

# Contraceptive Counseling

## Resource Digest

### Contraceptive Counseling Approaches

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- **Reproductive Life Planning**
  - Allen D, Hunter MS, Wood S, Beeson T. **One Key Question®: First Things First in Reproductive Health.** *Matern Child Health J* 2017;21(3):387-92.
  - Gavin L, et al. **Providing Quality Family Planning Services: Recommendations of CDC and the U.S. Office of Population Affairs.** *MMWR Morb Mortal Wkly Rep* 2014;63(RR04):1-29.
  - **Reproductive Life Planning to Reduce Unintended Pregnancy.** Committee Opinion No. 654. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2016;127:e66-9.
  - Valentin AL. **Putting the QFP Into Practice Series: Integrating Reproductive Life Planning Into Your Family Planning Session [webinar].** Family Planning National Training Centers. Mar 19 2015.
- **Shared Decision Making**
  - Bellanca H. **Changing the Conversation About Contraception.** *Bedsider Providers.* Oct 22 2015.
  - Dehlendorf C. **Contraceptive Counseling and LARC Uptake [webinar].** ACOG LARC Program. Oct 23 2014.
  - Dehlendorf C. **This is How I Teach: SDM with LARC Methods [video].** *Innovating Education in Reproductive Health.* Oct 25 2016.
  - **Effective Patient–Physician Communication.** Committee Opinion No. 587. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2014;123:389–93.
  - **Partnering with Patients to Improve Safety.** Committee Opinion No. 490. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2011;117:1247–9.
- **Motivational Interviewing**
  - **Motivational Interviewing: A Tool for Behavior Change.** ACOG Committee Opinion No. 423. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2009;113:243-6.
- **Tiered Effectiveness**
  - Madden T, Mullersman JL, Omvig KJ, Secura GM, Peipert JF. **Structured Contraceptive Counseling Provided by the Contraceptive CHOICE Project.** *Contraception* 2013;88(2):243-9.
- **Other Approaches**
  - Innovating Education. **Contraceptive Counseling: Responding to Patient Preferences [Prezi].** Apr 21 2016.
  - Jaccard J. **Counseling Adolescents About Contraception: Towards the Development of an Evidence-Based Protocol for Contraceptive Counselors.** *J Adolescent Health* 2013;52(4):S6-13.
  - University of California, San Francisco. **The Program in Woman-Centered Contraception.**

## **Contraceptive Decision-Making for Women with Coexisting Medical Conditions**

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- 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.
- Schreiber C. **LARC for the Medically Complicated Patient [webinar]**. ACOG LARC Program. Dec 14 2016.

## **Practice Resources and Patient Education Materials**

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- **ACOG LARC Program:** <http://www.acog.org/larc>  
The **ACOG LARC Program** maintains lists of **patient** and **practice** resources, including materials for use when discussing contraceptive methods and providing contraceptive counseling to patients.
- **Association of Reproductive Health Professionals:** <http://www.arhp.org/publications-and-resources>  
The **Association of Reproductive Health Professionals** offers a birth control reference guide for clinicians, patient resources, and clinical practice tools. The **Choosing a Birth Control Method Quick Reference Guide for Clinicians** outlines the description, use, effectiveness, side effects, advantages, disadvantages, and counseling messages for the full range of contraceptive methods. **Patient Resources** include educational materials and interactive tools for patients regarding contraception and emergency contraception. The **You Decide Tool Kit** is designed to help clinicians better understand and explain the risks and benefits of hormonal contraception.
- **Bedsider:** <http://www.bedsider.org>  
**Bedsider** is an online birth control support network operated by **Power to Decide: the campaign to prevent unplanned pregnancy**. The **Bedsider Method Explorer** is an interactive visual tool that uses filters like “most effective,” “STI prevention,” and “hormone free” to help users find contraceptive methods that best fit their needs, or users can **compare features of all contraception side-by-side**. Clinicians can also visit the **Bedsider Providers** website to **order patient education materials**, register as a LARC provider on the **LARC Locator**, and access other **digital tools**.
- **Beyond the Pill:** <http://www.beyondthepill.ucsf.edu/tools-materials>  
**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**. **Clinic and provider tools** are also available for front desk staff, counselors, clinicians, and billing experts to help integrate LARC into practice.
- **CAI-CHOICE Contraceptive Action Plan:** <http://www.contraceptiveactionplan.org>  
The **CAI-CHOICE Contraceptive Action Plan** enhances contraceptive services in health care practices. CAP provides **e-learning courses**, **technical assistance**, and **downloadable resources** to help health care providers and staff to provide quality client-centered contraceptive services.
- **CDC:** <https://www.cdc.gov/reproductivehealth/contraception/index.htm>  
The **Centers for Disease Control and Prevention** (CDC) provides tools to help clinicians discuss the effectiveness of contraception methods and the importance of STI prevention with their patients.

- **Family Planning National Training Center:** <https://www.fpntc.org/training-packages>  
The **Family Planning National Training Center** works to address the needs of Title X family planning service grantees and providers and offers resource collections on **providing quality contraceptive care and counseling patients regarding the Zika virus**.
- **NYC Department of Health and Mental Hygiene:**  
<https://www1.nyc.gov/site/doh/providers/health-topics/sexual-and-reproductive-health.page>  
The **New York City Department of Health and Mental Hygiene** provides patient and provider resources on contraception and sexually transmitted diseases, including posters and brochures in English and Spanish.
- **Reproductive Health Access Project:** <https://www.reproductiveaccess.org/resources/>  
The **Reproductive Health Access Project** works to help clinicians incorporate contraception and abortion care into their practice, and provides charts, posters, and fact sheets on a full range of contraceptive methods including hormonal and non-hormonal contraception, emergency contraception, non-prescription contraceptive methods, low cost contraceptive options, and birth control for men.

### **Contraceptive Counseling, Coercion, and Reproductive Justice**

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- **Adolescent Pregnancy, Contraception, and Sexual Activity.** Committee Opinion No. 699. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;129:e142–9.
- **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.
- Aiken ARA, Borrero S, Callegari LS, et al. **Rethinking the Pregnancy Planning Paradigm: Unintended Conceptions or Unrepresentative Concepts?** *Perspect Sex Repro H.* 2016;48(3):147-51.
- Callegari LS, Aiken ARA, Dehlendorf C, Cason P, Borrero S. **Addressing Potential Pitfalls of Reproductive Life Planning with Patient-Centered Counseling.** *Am J Obstet Gynecol* 2016.
- **Counseling Adolescents About Contraception.** Committee Opinion No. 710. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;130:e74-80.
- Dehlendorf C. **Performance Measures for Contraceptive Care: What are We Actually Trying to Measure?** *Contraception* 2015;91(6):433-7.
- Gilliam M. **Beyond Coercion: Let Us Grapple with Bias.** *Obstet Gynecol* 2015;126(5):915-6.
- Gold R. **Guarding Against Coercion While Ensuring Access: A Delicate Balance.** *Guttmacher Policy Review* 2014;17(3).
- Gomez AM, Fuentes L, Allina A. **Women or LARC First? Reproductive Autonomy and the Promotion of Long-Acting Reversible Contraceptive Methods.** *Perspect Sex Repro H* 2014;46(3):171-5.
- Gubrium AC, Mann ES, Borrero S, Dehlendorf C, et al. **Realizing Reproductive Health Equity Needs More Than Long-Acting Reversible Contraception (LARC).** *Am J Public Health* 2016;106(1):18-9.
- Higgins J. **Celebration Meets Caution: LARC's Boons, Potential Busts, and the Benefits of a Reproductive Justice Approach.** *ARHP Commentary — Thinking (Re)Productively.* *Contraception* 2014;89:237–41.

This resource was last updated on June 6, 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](mailto:MBumpus@ACOG.org) with suggestions or comments.

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