

Core Competencies for Contraceptive And Other Related Family Planning Services in the Context of Zika



CLINICAL STAFF



Counseling & Education

1. Provide respectful and client-centered care focused on meeting clients' needs.
 - 1a: Establish and maintain rapport with the client.
 - 1b: Approach all clients, including marginalized and vulnerable populations, in a nonjudgmental and nondiscriminatory manner with respect for individual dignity.
 - 1c: Show respect for clients' choices, as well as their right to consent for, or refuse care.
2. Screen all clients for their pregnancy desires and/or reproductive life plan.
 - 2a: Include the full range of potential desires/intentions in screening.
 - 2b: Include the possibility of changing desires/intentions in screening.
3. **Provide Zika education and risk assessment in the context of the client's reproductive intentions.**
 - 3a: **Provide basic information about Zika, its transmission through both mosquito bites and sex, and its association with negative pregnancy outcomes.**
 - 3b: **Conduct individualized risk assessment for Zika infection with consideration for whether client or partner(s) live in an area with active Zika transmission, have traveled to an endemic area, or whether they plan to travel to an endemic area.**
 - 3c: **Discuss pregnancy goals within the context of risk for Zika infection.**
 - 3d: **Provide information about strategies to prevent Zika infection and its consequences.**
4. Provide contraceptive counseling and services to all clients wishing to prevent pregnancy in a client-centered manner that prioritizes patient preferences and reproductive autonomy.
 - 4a: Assess which methods are safe for the client to use, taking into account their medical history and the Centers for Disease Control and Prevention (CDC) guidelines.
 - 4b: Provide culturally and linguistically appropriate health education **related to risk for Zika infection and contraception and pregnancy options**, in a manner that can be readily understood and retained by the client, with attention to health literacy and numeracy, using visual aids, as needed.
 - 4c: Support the client to consider what methods are appropriate for them, given their pregnancy intentions, contraceptive experiences/preferences, sexual health assessment, and other contextual factors, such as need for privacy and insurance coverage.
 - 4d: Help the client select a contraceptive method in a client-centered manner, **with a focus on their individualized risk assessment for Zika infection**, with consideration for special situations, such as intimate partner violence or sexual coercion risk.
 - 4e: **Provide education regarding all emergency contraceptive methods, with consideration for effectiveness and use in the context of their individualized risk assessment for Zika infection.**
 - 4f: Conduct a physical assessment, when warranted, using CDC guidelines.
 - 4g: Provide the client's preferred method (or initiate formalized referral process and follow up if method chosen is not available or offered by the provider), along with instructions about correct and consistent use. Help the client develop a plan for using the method and for follow-up, and confirm understanding.
 - 4h: Offer anticipatory guidance about potential side effects of the chosen method, including their expected time frame, and strategies to address them.
 - 4i: Provide client with information about access to care in case of dissatisfaction with the chosen method.
 - 4j: Offer anticipatory guidance regarding discontinuation of method for desired pregnancy, **specifically within the context of Zika.**



4k: Provide education regarding Sexually Transmitted Disease prevention and condom use, as appropriate.

5. Address the special needs of adolescent clients.

5a: Offer confidential services.

5b: Encourage and promote communication between the adolescent and their parent(s) or guardian(s).

5c: Provide services in a “youth-friendly” manner.

6. Provide pregnancy testing and counseling and appropriate referrals (to prenatal care, adoption services, and abortion), as needed.

6a: Provide nondirective, medically accurate options, counseling and referral, as needed.

7. Provide pregnancy testing/counseling and other services to help clients achieve pregnancy, **with consideration for whether client or partner(s) live in an area with active Zika transmission, have traveled to an endemic area, or whether they plan to travel to an endemic area.**



LARC Provision

8. Provide placement and removal of the long-acting reversible methods of contraception (LARC), as indicated by the preference of the client.



MANAGEMENT AND ADMINISTRATIVE STAFF



Logistical/Operational Functions

9. Develop a plan for continuity and sustainability that considers costs of care.

10. Address scheduling and clinic flow needs for streamlined family planning services.

10a: Address inventory and supply chain issues in order to insure timely provision of all methods, including injectable hormonal methods, IUDs and implants, for all clients requesting them.

10b: Establish a goal of same day provision of all methods.

11. Provide culturally and linguistically appropriate educational materials **addressing risk for Zika infection**, all contraceptive methods and pregnancy options, with consideration for health literacy and numeracy.

12. Provide accurate coding and billing for all family planning services.

13. Monitor performance as part of the continuous quality improvement process.

14. Maintain a robust referral network and processes for referral and follow up for services not provided (i.e., IUD placement and removal; implant placement and removal; abortion, prenatal care, etc.).