

Training Resources for Physicians and other Primary Care Providers on RHLP

Primary care visits can be an opportunity to work with women and their partners to improve preconception health and address modifiable risk factors. By incorporating the Reproductive Health Life Plan (RHLP) and preconception counseling into otherwise routine primary care visits, we can work to decrease the number of unintended pregnancies or pregnancies with short interpregnancy intervals, leading to healthier pregnancies, mothers, and babies.

The following links include a list of resources for primary care providers to receive additional training for preconception counseling and the RHLP:

The Preconception Health and Health Care Initiative at UNC Chapel Hill: <https://beforeandbeyond.org/>

- Links to the program's newsletters and additional information - <https://beforeandbeyond.org/pchimcoiin/coiinnewsletters/>
- Program modules on preconception care and interconception care - <https://beforeandbeyond.org/modules/module-1-preconception-care/> (available for CME)
- Preconception Health Research Highlights and other mobile and digital resources through the initiative:- <https://myemail.constantcontact.com/PCHHC-June---July-2019-Newsletter-.html?soid=1110472552145&aid=GKSD9rst4P4>

A more patient-oriented section of the Preconception Health program at UNC Chapel Hill: <https://showyourlovetoday.com/>

CDC recommendations for providing Quality Family Planning Svcs (2017): <https://www.cdc.gov/mmwr/volumes/66/wr/mm6650a4.htm>

SAMHSA training from the Center of Excellence for Integrated Health Solutions: <https://www.thenationalcouncil.org/integrated-health-coe/training-events/>

American Academy of Family Physicians (AAFP) position paper on preconception care: https://www.aafp.org/about/policies/all/preconception-care.html#Summary?utm_source=PCHHC%20January%20Newsletter%20-%202016&utm_campaign=PCHHC%20JAN&utm_medium=archive

American Family Physician Journal article on "Recommendations for Preconception Counseling and Care": <https://www.aafp.org/afp/2013/1015/p499.html>

American College of Physicians (ACP) Internist Article: <https://acpinternist.org/archives/2020/05/making-space-for-preconception-counseling-in-primary-care.htm>

App created by the VA to provide information to support the integration of preconception care into comprehensive primary care: "Preconceptive Care" - <https://mobile.va.gov/app/preconception-care>

Physicians for Reproductive Health (PRH) website: <https://prh.org/>

PRH Reproductive Health Throughout a Lifespan Case Videos:

<https://prh.org/reproductive-sexual-health-needs-case-videos/>

Family Planning National Training Centers (FPNTC) –“Putting the QFP into Practice Series: Integrating Reproductive Life Planning (RLP) into Your Family Planning Session” (Vimeo):

<https://player.vimeo.com/video/124050935>

State Level Resources:

California:

- Every Woman California (Health Care Professionals section)
http://www.everywomancalifornia.org/content_display.cfm?categoriesID=97&contentID=360
- Algorithms and patient handouts free to download, print, and distribute:
http://www.everywomancalifornia.org/content_display.cfm?categoriesID=120&contentID=359

Colorado:

- Printed guidelines, https://www.colorado.gov/pacific/sites/default/files/HTW_Preconception-Care-Guideline_12-30-2009.pdf