Telehealth for Reproductive Health Care Workshop
Facilitator's Guide

Overview

This workshop includes both a didactic presentation and a group discussion on how clinics and clinicians can provide reproductive health care through telehealth. This lecture outlines adjustments that can be made to clinic and clinician practices while also continuing to provide patient-centered services. The workshop content should run approximately 1 hour.

Workshop Pre and Post Tests

Please begin the presentation by directing participants to the short online pre-test at the beginning of the presentation. Before participants leave, please have them complete the online post-test. Both are required for continuing education credits for participation in the workshop. Links to pre and post-test are on the facilitator's website.

Handouts

Please make sure you have the links to these resources ready to share with participants during the session: Depo-Provera Sub-Q User Guide, IUD Self-Removal Fact Sheet, IUD After Childbirth Fact Sheet, Your Birth Control Choices Fact Sheet, Protocol for Medication Abortion Using Mifepristone and Misoprostol, Medication Abortion FAQs, Sam's Medication Abortion Zine, How to Use Medication Abortion Pills Fact Sheet, How to Use Misoprostol-Only for a Medication Abortion Fact Sheet, Phone Triage Call: Bleeding with Medication Abortion, and Protocol for Ectopic Pregnancy Treatment.

Slide Deck

Workshop Objectives:

1. Explore which reproductive health services really require in-person care and what can be done via video or phone.
2. Examine the technology and regulations that can be minimized in order to enhance patient-centeredness.
3. Discuss where our advocacy can be focused in order to provide and expand innovative and safe care.

Introducing Telehealth for Medication Abortion
Side 3 covers Telehealth and COVID-19

Best Practices for Patient-Centered Telehealth Care
Slides 4-13 explain in detail best practices and key considerations for providing patient-centered care generally over telehealth.

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Slide 4 introduces various strategies to achieve patient-centered telehealth care: Encouraging patient comfort, patient education considerations, phone vs. video considerations, assure/screening for privacy and confidentiality, and screening for safety and IPV.

Slides 5-11 reviews each method individually.

Slides 12-13 highlights best practices for caring for transgender and gender-expansive people.

Prenatal and Postpartum

Slides 14-15 Reviews strategies and practices for providing prenatal and postpartum telehealth care.

Contraception

Slides 17-23 discuss providing contraception care through telehealth.

Abortion

Slides 24-34 discuss providing medication abortion care through telehealth, including considerations for self-managed abortion.

Early Pregnancy Loss

Slide 35 discusses providing early pregnancy loss care through telehealth

Other Telehealth Issues

Slide 36 reviews best practices for training clinicians through telehealth.

Resources and Closing

Slide 37 explores a few helpful resources.

Slide 38 lists the various references used throughout the presentation.

Slide 39 Thank you. This would be a good time to answer any lingering questions.

Once the presentation has come to a close, please make sure to have participants complete the workshop post-test.