

Health Workforce Pilot Project #171 — Early Abortion Training Curriculum Guidelines

Background

AB 154 amends Section 123468 (Health and Safety Code) and amends Section 2253 of the Business and Professions Code (Reproductive Privacy Act; Health and Safety Code); and adds to Sections 2725.4 (Nurse Practitioners, Nurse-Midwives) and Section 3502.4 (Physician Assistants) of the Business and Professions Code to allow the provision of first-trimester abortion by licensed nurse practitioners (NPs), certified nurse-midwives (CNMs) and physician assistants (PAs). Full text of AB 154 is available online:

<http://leginfo.legislature.ca.gov/faces/billCompareClient.xhtml>

Beginning January 1, 2014, and until January 1, 2016, the training and clinical competency protocols established by Health Workforce Pilot Project (HWPP) #171 through the Office of Statewide Health Planning and Development (OSHPD) shall be used as training and clinical competency guidelines to meet this requirement.

As part of the [HWPP #171 study](#) (2007-2013), ANSIRH researchers evaluated a standardized, competency-based curriculum and training plan for education of primary care clinicians in early abortion care. The final version of the *Early Abortion Training Curriculum Guidelines and Core Competencies* will be maintained on the ANSIRH website: www.ansirh.org.

HWPP #171 Curriculum & Training Plan Overview

The HWPP Project #171 curriculum and training plan consists of didactic education, problem-based case reviews, and “hands-on” clinical experience, along with knowledge testing and periodic clinical assessment, with the goal to train primary care clinicians to competence in all aspects of first-trimester aspiration abortion care.

- **Teaching objectives** and **learning outcomes** were focused on knowledge attainment, clinical competency, and professional skill development related to early abortion procedures (up to 14 weeks) by manual and electric vacuum aspiration. **Prerequisite knowledge and skills** included competency in pregnancy diagnostics, gestational age assessment, contraception, and medication abortion provision.
- Clinician evaluation is based on knowledge attainment (written exam) and achievement of **core competencies** in the provision of first-trimester abortion by manual and electric vacuum aspiration.
- The HWPP Project #171 **curriculum** is based on the UCSF ANSIRH Workbook in Early Abortion Care (UCSF Bixby Center in Reproductive Health Research & Policy, 2007, revised 2012: <http://www.ansirh.org/training/workbook.php>) and other teaching-learning activities.
- The HWPP Project #171 **training plan** is based on the TEACH (Training in Early Abortion for Comprehensive Health Care) Project for early abortion training of generalist medical residents and

primary care physicians in California and nationwide: <http://www.teachtraining.org/training-tools/early-abortion-training-workbook/>

- The HWPP Project #171 **trainers** are experienced abortion providers who were required to have performed at least 200 aspiration procedures and to have an excellent safety record. The TEACH Project provides guidance on becoming an effective clinical trainer in abortion provision: <http://teachtraining.org/trainingworkbook/Chap12.Trainer.pdf>

Teaching Objectives

Under the Early Abortion Curriculum and Training Plan, each trainee will

1. Complete the requirements of a competency-based curriculum in early aspiration abortion care which includes readings, case-based exercises and supervised clinical training in the following core content:
 - a. Values clarification and professional responsibilities
 - b. Relevant statutes, regulations and professional practice guidelines/regulations
 - c. Unintended pregnancy options counseling and abortion counseling
 - d. Pre-abortion assessment and health/medical evaluation
 - e. Uterine aspiration procedures for pregnancy termination, pregnancy loss, miscarriage management by manual and electric vacuum aspiration (MVA/EVA)
 - f. Pain management and procedural sedation
 - g. Complication prevention and management
 - h. Post-abortion care including unintended pregnancy prevention methods/prescription
2. Complete case-based exercises associated with each of the eight core chapters in the UCSF/ANSIRH Early Abortion Training Workbook (22 exercises in all).
3. Be evaluated for knowledge attainment and clinical competency using a multiple choice exam and observed performance assessment by trainer (interim and final competency assessments).

Learning Outcomes

The following **global learning objectives** are considered essential for primary care clinicians who care for women at risk for unintended pregnancy and wish to advance their knowledge and competency in the provision of early abortion care. Clinicians in the HWPP #171 program were required to have achieved competency and attained professional skills in unplanned pregnancy care, including pregnancy diagnostics, gestational age assessment, contraception, and medication abortion provision.

- Develop a non-judgmental approach towards unplanned pregnancy and abortion care.
- Provide evidence-based care for women requesting advice about unintended pregnancy and abortion, including psychosocial, sexual health, and contraceptive needs.
- Develop an appreciation of the reasons that women have unintended pregnancies and request abortion, with special attention to issues of culture, domestic violence, drug/alcohol abuse, and repeat terminations.
- Have in-depth knowledge of early abortion interventions—medication and aspiration abortion procedures.

- Demonstrate clinical competencies, professional skills and complete log book related to unplanned pregnancy care.
- Demonstrate clinical competencies, professional skills and complete log book related to general abortion skills including pre-assessment and post-procedure care.
- Demonstrate clinical competencies, professional skills and complete log book related to medication abortion provision.
- Demonstrate clinical competencies, professional skills and complete log book related to early abortion (up to 14 weeks) by manual and/or electric vacuum aspiration.

Didactic Curriculum

The didactic component of the HWPP #171 Curriculum consists of required and supplemental readings, guided exercises, and case studies. Learners complete all required readings and Early Abortion Workbook exercises during the course of their training.

The HWPP #171 Syllabus, including the required and supplemental readings, is summarized in Table I (see page 5).

Required reading includes two publications:

- *Early Abortion Training Workbook* (ed. Goodman; UCSF/ANSIRH 2007-2012), available for free download at <http://www.ansirh.org/training/workbook.php>
- *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care* (eds. Paul, Lichtenberg, Borgatta, Grimes, Stubblefield and Creinin; Wiley-Blackwell 2009), available for purchase as hardcopy or e-book at <http://www.prochoice.org/education/resources/textbook.html>

Supplemental Reading includes additional readings and reference materials such as published papers that update clinical knowledge from the required readings.

Clinical Training

To achieve clinical competency, each trainee will work one-on-one with an experienced abortion provider (trainer) and staff to practice counseling, ultrasonography, pre-procedure assessment, first-trimester vacuum aspiration, and abortion aftercare.

During clinical training in early aspiration abortion care, each trainee will:

- Review the training program, meet training faculty and staff, and receive an orientation to clinic policies and procedures for abortion care, including emergency procedures.
- Participate in values clarification around unintended pregnancy options, including practice in pre-abortion counseling and assessment.
- Follow client(s) through an abortion visit from counseling to discharge.

- Receive training in first-trimester vacuum aspiration abortion techniques:
 - Supervised simulated practice performing manual and electrical vacuum aspiration (MVA/EVA) using “no-touch” method and management of immediate adverse events.
 - Observe trainer performing first-trimester vacuum aspiration abortions.
 - Under the direct supervision of trainer, perform aspiration abortion procedures until assessed as competent on all core competencies.

Core Competencies: First-Trimester Aspiration Abortion (details available at www.ansirh.org)

- Unintended Pregnancy Care Competencies (prerequisite)
- Pre-Procedure Assessment Competencies
- First-Trimester Aspiration Abortion Procedure Competencies
- Post-Abortion Assessment and Follow-up Competencies

Evaluation of Clinical and Didactic Training Requirements

Each trainee will complete all required readings, case-based exercises, achieve 90% on a final written examination and demonstrate competency in first-trimester aspiration abortion core competencies under direct supervision of a qualified trainer.

Evaluation and tracking instruments (available for download at www.ansirh.org):

- Interim and final competency assessment instruments
- Incident/complication tracking instruments

Additional Professional Responsibilities

- For California CNMs, NPs, PAs: compliance with California Nurse Practice Act and physician assistant regulations.
 - NPs and CNMs: sign Standardized Procedure for first-trimester abortion provision
 - PAs: sign Delegation of Services Agreement with protocols delineated for first-trimester abortion provision
- For California CNMs, NPs, PAs: compliance with AB154 legislative requirements (see <http://leginfo.legislature.ca.gov/faces/billCompareClient.xhtml>).
 - NPs and CNMs: see Business and Professions Code, Section 2725.4 (b) (1-5) related to physician expertise and supervision, emergency care, physician consultation, and review of standardized procedures specific to abortion care.
 - PAs: see Business and Professions Code, Section 3502.4 (b) (1-5) related to physician expertise and supervision, emergency care, physician consultation, and review of standardized procedures specific to abortion care.
- Keep a log of all procedures with a review of complicated cases (complete case report for all complications).

- Discuss case studies involving abortion-related complications with trainer, clinical supervisor, and/or colleagues.

Continuing Education Accreditation for HWPP #171 Curriculum and Training Program

- The HWPP #171 Curriculum and Training Program were accredited through the UCSF School of Nursing Interdepartmental Nurse-Midwifery division (a California Board of Registered Nursing-approved CE provider) and the Association of Reproductive Health Professionals (ARHP) in accordance with ACCME policies.
- **This accreditation is not transferrable**; after January 2014, contact hours and continuing education units will vary depending on the particular education/training program completed and type of program accreditation (e.g., academic program, CME/CEU granting programs).

Table I: HWPP #171 Syllabus

Section 1: Orientation

Required:

1. UCSF/ANSIRH Workbook¹ chapter 1 (including exercises 1.1-1.5)
2. NAF Textbook² chapter 1, “Abortion and medicine: A sociopolitical history”
3. NAF Textbook chapter 3, “Unintended pregnancy and abortion in the USA: Epidemiology and public health impact”
4. Taylor D, Safriet B, Dempsey G, Kruse B, Jackson C (2009). Providing abortion care: A professional toolkit for nurse-midwives, nurse practitioners, and physician assistants. www.apctoolkit.org
5. Review aspiration abortion policies and procedures, including emergency procedures, at site.
6. Review ethical and legal requirements, including state-specific regulations for abortion services, patient consent, parental notification, and state reporting requirements.

Optional:

1. WHO (2012) *Safe Abortion: Technical and policy guidance*. Geneva: WHO.
http://www.who.int/reproductivehealth/publications/unsafe_abortion/9789241548434/en/
2. National Abortion Federation. *Clinical policy guidelines*. Washington, DC: NAF.
<http://www.guideline.gov/content.aspx?id=46182>
3. Freedman LR, Levi AJ. (2014). How clinicians develop confidence in their competence in performing aspiration abortion. *Qualitative Health Research* 24(1):78-89.
4. Taylor D, Postlethwaite D, Desai S, James EA, Calhoun AW, Sheehan K, Weitz TA. (2013). Multiple determinants of the abortion care experience: From the patient’s perspective. *American Journal of Medical Quality* 28(6):510-18.
5. Weitz TA, Taylor D, Desai S, Upadhyay UD, Battistelli MF, Waldman J, Drey EA. (2013). Safety of aspiration abortion performed by nurse practitioners, certified nurse-midwives and physician assistants under a California legal waiver. *American Journal of Public Health* 103(3):454-61.

Section 2: Counseling and Informed Consent

Required:

1. UCSF/ANSIRH Workbook chapter 2 (including exercises 2.1-2.2)
2. NAF Textbook chapter 5: “Informed consent, patient education, and counseling”

Optional:

1. Beal MW, Cappiello J. (2008). Professional right of conscience. *Journal of Midwifery and Women’s Health* 53(5):406-412.

¹ “UCSF/ANSIRH Workbook” refers throughout to Goodman S, ed. (2007, 2012). *UCSF ANSIRH Workbook in Early Abortion Care*. San Francisco, CA: UCSF Bixby Center for Global Reproductive Health.

² “NAF Textbook” refers throughout to Paul M, Lichtenberg S, Borgatta L, Grimes DA, Stubblefield PG, Creinin MD, eds. (2009). *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Oxford: Wiley-Blackwell.

Section 3: Evaluation before Uterine Aspiration

Required:

1. *UCSF/ANSIRH Workbook* chapter 3 (including exercises 3.1-3.3)
2. *NAF Textbook* chapter 6: “Clinical assessment and ultrasound in early pregnancy”
3. *NAF Textbook* chapter 7: “Medical evaluation and management”

Optional:

1. Reeves M, Fjerstad M. “Ultrasound 101” Session presented at Association of Reproductive Health Professionals annual meeting, New Orleans, 9-20-12. <http://www.arhp.org/uploadDocs/Reeves.pdf>

Section 4: Medications and Pain Management

Required:

1. *UCSF/ANSIRH Workbook* chapter 4 (including exercises 4.1-4.2)
2. *NAF Textbook* chapter 8: “Pain management”

Section 5: Uterine Aspiration Procedure

Required:

1. *UCSF/ANSIRH Workbook* chapter 5 (including exercises 5.1-5.2)
2. *NAF Textbook* chapter 10: “First-trimester aspiration abortion”
3. *NAF Textbook* chapter 13: “The challenging abortion”
4. Association of Reproductive Health Professionals (ARHP) online courses: ³
 - a. Options for therapeutic abortion: Aspiration vs. medication. Washington DC: ARHP.
 - b. Options for early pregnancy loss: MVA and medication management. Washington DC: ARHP.

Section 6: Aftercare and Contraception

Required:

1. *UCSF/ANSIRH Workbook* chapter 6 (including exercises 6.1-6.2)
2. *NAF Textbook* chapter 14: “Contraception and surgical abortion aftercare”
3. *NAF Textbook* chapter 15: “Surgical complications: Prevention and management”

Optional:

1. *NAF Textbook* chapter 16: “Answering questions about long-term outcomes”

³ Revised 2013; both courses available for free download as slide-sets at www.arhp.org.

Section 7: Medication Abortion

Optional (unless no experience with medication abortion):

1. UCSF/ANSIRH *Workbook* chapter 7 (including exercises 7.1-7.3)
2. Beal MW. (2007). Update on medication abortion. *Journal of Midwifery and Women's Health* 52(1):23-30.

Section 8: Management of Early Pregnancy Loss

Required:

1. UCSF/ANSIRH *Workbook* chapter 8 (including exercise 8.1)

Section 9: Beyond Training: Becoming a Provider

Optional:

1. UCSF/ANSIRH *Workbook* chapter 9 (including exercises 9.1-9.2)
2. NAF *Textbook* chapter 23: “Ensuring quality care in abortion services”

Section 10: Evaluation

Required:

1. Procedure Log (record all aspiration procedures observed or performed)
2. Daily Assessment (trainer and trainee both complete then discuss)
3. Final Competency Assessment
4. Abortion-related Incident/Complication Reporting Form and Instructions