



## **Journal Articles: Fertility Awareness Based Methods**

### **Overview**

Fertility Awareness methods are defined and discussed. Gaps in knowledge regarding an understanding of the menstrual cycle is discussed along with the accurate use of fertility awareness methods to ensure correctly timed intercourse for a pregnancy.

### **Successful Completion**

This course offers 1.0 contact hours. To receive contact hours, participants must complete the course with a satisfactory grade of 80% or higher on the quiz and complete the Evaluation/Request for Credit form. CNE and certificates of completion will be available immediately upon passing the course and submitting the evaluation. CHES certificates will be emailed within four weeks of submitting the evaluation.

### **Objectives**

1. Demonstrate knowledge of fertility awareness methods.
2. Be prepared to initiate fertility awareness education and methods in practice.

### **Conflict of Interest**

In accordance with continuing education guidelines, speakers and planning committee members have disclosed financial relationships with commercial interests that may create a potential conflict of interest.

### **Disclosures**

**Author Disclosures:** Kerry Hampton, Jennifer Newton, Danielle Mazza, Petra Frank-Herrmann have nothing to disclose.

**Planning Committee Disclosures:** Sharon Colbert, Angela Bolen, Charlotte Curtis, Viannella Halsall, Martha Loftgreen and Tracy VanVlack have nothing to disclose. Jacki Witt serves on the advisory panel for Afaxys (Resolved).

### **Commercial Support/Sponsorship:**

There is no commercial support for this training.

### **Non-Endorsement of Products:**

The University of Missouri-Kansas City School of Nursing and Health Studies and ANCC do not approve or endorse any commercial products associated with this activity.

**Enduring Materials** – CNE and CHES contact hours will be awarded for this program through December 31, 2018.

### **Accreditation**

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program offers up to 1.0 contact hour for this activity.

Sponsored by UMKC School of Nursing and Health Studies, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This webinar is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 1.0 total Category I continuing education contact hours.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) if you have questions regarding continuing education credit.