

**Disclosure Information**  
**Fertility Awareness - Based Methods of Contraception:**  
**An Overview for Family Planning Providers**

Provided by the University of Missouri-Kansas City School of Nursing and Health Studies  
Jointly Provided by Clinical Training Center for Family Planning

**Description:**

The purpose of this course is to review the scientific evidence supporting Fertility Awareness-Based Methods (or FABMs) and explain how to perform client-centered counseling to discuss these methods with people who want to plan or to prevent pregnancy or to understand their bodies better.

**Objectives:**

After this webinar, participants will be able to:

- Identify the guiding principles for fertility awareness-based method use.
- Explain the menstrual cycle, including the observable biomarkers or fertility indicators associated with hormonal fluctuations.
- Describe strategies people can use to monitor biomarkers of fertility.
- Apply client-centered counseling strategies to educate clients about fertility awareness-based methods.

**Successful Completion:**

To receive contact hours, participants must complete the 15-item pre-test, the online Evaluation and Request for Credit, and the 15-item post-test with a passing score of 80% or higher. CNE, CME and CPH certificates as well as Certificates of Attendance are available immediately for electronic download upon satisfactory completion of the course. CHES Certificates will be emailed within four weeks of satisfactory completion of the course.

**Commercial Support/ Sponsorship:**

No commercial support or sponsorship for this training.

**Non-Endorsement of Products Statement (Disclaimer)**

The National Clinical Training Center for Family Planning (NCTCFP) is funded by the Office of Population Affairs (OPA). Although funded by OPA, the opinions discussed during the presentations are those of the speakers and do not necessarily reflect the opinions, beliefs and viewpoints official stance of Department of Health and Human Services (DHHS), OPA, University of Missouri-Kansas City School of Nursing and Health Studies (UMKC-SoNHS) or the National Clinical Training Center for Family Planning (NCTCFP).

**Conflict of Interest:**

In accordance with continuing education guidelines, the speaker and planning committee members have disclosed commercial interests/ financial relationships with companies whose products or services may be discussed during this program.

Authors: Victoria Jennings serves as an advisor to Clue Birth Control (Resolved). Rachel Urrutia-Pergallo does clinical work for Reply OB/Gyn & Fertility. (Resolved).

Planning Committee: Becky Parrish, Alexis Bates, Sharon Colbert and Angela Bolen have nothing to disclose. Raissa Ameh is a speaker/training for Organon, LLC (Resolved). Jordan Vaughan serves on the advisory board for Mayne Pharmaceuticals (Resolved). Jacki Witt serves on the advisory board for Mayne and Merck Pharmaceuticals (Resolved). Kristin Metcalf-Wilson serves on the advisory board for Mayne and Afaxys Pharmaceuticals (Resolved).

**Accreditation:****Continuing Medical Education:**

The AAFP has reviewed Fertility Awareness Based Methods of Contraception: An Overview for Family Planning Providers and deemed it acceptable for up to 1.25 Enduring Materials, Self-Study AAFP Elective credits. Term of Approval is from 01/15/2024 to 12/31/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Continuing Nursing Education:**

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 1.25 contact hour for nurses.

**NCC WHNP Continuing competency Category Codes**

NCC Code 1

**Certified Health Education Specialists (CHES)**

Sponsored by the University of Missouri-Kansas City 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 Course: *Fertility Awareness-Based Methods* is designated for Certified Health Education Specialists (CHES) to receive up to 1.25 total Category I continuing education contact hours.

**Certified Public Health:**

Up to 1.25 CPH Recertification Credits may be earned for this course.

**Enduring Materials** – CNE, CME, CHES and CPH contact hours will be awarded for this program through December 31, 2024.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.

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