

FAMILY PLANNING TRAINING IN MEDICAL SCHOOL AND RESIDENCY



Information for Medical Students

Family Planning Training in Medical School and Residency

“Pregnancy termination is a reproductive option. Patients may consider it based on their personal life circumstances or in the setting of fetal anomalies and/or maternal illness. Regardless of personal views about abortion, students should be knowledgeable about its public health importance, as well as techniques and complications.”

THE ASSOCIATION OF PROFESSORS OF GYNECOLOGY AND OBSTETRICS MEDICAL STUDENT EDUCATIONAL OBJECTIVES, ELEVENTH EDITION



One in four women will have an abortion in her lifetime, making it one of the most commonly performed gynecologic procedures.¹

In spite of its prevalence, medical school curricula spend little time discussing abortion, and many obstetrics and gynecology residency programs do not offer routine abortion training. Fortunately, there are various opportunities for motivated medical students to ensure they have well-rounded family planning education, preparing them to provide comprehensive reproductive healthcare.

¹Jones RK, Jerman J. Population Group Abortion Rates and Lifetime Incidence of Abortion: United States, 2008–2014. *American Journal of Public Health*. Dec 2017;107(12):1904-1909.



Abortion and Contraception Education in Medical School

Gaining education and experience in family planning during medical school is an essential component of medical education. There are a number of ways to do so:

- **Pre-Clerkship Lectures** give you the opportunity to learn about abortion or contraception in the classroom. Seek out lectures and guest speakers to hear from the experts in the field.
- **Third Year Clerkships** in obstetrics and gynecology or family medicine provide exposure to clinical activities, which can include abortion and contraception training.
- **Fourth Year Sub-Internships** can offer a chance to get more in-depth training. Medical students can arrange rotations at other schools or hospitals in order to maximize their training and enhance their knowledge.
- Joining or starting a **Medical Students for Choice** chapter at your school will connect you with additional opportunities and a community of interested peers, both locally and nationally.



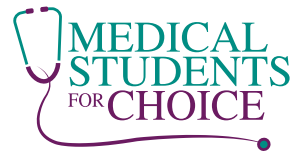
Medical Students for Choice

Medical Students for Choice (MSFC) works to ensure that all medical students have access to abortion education and training through:

- **Student Organizing:** Medical student activists organize extracurricular educational events on abortion and family planning to offer their classmates. These events range from lectures given by family planning experts to clinical skills workshops.
- **Curriculum Reform:** MSFC supports medical student leaders working to make abortion and contraception a part of their standard medical school curriculum.
- **Reproductive Health Externship Funding Program:** MSFC funds medical students' and residents' efforts to receive clinical exposure to abortion care. Medical students and residents spend upwards of 2 weeks learning from expert physicians in a clinical setting.
- **Conferences and Institutes:**

The annual **Conference on Family Planning** brings together hundreds of medical students, residents, and reproductive health experts for a weekend of abortion and family planning education.

The Abortion Training Institute is a fully-funded, small group opportunity for medical students to learn all about abortion procedures, abortion-focused legislation, and how to be an advocate for their patients.



“What I enjoyed most about the rotation was all of the faculty support, meeting with patients from different backgrounds and hearing their stories, and becoming more comfortable with talking about abortions with my patients.”

RYAN PROGRAM RESIDENT, POST-ROTATION SURVEY, 2018



Abortion and Contraception Training in Residency

In 1996, in order to properly integrate family planning training, the Accreditation Council for Graduate Medical Education (ACGME) mandated that Ob-Gyn residency programs provide access to experience with induced abortion. Programs are improving their training, but it can be difficult to tell what quality of education you will receive at different residency programs.

“...Access to experience with induced abortion must be part of residency education.”

ACCREDITATION COUNCIL FOR GRADUATE MEDICAL EDUCATION
REVIEW COMMITTEE FOR OBSTETRICS AND GYNECOLOGY, (ACGME), JANUARY 1996

If abortion training is important to you, then asking about it at interviews can be effective to determine if the program will support your desire for family planning and abortion-related training. Discussing family planning on interviews is an opportunity for you to talk about something you are passionate about and allows you to demonstrate your commitment to comprehensive women’s health care.

What to ask?

Is training “opt-in” or “opt-out”? Opt-in may mean that a resident has to seek out their own training, which may not be integrated into the resident curriculum and clinical activities. When a program offers opt-out training, a full or part of a rotation is dedicated to family planning. The resident may choose not to participate, or participate up to their level of comfort. Providing a specific rationale for doing so may be required.

What types of abortions are taught? Inquire about training in both medication and surgical methodologies and if training is offered for 2nd trimester terminations. You may also want to know how many abortions are for genetic reasons or for the health of the patient and if these take place in a different clinic or in the Labor and Delivery suite.

Where does the training take place? Some programs may have a Family Planning clinic within their hospital or they may offer abortions during the General Ob-Gyn clinics. Some have arrangements for residents to receive training at a local Planned Parenthood or abortion clinic.

How many abortions will I do? Just like any other procedure, the more you do, the greater your skill will be. Therefore, you may want to ask how many abortions the typical resident has done upon graduation, and to what gestational age.



“This was a great program and has significantly impacted my ability to provide abortion services as a provider in the future. This was a very necessary part of my training and I could not imagine becoming a competent OB/GYN without training through the Ryan training program.”

RYAN PROGRAM RESIDENT, POST-ROTATION SURVEY, 2016

What is a Ryan Program?



The Kenneth J. Ryan Residency Training Program (Ryan Program) launched as a national initiative to help implement the ACGME mandate and institutionalize family planning

training as an important part of medical education. The Ryan Program provides support for Ob-Gyn residency programs to create or expand rotations in contraception and abortion in the teaching hospital, and build training collaborations with abortion clinics in the community. Attending a residency that offers a Ryan Program model of training helps to ensure that family planning training will be an integral part of your education.

The majority of academic teaching hospitals offer Ryan Programs and the number continues to grow each year! Check out www.ryanprogram.org for the most up-to-date information.

What can I expect at a Ryan Program?

- A formal, opt-out clinical curriculum in abortion and contraception.
- Comprehensive training in outpatient first trimester surgical and medication abortion, with the opportunity to learn D&E procedures.
- Extensive training in all methods of contraception, including long-acting reversible contraception (LARC).
- Exposure to contraceptive needs of patients with complex medical histories.
- Implementation of evidence-based practices and technologies.
- Learning about comprehensive pregnancy options counseling, procedure counseling and early gestational ultrasound assessment.

What skills will I gain through a Ryan Program?

- Counseling
- Ultrasound Skills
- Outpatient Surgical Skills
- Uterine Evacuation
 - MVA, EVA, D&E*
 - Cervical dilation techniques
 - Medication abortion
 - Medical management of miscarriage
- Contraceptive Management
 - Immediate post-partum
 - Immediate post-abortion
 - Patients with comorbidities
 - LARC insertion and removal
- Pain Management
 - Oral narcotics
 - Local anesthesia
 - Intravenous sedation

*MVA = manual vacuum aspiration
EVA = electric vacuum aspiration
D&E = dilation & evacuation

Additional benefits of Ryan Programs

- Comprehensive family planning education and demonstrated commitment to training in full-spectrum women's healthcare
- Didactics through the Ryan Program curriculum and quizzes
- Access to webinars led by experts in the field
- Opportunities for family planning related research
- Mentorship from faculty
- Excellent preparation for a career in women's health or pursuing a fellowship in Complex Family Planning



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RYAN PROGRAM RESIDENT, POST-ROTATION SURVEY, 2018



What if I go into Family Medicine?

Family medicine departments provide education in family planning, but the extent of training, particularly in abortion care, varies among medical schools and residency programs. RHEDI Programs are family medicine residency programs that offer fully integrated abortion training, which includes didactic and clinical training in contraception, pregnancy options counseling, hands-on abortion training, and pre- and post-abortion care. Family physicians provide comprehensive health care across the lifecycle and are well positioned to help deliver this care.

For more information and a list of programs, check out www.rhedi.org

What if I don't match at a Ryan Program?

Some residency programs that don't have a Ryan Program affiliation still provide opportunities for family planning training. If your program does not have abortion training opportunities, you and your fellow residents should ask the program director and department leadership to establish training opportunities to comply with the ACGME mandate. This is an important step to setting a training program into motion!

Elective Rotations: The Ryan Program can facilitate additional abortion training opportunities outside your residency program. Visit www.ryanprogram.org/elective-residency-training to apply.

For more information, please contact:

Medical Students for Choice
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students@msfc.org
www.msfc.org

The Ryan Residency Training Program
Bixby Center for Global Reproductive Health
University of California, San Francisco
info@ryanprogram.org
www.ryanprogram.org



“It really made me think about women’s rights to abortion differently. I became much more accepting of this option and was able to empathize with the patients.”

POST-ROTATION SURVEY, 2017