**Contraception Counseling Workshop**

*This workshop was intended to teach contraception and counseling to 2nd year medical students in a way that prepares them for clinical encounters.*

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Learning Objectives:

By the end of the session, learners will be able to:

* Review basic information about contraceptive methods, specifically LARC methods as well as special considerations for medically complex and postpartum women
* Introduce a shared decision-making approach to counseling
* Allow students an opportunity to practice LARC insertion techniques on models

Curriculum components:

* Session preparation – students were expected to watch a 25-minute online video module and read the syllabus chapter covering basic medical information about contraception.
* Contraception cases – in a large group session, students reviewed clinical cases with a contraception expert using interactive Poll Everywhere questions, “think-pair-share” prompts, and [CDC Medical Eligibility   
  Criteria.](http://www.cdc.gov/reproductivehealth/contraception/usmec.htm)

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| **Case 1** | **Case 2** |
| 31 yo healthy G1P1 on postpartum day 2 | 25 yo G0 with history of obesity and a remote DVT |

* Contraception stations – students could handle different methods and learn LARC insertion techniques.



Evaluation:

* We obtained usage data for the online module through the iRocket page.
* Evaluation through an anonymous questionnaire.
* Outcome measurements:
  + Attendance – taken without student names
  + Duration of preparation – estimated by students in survey
  + Session interactivity – True/False response comparison with traditional lecture
  + Student understanding and confidence – rated as 1-3 scale as compared to feelings before the session.

**RECOMMENDED Additional Reading**

* Bedsider: [http://bedsider.org/methods](https://mail.ucsf.edu/owa/redir.aspx?SURL=I-Y-bX0LdlAMZOXl9LfPbAxNjq3MAjMc_Vx0osSNY_diMfUdUbrTCGgAdAB0AHAAOgAvAC8AYgBlAGQAcwBpAGQAZQByAC4AbwByAGcALwBtAGUAdABoAG8AZABzAA..&URL=http%3a%2f%2fbedsider.org%2fmethods). Designed for the general public, it is a wonderful resource for information about contraception and sexuality.
* *A Pocket Guide to Managing Contraception*. This information-packed, well-informed guide for clinicians is freely available on-line at *https://www.****managingcontraception****.com/files/MC-2012.pdf*.