

Immediate Postpartum LARC Implementation Resource Digest

General Clinical Guidance

- **American College of Obstetricians and Gynecologists (ACOG):**
 - **Long-Acting Reversible Contraception: Implants and Intrauterine Devices.** Practice Bulletin No. 186. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;130:e251-69.
 - **Adolescents and Long-Acting Reversible Contraception: Implants and Intrauterine Devices.** Committee Opinion No. 735. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2018;131:e130-9.
 - **Immediate Postpartum Long-Acting Reversible Contraception.** Committee Opinion No. 670. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2016;128:e32–7.
 - **Optimizing Postpartum Care.** Committee Opinion. No. 736. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2018;131:e140-50.
 - **Statement of Policy: Access to Women’s Health Care.** The American College of Obstetricians and Gynecologists.
 - **Statement of Policy: Global Women’s Health and Rights.** The American College of Obstetricians and Gynecologists.
- **ACOG Long-Acting Reversible Contraception (LARC) Program:**
 - **Postpartum Contraceptive Access Initiative (PCAI):** <http://www.pcainitiative.org>
 - **Immediate Postpartum LARC Webpage:** <http://www.acog.org/LARCimmediatepostpartum>
 - **Immediate Postpartum IUD Expulsion Fact Sheet.**
 - Levi E. **Immediate Postpartum Initiation of LARC Methods [webinar].** May 29 2014.
 - White KO. **Providing Immediate Postpartum LARC [webinar].** Jan 21 2016.
 - Hofler L. **Immediate Postpartum LARC Implementation: Systems and Sustainability [webinar].** Jul 12 2018.
- **Centers for Disease Control and Prevention (CDC):**
 - Curtis KM, Jatlaoui TC, Tepper NK, Zapata LB, Horton LG, Jamieson DJ, et al. **U.S. Selected Practice Recommendations for Contraceptive Use, 2016.** *MMWR Recomm Rep* 2016;65(RR-4):1–66.
 - Curtis KM, Tepper NK, Jatlaoui TC, Berry-Bibee E, Horton LG, Zapata LB, et al. **U.S. Medical Eligibility Criteria for Contraceptive Use, 2016.** *MMWR Recomm Rep* 2016;65(RR-3):1–103.
- **Cochrane Library**
 - Lopez LM, Bernholc A, Hubacher D, Stuart G, Van Vliet HAAM. **Immediate Postpartum Insertion of Intrauterine Device for Contraception.** *Cochrane Database of Systematic Reviews* 2015;6.CD003036.
 - Sothornwit J, Werawatakul Y, Kaewrudee S, Lumbiganon P, Laopaibon M. **Immediate Versus Delayed Postpartum Insertion of Contraceptive Implant for Contraception.** *Cochrane Database of Systematic Reviews* 2017;4.CD011913.

- **Society of Family Planning**
 - Whitaker AK, Chen BA. **Society of Family Planning Guidelines: Postplacental Insertion of Intrauterine Devices**. *Contraception* 2018;97(1):2-13.

Billing, Coding, and Payment

- **ACOG District II: A Quick Guide to Reimbursement – Coding for LARC**
This guide reviews various encounter, procedure, and supply codes used when coding for LARC services, in addition to related codes that may be useful during visits for LARC provision.
- **ACOG LARC Program: Billing Quiz**
This updated billing quiz for LARC methods helps practices to master coding for the contraceptive implant and intrauterine devices. The scenarios and answers offer examples of possible appropriate coding in a variety of situations, and their inclusion is not meant to imply that they are the only clinical solutions or correct coding for a particular scenario. Quiz yourself and test your coding knowledge by first reviewing and trying to code each scenario. Answers, developed by coding experts, are provided after each scenario.
- **ACOG LARC Program: Quick Coding Guide**
This updated quick reference guide to coding for LARC methods helps practices receive appropriate payment for providing the contraceptive implant and intrauterine devices.
- **ACOG LARC Program: Immediate Postpartum LARC Medicaid Reimbursement Webpage:**
<http://www.acog.org/IPPLARCmedicaid>
This map highlights and states that have published guidance regarding reimbursement for postpartum LARC, and includes links to the guidance documents published by each state.
- **Centers for Medicaid and CHIP Services:**
 - **Informational Bulletin - State Medicaid Payment Approaches to Improve Access to Long-Acting Reversible Contraception**
 - **Letter - Re: Medicaid Family Planning Services and Supplies**
- **Intrauterine Devices and Implants: A Guide to Reimbursement:** <http://larcprogram.ucsf.edu/>
This reimbursement guide is intended to help health care providers overcome the financial challenges of providing the full range of contraceptive methods and reduce out-of-pocket costs and delays in care for patients.
- **Kaiser Family Foundation: Medicaid Coverage of Intrauterine Devices & Implants Reimbursement Policy**
This table and map display data from a state survey for states providing coverage for IUDs and contraceptive implants and that have a reimbursement policy for the postpartum insertion of LARC devices in hospitals.
- **National Health Law Program: Reproductive Health**
If your state Medicaid program does not cover a particular LARC method or a related service such as removal, or if your state places inappropriate limits on restrictions on these services, please email NheLP at nhelp@healthlaw.org with “Reproductive Health” in the subject line.
This information is from “Intrauterine Devices and Implants: A Guide to Reimbursement,” listed above.

Capacity Building and Systems Change

- **ACOG District II: Long-Acting Reversible Contraception Administrative & Infrastructure Support**

This checklist reviews administrative and infrastructure supports needed to effectively provide long-acting reversible contraception, including provider and support staff education and training, device stocking and supply, elements specific to immediate postpartum provision, and coverage and reimbursement.

- Dole DM, Martin J. **What Nurses Need to Know About Immediate Postpartum Initiation of Long-Acting Reversible Contraception.** Nurs Womens Health 2017;21(3):186-95.
- Hofler L, Cordes S, Cwiak CA, Goedken P, Jamieson D, Kottke M. **Implementing Immediate Postpartum Long-Acting Reversible Contraception Programs.** Obstet Gynecol 2017;129(1):3-9.
- Moniz MH, McEvoy AK, Hofmeister M, Plegue M, Chang T. **Family Physicians and Provision of Immediate Postpartum Contraception: A CERA Study.** Fam Med 2017;49(8):600-6.
- Moniz MH, et al. **Immediate Postpartum Contraception: A Survey Needs Assessment of a National Sample of Midwives.** J Midwifery Womens Health 2017.
- Rankin KM, et al. **Application of Implementation Science Methodology to Immediate Postpartum Long-Acting Reversible Contraception Policy Roll-Out Across States.** Matern Child Health J 2016;20(Suppl 1):173-9.

Counseling

- **ACOG:**
 - **Counseling Adolescents About Contraception.** Committee Opinion No. 710. American College of Obstetricians and Gynecologists. Obstet Gynecol 2017;130(2):e74-80.
 - **Effective Patient-Physician Communication.** Committee Opinion No. 587. American College of Obstetricians and Gynecologists. Obstet Gynecol 2014;123(2):389-93.
 - **Partnering with Patients to Improve Safety.** Committee Opinion No. 490. American College of Obstetricians and Gynecologists. Obstet Gynecol 2011;117(5):1247-9.
- **ACOG District II**
 - **Contraceptive Counseling & Reproductive Life Planning: Suggestions for Getting Started.**
 - **Dispelling Long-Acting Reversible Contraception Myths & Misconceptions Fact Sheet**
- **ACOG LARC Program:**
 - **Contraception Apps and Websites Resource Digest.**
 - **Contraceptive Counseling Resource Digest.**
- **Beyond the Pill – Educational Materials for Patients and Students**

Beyond the Pill is a program of the **Bixby Center for Global Reproductive Health** at the University of California, San Francisco (UCSF) that partnered with **Bedsider** to create patient education tools in both English and Spanish that include contraceptive counseling charts, posters, brochures, and videos, which can be **digitally downloaded** or **ordered online**.

Policy Change

- **Association of State and Territorial Health Officials (ASTHO): Increasing Access to Contraception**

This page provides information on state opportunities, challenges, and technical assistance needs identified by ASTHO, and resources on state initiatives to increase access to contraception.

- CDC Report: Working with State Health Departments on Emerging Issues in Maternal and Child Health – Immediate Postpartum Long-Acting Reversible Contraceptives**

This report from the Centers for Disease Control and Prevention (CDC) discusses the strategies and best practices for immediate postpartum LARC policy development and implementation developed by the ASTHO LARC Learning Community.
- CDC: The 6|18 Initiative – Accelerating Evidence into Action**

The CDC is partnering with health care purchasers, payers, and providers through the **6|18 Initiative** to improve health and control health care costs. The 6|18 Initiative identifies **unintended pregnancy** as a key priority and outlines evidence-based interventions to reduce unintended pregnancy. Review the **6|18 Initiative: Prevent Unintended Pregnancy Evidence Summary** for more information.
- Guttmacher Institute: Fact Sheets**

 - **Contraceptive Use in the United States**
 - **Unintended Pregnancy in the United States**
- Jacobs Institute of Women’s Health – Bridging the Divide White Paper: Long-Acting Reversible Contraception – Overview of Research & Policy in the United States**

This white paper provides an extensive summary of current knowledge on LARC research and policy, including factors affecting use, barriers to access, and current policy concerns in the US. The Institute also created short topical papers on LARC issues like **Key Points for Policymakers** and **State-Level and Regional Research on Reducing Barriers to Access**, many of which are also covered within the white paper.
- National Institute for Children’s Health Quality: Strategies to Increase Access to Long-Acting Reversible Contraception in Medicaid**

This issue brief details the use of LARC in preventing unplanned pregnancies, current LARC availability and education for women, barriers to prescribing LARC, and potential Medicaid reimbursement models to improve LARC access.
- National Institute for Reproductive Health: Contraception**

The **National Institute for Reproductive Health** works to change public policy, raise support, and normalize conversations about abortion and contraception. This contraception resource page reviews ways to develop policies to improve access to contraception, raise public awareness about underutilized forms of contraception, and more.
- National Women's Law Center: Birth Control**

The **National Women's Law Center** (NWLC) works to protect and promote equality and opportunity for women and families. The NWLC produces policy reports, fact sheets, toolkits, and other resources to help keep birth control available and affordable, in addition to running the **CoverHer hotline**, providing legal assistance to women having trouble access birth control without a co-pay or out-of-pocket cost through their insurance.
- SisterSong and the National Women’s Health Network: Long-Acting Reversible Contraception Statement of Principles.**

SisterSong and the **National Women's Health Network** (NWHN) released this **LARC statement of principles** to highlight the necessity of a balanced approach regarding LARC use. Women's reproductive autonomy should always be paramount in contraceptive choice. The potential benefits of LARC methods should never override women's independent sexual and reproductive health needs, desires, or family planning practices. Women should not be directed towards any particular contraceptive method based on pregnancy prevention effectiveness alone, and assumptions should not be made based on race, age,

ethnicity, or ability. This statement is **supported by ACOG**, and more information about the statement can be found on the NWHN's page about **LARCs**.

Program Implementation and Clinical Skills

- **ACOG District II: Long-Acting Reversible Contraception - A Hospital-Based Physician Initiative Video Series**
This video series is a part of ACOG's District II (New York and Bermuda) **LARC initiative**. The series presents **information about LARC methods**, an **animation demonstrating postplacental IUD insertion**, **details on systems and reimbursement barriers**, and more.
- **ACOG LARC Program: LARC Clinical Training Opportunities**
This resource highlights “hands-on” clinical training opportunities for interval IUD placement, implant placement, and other clinical skills development.
- **ACQUIRE Project Postpartum IUD Curriculum**
This curriculum from the **ACQUIRE Project** by **EngenderHealth** (supported by **USAID**) is a clinical course emphasizing the information needed to provide safe and effective postpartum IUD (PPIUD) services. The curriculum has been designed to be used by trainers who are skilled, experienced PPIUD providers and who have previously conducted skills training. Both a **Trainer's Manual** and **Participant Handbook** are available for download.
- **CARDEA Inserting LARC Immediately After Childbirth eLearning Course**
This course addresses the indications for LARC insertion immediately following childbirth. Participants view a video demonstration showcasing correct postpartum IUD insertion technique and learn best practices for insertion and managing complications. An optional video teaches participants how to construct a model for practicing the technique.
- **High Impact Practices: Immediate Postpartum Family Planning – A Key Component of Childbirth Care**
This brief contains a short overview of the importance of offering immediate postpartum LARC, tips from implementation experience, and tools and resources for practice.
- **Innovating Education in Reproductive Health: This is How I Teach - Postpartum IUD Insertion Video**
This video explains approaches for teaching postpartum IUD insertion.
- **International Federation of Gynecology and Obstetrics: Special Issues in Maternal Health Resource List**
This resource list from the **Global Library of Women's Medicine** provides training resources on immediate postpartum LARC including postpartum IUD training guides for health care providers, instructors, and trainees, animated and video tutorials for nurses and midwives, wall charts, resources on postpartum IUD counseling, and postpartum implant insertion. The list also provides clinical resources on family planning and preventing unsafe abortion.
- **Jhpiego Providing Long-Acting Reversible Contraception Learning Resource Package:**
 - **Group Based/Single Dose**
 - **Modular/Facility-Based**
- **K4Health Postpartum Family Planning Toolkit**
This toolkit provides training resources for postpartum IUD insertion and counseling. The training materials available include **Access-FP's Postpartum IUD Learning Resource Package**, an **animated postpartum IUD insertion training video**, counseling tools, and training guidance.
- **Laerdal Global Health Mama U Video**

This video demonstrates how to set up the Mama U postpartum uterus model and use it to practice postpartum IUD insertion using forceps and a postpartum IUD inserter.

- **State Postpartum LARC Toolkits:**

Several state collaboratives have created toolkits to support postpartum LARC implementation:

- **Indiana**
- **South Carolina**
- **Texas**
- **Virginia**
- **West Virginia**

- **Stanford Program for International Reproductive Education and Services (SPIRES) Postpartum IUD Insertion Model and Technique Demonstration**

This video demonstrates the assembly and use of a training model developed by SPIRES to assist with teaching postpartum IUD insertion techniques.

This resource was last updated on October 29, 2018, please visit the LARC Program website at <http://www.ACOG.org/LARC> for the most updated version. Please email Mica Bumpus, LARC Program Director, at MBumpus@ACOG.org with suggestions or comments.

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