Long Acting Reversible Contraceptives: The Basics
Facilitator’s Guide

Overview
This presentation is designed to be both didactic and interactive. Use the slide deck provided to guide participants through the content and conversations. The notes within the slide deck contain the core contents of this workshop, including videos, discussion points, and resources. There are four additional case studies outside of the slide deck to use with participants. These case studies are a core component of the workshop. We encourage you to divide participants into small groups to work through 1-2 case studies on their own, and report back to the larger group if there is time. You’ll find a facilitator’s case study guide with discussion points and a participant guide with blank sections for participants to take notes. This workshop should take up to two hours to complete. If you are interested in providing CE credit for this workshop and haven’t contacted us already, please reach out to network@reproductiveaccess.org.

In your materials, you will also find an optional LARC: Advanced slide deck if your learners are more advanced and interested in learning about challenging situations involving LARC insertions and removals. Some content in the advanced slide deck is repeated, as this presentation could stand alone. Here, you will also find new content with resources and discussion points in the notes section to help guide your presentation.

Workshop Pre and Post Tests
We recommend you send email invitations before the workshop to participants that include the link below to the short online pre-test. For anyone that has not yet completed the pre-test by the start of the workshop, begin the presentation by directing participants to the pre-test. Before participants leave, please have them complete the online post-test. Both are required to receive CE credit for participation in the workshop.

Pre-Test:
Post-Test:

Handouts
Please make sure participants have a copy of the Case Studies Learner’s Guide and access to the following resources cited in the presentation. You do not need to print out these resources, but make sure your participants know how to access them.

- Medical Eligibility Criteria
- LARC Statement of Principles
- IUD Factsheet
- IUD Self-Removal Factsheet
- Quick Start
- Implant Factsheet
- Which EC is Right for Me?

Slide Deck
Workshop Learning Objectives
1. Explain the basic information for history taking and patient-centered counseling on LARCs (IUDs and implants), including contraindications.
2. Examine the history, present, and legacy of reproductive coercion and how it relates to LARC care and use today.
3. Access online resources for patient education and clinician references regarding medical eligibility.
4. Describe the techniques for insertion and removal of all LARC options.

Context on Supporting Patients
Slide 5-6 introduce the audience to patient-centeredness in LARC care and any kind of reproductive health care. Watch the Bedsider video and talk about what helps patients in these situations.

Background on LARC Use
Slide 7 and 8 discuss why LARC methods are an important component of the full spectrum of contraception and their increase in use over the past decades.

Patient-Centered Counseling, Reproductive Autonomy
Slide 9-11 highlight the importance and how to conduct patient-centered contraceptive counseling, with special attention to the unjust, discriminatory legacy and harm of contraceptive coercion and abuse perpetrated by institutions, governments, etc. on Black, Indigenous, and People of Color. Watch and discuss the video on Slide 9, review the LARC Statement of Principles on Slide 10, and discuss one example of this legacy through the Puerto Rican Birth Control Trials on page 11.

Tools for Assessing Eligibility
Slides 12-16 highlight resources to support clinicians remember and check patients' medical eligibility for various forms of contraception. Use Slide 14 and the CDC MEC to go over different kinds of conditions and their risk level for IUD and implant use.

Case Study: Shani
Slides 17-22 use a case study to introduce participants to the different types of IUDs and their mechanisms of action.

Case Studies: Tig, Krystal, and Kerry
Slides 23-31 uses case studies to apply how to use the CDC MEC and identify higher risk conditions for IUDs.

Case Study: Rita
Slides 32-36 uses a case study to compare LNG-52 and LNG-13.5 hormonal IUDs and myths about IUDs.

Case Study: Pamela
Slides 37-38 uses a case study to discuss IUD insertion and ectopic risk.

Case Study: Natalie
Slides 39-40 uses a case study to discuss Quick Start and the timing of IUD insertion.

Case Study: Jennifer
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Slides 41-45 uses a case study to discuss offering the implant.

**Implant Insertion and Removal**
Slides 46-49 explain how to insert and remove the implant and some common challenges.

**IUD Insertion and Removal**
Slides 50-59 discuss how to insert and remove the IUD, common challenges, comfort measures for patients, and options for self-removal.

**Didactic Wrap Up**
Slide 60 offers key take home messages for participants and Slide 61 highlights key resources from the RHAP website and outside of RHAP for providing LARC care. We suggest using this time to ask for any final questions before transitioning into small groups to work through one or more of the case studies. You may also introduce slides from the LARC: Advanced slide deck to discuss more complex cases of IUD and implant insertions and removals.