

# 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 14-16 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. Explain and/or gain experience providing self-managed abortion education and follow-up care/post-abortion care.
9. 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, chestfeeding care), vasectomy, gender-affirming hormone therapy, colposcopy with endocervical curettage and cervical biopsies, in/fertility management, perform second-trimester abortion care (D&E, induction, laminaria placement, feticidal medication administration), management of vulvar lesions/vulvar biopsies, bartholin cyst/abscess management, fine-needle aspiration chest cyst, diagnosis and management of STIs and vaginitis, evaluation and management of abnormal uterine bleeding

## Teaching/Curriculum Development

1. Teach others to perform the above procedures in a precepting capacity.

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2. Lead a didactic or CE session on reproductive health topics for various groups, including learners, colleagues, and national primary care audiences. Topics may include, but are not limited to, a papaya workshop, values clarification, medication abortion, self-managed/self-sourced abortion, gender-affirming reproductive health care, intro to LARC, etc.
3. Write a Contraceptive Pearl or Insights topic for RHAP.
4. Revise and update a topic for the RHAP Fellowship curriculum.

Optional: Providing CE 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.), developing and/or updating patient education materials and clinical tools

### 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/practice change project, write an opinion editorial/letter to the editor; apply to PRH Leadership Training Academy; speak publicly or with the media on a reproductive health or reproductive rights topic; join and engage with a local or state-based reproductive health/rights/justice coalition; 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 of 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.

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4. Be able to explain how intersectionality and individual identities, privilege, and power impact health care and patient experience.
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 plan and lead 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.
4. Engage with medical/allied health/nursing students, residents, and other medical trainees, providing support, mentorship, and community as primary care reproductive health providers.
5. Engage in formal intersectional mentor-mentee relationships with site directors and/or faculty that are reciprocal, relational, and foster belonging, with a focus on goal-setting and mutual respect.

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