents

- Committee opinion no. 710: [Counseling adolescents about contraception](#). (2017, August). *Obstetrics & Gynecology*, 130(2), e74–e80.
- Committee on Adolescence. [Contraception for adolescents](#). (2014, October). *Pediatrics*, 134(4), e1244–1256.
- Additional resources:
 - As part of its Adolescent Health Initiative, the University of Michigan offers mini trainings called Sparks for adolescent-centered practices. [These trainings](#) are free and include PowerPoint slides and a facilitator script that can be used by healthcare organizations to teach about adolescent health topics.

3.4.3. People With Disabilities

- Inclusive Sexual Health Services: Practical Guidelines for Providers & Clinics “can help health care providers and clinical staff cultivate a clinical environment to deliver inclusive, patient-centered and accessible sexual health services.” Learn more [here](#).
- Verlenden, J. V., Bertolli, J., & Warner, L. (2019, October). [Contraceptive practices and reproductive health considerations for adolescent and adult women with intellectual and developmental disabilities: A review of the literature](#). *Sexuality and Disability*, 37(4), 541–557

3.4.4. People Who Are Postpartum

Our work at Upstream includes a dedicated training on Immediate Postpartum Contraception for clinicians and nurses working in Labor and Delivery and Postpartum wards. Our postpartum contraception curriculum focuses on medical guidelines for postpartum contraception, contraceptive management, and a model for patient-centered contraceptive counseling. We have a dedicated clinician resource guide as part of our Immediate Postpartum Contraception training, which can be accessed [here](#).

3.4.5. People Who Are Breastfeeding/Chestfeeding

- Phillips, S. J., Tepper, N. K., Kapp, N., Nanda, K., Temmerman, M., & Curtis, K. M. (2016, September). [Progestogen-only contraceptive use among breastfeeding women: A systematic review](#). *Contraception*, 94(3), 226–252.
- Kapp, N., & Curtis, K. M. (2010, July). [Combined oral contraceptive use among breastfeeding women: A systematic review](#). *Contraception*, 82(1), 10–16.
- Bryant, A. G., Lyster, A. D., DeVane-Johnson, S., Kistler, C. E., & Stuebe, A. M. (2019, February). [Hormonal contraception, breastfeeding and bedside advocacy: The case for patient-centered care](#). *Contraception*, 99(2), 73–76.

3.4.6. People Who Identify as LGBTQ+ and/or Gender Diverse

- [Health care for transgender and gender diverse individuals: ACOG committee opinion](#), number 823. (2021, March 1). *Obstetrics & Gynecology*, 137(3):e75–e88.
- Bonnington, A., Dianat, S., Kerns, J., Hastings, J., Hawkins, M., De Haan, G., & Obedin-Maliver, J. (2020, August). [Society of Family Planning clinical recommendations: Contraceptive counseling for transgender and gender diverse people who were female sex assigned at birth](#). *Contraception*, 102(2), 70–82.
- Krempasky, C., Harris, M., Abern, L., & Grimstad, F. (2020, February). [Contraception across the transmasculine spectrum](#). *American Journal of Obstetrics and Gynecology*, 222(2), 134–143.
- Organizations dedicated to health education and healthcare services for transgender and gender-diverse people:
 - The [National LGBTQIA+ Health Education Center](#) aims to advance health equity, address and eliminate health disparities, optimize access to cost-effective healthcare, and improve the quality of care for LGBTQIA+ people.
 - [University of California San Francisco's Center of Excellence for Transgender Health](#) (Trans CoE) was founded in 2009 with a mission to increase access to comprehensive, effective, and affirming healthcare services for transgender and gender-diverse communities.

3.5. Additional Topics

3.5.1. Contraceptive Counseling

- American College of Obstetricians and Gynecologists' Committee on Health Care for Underserved Women, Contraceptive Equity Expert Work Group, and Committee on Ethics. (2022, February). [Patient-centered contraceptive counseling: ACOG committee statement number 1](#). *Obstetrics & Gynecology*, 139(2), 350–353.
- [Informed consent and shared decision making in obstetrics and gynecology: ACOG committee opinion](#), number 819. (2021, February 1). *Obstetrics & Gynecology*, 137(2), e34–e41.

3.5.2. Bias and Coercion

- DiCenzo, N., Brandi, K., Getz, K., & Matthews, G. (2024, January–February). [Characteristics associated with physician bias in contraceptive recommendations](#). *Women's Health Issues*, 34(1), 51–58.
- [Trauma-Informed Care Implementation Resource Center](#) provides collective resources and educational training from trauma-informed care leaders across the country to improve patient outcomes, enhance knowledge, and increase resilience.

3.5.3. Reproductive Justice

Organizations and resources dedicated to advocacy, education, and training on reproductive justice and equity, diversity, and inclusion:

- [SisterSong Women of Color Reproductive Justice Collective](#), the largest national multi-ethnic Reproductive Justice Collective. They are dedicated to growing and supporting the RJ movement as a thought leader, movement voice, ambassador, and trainer.
- The [National Latina Institute for Reproductive Justice](#) is an organization engaged in reproductive justice and policy work to improve the reproductive health and well-being of Latinx communities.
- Roberts, D.E. (1997). *Killing the Black Body: Race, Reproduction, and the Meaning of Liberty*. Vintage Books.
- American College of Obstetricians and Gynecologists' [Diversity, Equity, and Inclusive Excellence at ACOG](#).

3.5.4. Side Effects

- The US Selected Practice Recommendations for Contraceptive Use (SPR) address common clinical issues related to the initiation and management of various contraceptive methods. During our live instructor-led training, we reviewed the use of the SPR and how it can help with managing side effects of birth control methods, such as bleeding concerns. Please refer to [page 6](#) of this resource guide for instructions on how to access the CDC contraception app. The CDC contraception app includes the SPR as well as the MEC.

4. Video Resources for IUDs and The Implant

The American College of Obstetricians and Gynecologists (ACOG) LARC [video series](#) was created by ACOG in collaboration with the Innovating Education in Reproductive Health program at the University of California, San Francisco Bixby Center for Global Reproductive Health. It covers a variety of clinical topics related to the provision of IUDs and the Implant.

5. Society Resource and Guideline Websites

While we have mentioned specific publications above, we recommend consulting the primary sources for the most current guidelines, expert opinions, resources, and policy statements.

These primary sources include:

- [The American Academy of Family Physicians \(AAFP\)](#)
- [The American Academy of Pediatrics \(AAP\)](#)
- [The American College of Obstetricians and Gynecologists \(ACOG\)](#)
- [The American Society for Emergency Contraception \(ASEC\)](#)
- [The Centers for Disease Control and Prevention](#)
- [The Society of Family Planning \(SFP\)](#)

6. National Organizations

6.1. Beyond the Pill

[Beyond the Pill](#) is a program at the Bixby Center for Global Reproductive Health at the University of California, San Francisco. It is a collaboration with healthcare providers, researchers, and educators to enhance access to contraception and reproductive healthcare. The program's science-driven team is dedicated to continuous innovation in contraceptive care and reproductive health. They have a variety of [tools and materials](#).

6.2. Guttmacher Institute

The [Guttmacher Institute](#) is a prominent research and policy organization committed to advancing sexual and reproductive health and rights on a global

scale. It offers a comprehensive range of resources, including up-to-date fact sheets and interactive resources on state and federal legislation pertaining to sexual and reproductive health.

6.3. **Partners in Contraceptive Choice and Knowledge (PICCK)**

[PICCK](#) is an innovative clinical and public health program in Massachusetts dedicated to enhancing contraceptive choice and effective counseling. Its mission is “to promote excellence and equity in contraceptive care through provider education and practice transformation.” Although grant funding for PICCK ended in the fall of 2023, its resources are all available online, including [practice resources](#) and [patient resources](#).

Some of the specific resources that we refer to in our trainings include, but are not limited to, the following:

- Contraception Guide (Decision Aid)
- Emergency Contraception Toolkit
- How to Remove Your Intrauterine Device (IUD) by Yourself
- Postpartum Contraception Resources
- Translating Patient Preferences and Needs Into Contraceptive Method Options
- What’s Important: A Patient-Centered Approach to Contraceptive Counseling

6.4. **Planned Parenthood Federation of America (PPFA)**

[Planned Parenthood’s](#) mission is to provide accessible care and resources, empowering individuals to make informed decisions about their bodies, lives, and futures. Its website contains many helpful resources for healthcare providers and patients.

6.5. **Power to Decide and Bedsider.org**

[Power to Decide](#) strives to “ensure that all young people—no matter who they are, where they live, or what their economic status might be—have the power to decide if, when, and under what circumstances to get pregnant and have a child.” You can learn more about this organization’s work and resources on its website.

[Bedsider.org](#), a patient-facing online resource, is operated by Power to Decide and offers valuable patient education and information in an interactive platform.

6.6. **Reproductive Health Access Project (RHAP)**

The mission of the [RHAP](#) is to “train, support, and mobilize primary care clinicians to ensure equitable access to sexual and reproductive health care.” It has a wide range of [resources](#), including Contraceptive Pearls, which are monthly updates on evidence-based best practices for contraceptive care. The organization’s resources and patient handouts are available in multiple languages, including Amharic, Chinese (Simplified, Traditional), English, French, Hindi, Portuguese, Russian, Spanish, Tagalog, and Vietnamese.

6.7. The Reproductive Health National Training Center (RHNTC)

The [RHNTC](#) is a collaboration between the Office of Population Affairs (OPA) and the Office on Women's Health (OWH). The aim of the RHNTC is to provide training and technical assistance to Title X and Teen Pregnancy Prevention (TPP) programs. Their [resource library](#) is extensive including written materials and multimedia resources on contraceptive counseling, healthy relationships, and adolescent care. One of their videos, Addressing Weight Stigma and Bias in Sexual and Reproductive Health Care, was the winner of the American Public Health Association's 2023 Public Health Education and Health Promotion Materials Contest.

7. Additional Training and Skill-building Opportunities

Unconscious Bias	
University of California San Francisco (UCSF), Office of Diversity and Outreach	Unconscious Bias Training
Project Implicit	Implicit Association Tests
Stanford Medicine Center for Continuing Medical Education	Unconscious Bias in Medicine
Trauma-Informed Care	
Trauma-Informed Care Implementation Resource Center	Variety of webinars and resources
California Prevention Training Center, UCSF Bixby Center for Global Reproductive Health	Integrating Trauma-Informed Practices into Reproductive Health Services (Speaker: Dominika Seidman, MD, MAS, recorded webinar)
Reproductive Justice	
SisterSong	Reproductive Justice Training and Leadership Development opportunities
Innovating Education in Reproductive Health, UCSF Bixby Center for Global Reproductive Health	Structure & Self: Advancing Equity and Justice in Sexual Reproductive Health
PBS NewsHour	Alabama artist works to correct historical narrative around beginnings of gynecology
Patient-Centered Care and Shared Decision Making	
Partners in Contraceptive Choice and Knowledge (PICCK)	What's Important: A Patient-Centered Approach to Contraceptive Counseling and Shared Decision Making PHI-CARE Framework Videos (Demonstration videos)
Innovating Education in Reproductive Health, UCSF Bixby Center for Global Reproductive Health	Improving Contraceptive Counseling through Shared Decision-Making Curriculum
California Prevention Training Center and California Department of Health Care Services, Office of Family Planning	Shared Decision Making In Contraceptive Counseling (Speaker: Christine Dehlendorf, MD, MAS, recorded webinar)

8. Slides From Upstream's Virtual Instructor-Led Training: Integrating Best Practice Contraceptive Care

Please select [this link](#) or scan the QR Code below to access the Virtual Instructor-Led Training slide deck.

ALL Users, scan this QR Code:





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