

Reproductive Health Access Project Reproductive Health Care and Advocacy Fellowship Required Competencies

By the end of the fellowship year, the fellow should be competent to:

Clinical Care & Skills

1. Perform the following procedures
 - a. IUD insertion and removal (including with strings missing)
 - b. Contraceptive implant insertion and removal
 - c. Endometrial biopsy
 - d. Uterine aspiration to 16 weeks (both manual and electric vacuum aspiration)
 - e. Transabdominal and transvaginal ultrasound for pregnancy location, viability and dating, including first trimester dating
2. Provide medication abortion, including telemedicine care for medication abortion.
3. Provide care for first trimester pregnancy loss (expectant, medical management and aspiration).
4. Manage pregnancy of unknown location.
5. Explain how to diagnose and manage ectopic pregnancy (or refer for treatment).
6. Describe the mechanism of action, use, how to counsel for, and management of all contraceptive methods, including emergency contraception, vasectomy, and tubal ligation.
7. Explain and/or gain experience with managing complications from uterine aspiration for abortion procedures.
8. Describe the foundations of trauma informed care (TIC) and reproductive justice, as well as the history of racism in medicine as it relates to reproductive health care, and how to incorporate trauma informed approaches and an anti-racist lens to care in family planning & reproductive health care provision.

Optional Clinical Skills: OB (prenatal, intrapartum & delivery management, postpartum care, breastfeeding care), vasectomy, gender-affirming hormone therapy, colposcopy with endocervical curettage and cervical biopsies, in/fertility management, perform second trimester abortio care (D&E, induction, laminaria placement, feticidal medication administration), management of vulvar lesions/vulvar biopsies, bartholin cyst/abscess management, fine-needle aspiration breast cyst, diagnosis and management of STIs and vaginitis, evaluation and management of abnormal uterine bleeding

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Teaching

1. Teach others to perform the above procedures in a precepting capacity.
2. Lead a didactic or CME session on reproductive health topics for various groups, including learners and colleagues. Topics should include, but are not limited to, a papaya workshop and values clarification workshop.
3. Write a Contraceptive Pearl topic for RHAP.

Optional Teaching: Providing CME on reproductive health topics at conferences, publishing educational materials on reproductive health topics, incorporating reproductive health training into health professions' curricula (med/nursing students, residents, etc.)

Advocacy and Leadership

1. Create or collaborate on a resolution for the American Academy of Family Physicians & testify for the resolution at a state or national meeting (e.g. state house of delegates meeting, national congress of delegates meeting, NCFMR, or NCCL).
2. Tell a story about why fellows provide abortion care (for RHAP website, blog, opinion editorial, testimony for legislation or resolution).
3. Participate in RHAP Cluster work.
4. Describe the process for and potential challenges to starting reproductive health services at a new site.
5. Participate in local, state, or national lobby day and gain experience with speaking with legislators.
6. Describe how to write an opinion editorial or letter to the editor.

Optional: Participate in an institutional advocacy project, write an opinion editorial/letter to the editor; have an opportunity to speak publicly or with the media on a reproductive health or reproductive rights topic; participate in research projects and/or quality improvement projects that have clear advocacy implications

Purposeful Inclusion

1. Describe how to mitigate implicit bias in providing reproductive health care.
2. Begin exploring and gaining awareness in the work being done by reproductive justice and birth justice organizations in fellows' communities.
3. Explain how white supremacy operates in reproductive health care and medicine more broadly.
4. Be able to explain how intersectionality and individual identities, privilege, and power impact health care and patient experience.

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5. Develop strategies to support the lifelong commitment to the process of integrating an anti-racist lens into providing, teaching, and advocating for reproductive health care.

Optional: Engagement with local Reproductive Justice and Birth Justice community groups or organizations for advocacy work; work on advocacy that amplifies the voices of patients, community members and community groups

Community & Mentorship

1. Participate in/engage with local RHAP Cluster work by helping lead/facilitate one cluster meeting during fellowship.
2. Participate in national RHAP Cluster meetings.
3. Practice and identify key points for career negotiation as an abortion provider.

Optional: Work with local site director and RHAP Cluster leaders on community engagement and relationship building.