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# Family Planning: Beyond the Basics

## Spring 2021

<u>Course Dates:</u>	January 4, 11, February 1, 8, 15 Mondays, 5:00-7:00 PM
<u>Maximum Students:</u>	30
<u>Class Year:</u>	MS1
<u>Course Directors:</u>	Colleen Krajewski, MD, MPH Department of Obstetrics, Gynecology & Reproductive Sciences
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### Description:

This mini-elective will be a 5-week course that will explore family planning from a practical, public health, legal, and ethical perspective. The course is designed to help first and second year students build off the existing reproductive and ethics curriculum by providing an in-depth and practical experience in the field of family planning.

Students will first participate in a values clarification exercise to increase awareness about how personal beliefs influence patient care before delving into the practical, public health, and legal aspects of contraception and abortion. The course includes several interactive sessions that equip students with skills to counsel patients, providers, lawmakers, and others on issues surrounding reproductive justice. Students will gain hands on experience in contraceptive counseling as well as simulated practice with IUD insertion and uterine evacuation procedures. The course will also explore aspects of reproductive health advocacy, including how to use storytelling in advocacy, craft a message and communicate that message clearly. The sessions will be a mixture of lecture-based and interactive skill building workshops led by Family Planning faculty.

### Course Objectives:

- Gain in-depth and practical experience in family planning that builds off the existing reproductive and ethics curriculum.
- Learn how personal biases can impact the ability to provide compassionate, empathetic and accepting patient care in a variety of clinical settings.
- Obtain a deeper understanding of the practical, public health and legal aspects of contraception and abortion.
- Practice fundamental contraceptive counseling skills, preparing students for clinical rotations.
- Expand knowledge and skills on reproductive advocacy and learn strategies for communicating messages clearly and practice delivering those messages.

### Requirements:

Attend and participate in all 5 lecture/skill building workshops.

## **COURSE OUTLINE:**

### **FAMILY PLANNING—BEYOND THE BASICS**

**Mondays, January 4, 11, February 1, 8, 15**

**Time: 5:00-7:00 PM**

**Location: Remote with 1 in person workshop (Specific Info TBA)**

#### **Session 1: 2 hours—January 4, 2021**

##### **Values Clarification:**

- During this interactive session students will be guided through a values clarification exercise.
- The exercise will help students gain an understanding of how personal feelings can influence patient care as well as personal and professional relationships.
- Through the exercise students will explore ethical topics related to abortion, including gestational age, a woman's personal circumstance, and stigma.

#### **Session 2: 2 hours—January 11, 2021**

##### **Practical Aspects of Abortion Provision**

- This lecture will provide an overview of unintended pregnancy and abortion in the United States. It will review the incidence of pregnancy and abortion, define terms associated with first trimester pregnancy termination, and review the safety of abortion.
- Students will learn who has abortions, why, and when in pregnancy as well as develop an understanding of the provision of and access to abortion services.
- Students will gain practical knowledge about abortion procedures in the first and second trimesters of pregnancy.
- Students will practice basics of manual vacuum aspiration.

#### **Session 3: 2 hours—February 1, 2021**

##### **Practical and Public Health Aspects of Contraception**

- This interactive session will provide an overview of the practical and public health aspects of contraception.
- Students will gain hands-on experience with contraceptive counseling through a role-playing exercise that simulates commonly encountered questions about contraception in the clinical setting.
- Students will practice basics of IUD placement and become familiar with common insertion instruments and techniques.

#### **Session 4: 2 hours—February 8, 2021**

##### **Legal Aspects of Abortion and Contraception**

- This lecture will provide an overview of the constitutional case law that provides protection for both married and unmarried couples to use contraception as well as the constitutional 'right to privacy' and what other rights are based on this foundation.
- Students will become familiar with constitutional case law surrounding the practice of abortion, with a focus on the most recent 'TRAP' laws.
- Students will gain an understand the laws restricting the practice of obstetrics and gynecology in the state of PA and learn how to practice compassionate, patient-centered care within the confines of restrictive laws.

#### **Session 5: 2 hours—February 15, 2021**

##### **Reproductive Health Advocacy**

- This interactive session will teach students important communication skills in reproductive health advocacy and provide an opportunity for practice of these skills.
- Students will gain an understanding of how to answer questions in a way that presents their issue in the best light and practice answering questions in multiple formats – print media, radio, and television.
- Students will practice using a 'message box' to ensure points are clearly communicated and review the basics of non-verbal communication such as posture and hand gestures.
- Session will review the importance of storytelling in advocacy, professional guidelines in advocacy as well as the basics of interacting with elected officials.
- Students will gain practical experience in friendly and hostile communication with real-time feedback from Family Planning faculty.
- Students will understand the importance of professionalism when participating in health care advocacy.