

Providing Virtual Intrauterine Device Insertion and Removal Training During COVID-19: A Sustainable Solution For Rural Provider Access

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Background

- The LARC Mentoring Program (LMP) aims to increase access to long-acting reversible contraceptives (LARCs) by enhancing clinicians' skills to insert and remove LARC devices and to provide counseling on all contraceptive methods.
- The LMP team developed a virtual, hands-on Intrauterine Device (IUD) Insertion practicum for providers in New Mexico in collaboration with the Beyond the Pill program from the University of California, San Francisco.
- The training is delivered virtually via Zoom and involves didactic teaching as well as individualized, one-on-one guidance on the insertion and removal of each type of IUD from LMP expert trainers.



Evaluation Objective

- To conduct a process evaluation to identify ways to improve a virtual IUD practicum for future use with rural providers

Training and Evaluation Methods

Prior to training

Package including the following sent to trainee:

- Pelvic model
- Device demos for hormonal/non-hormonal methods
- Instruments used for IUD insertion and removal
- Tripod for phone camera to visualize cervix and uterus of model

One-on-one virtual IUD practicum (2 hours)

- 45 min didactic presentation – most recent evidence on LARC counseling and procedures
- Procedure demonstration using pelvic model
- Hands-on practice with each device – loading, placing, removal

Evaluation

- Surveys conducted pre-training, immediate post-training and three months post-training

Preliminary Results – Immediate Post-Training Surveys

- Since January 2021, 19 providers have participated in the Virtual IUD Insertion practicum
- 100% said that they would recommend the training to a colleague

“[It was] [e]asy to work into my clinic schedule and not have to plan for travel time.”
-Training Participant

“This was much more helpful than I had anticipated a virtual training could be! I very much enjoyed the one-on-one experience so I could ask questions at my own pace.”
- Training Participant

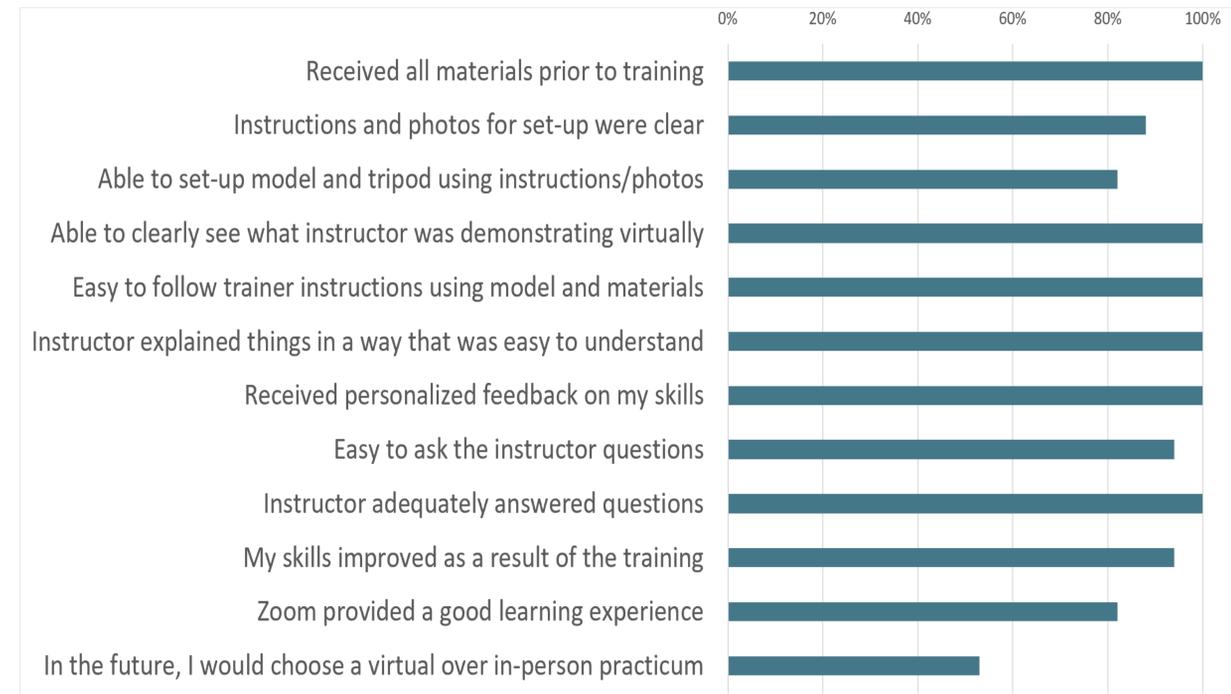
For more information on the IUD practicum:

<https://app.box.com/s/58233ggi7yy2fmr1emx97bsmmhnf38r3>



Preliminary Results – Immediate Post-Training Surveys

Percent who somewhat or strongly agreed with statements about training (n=17)



Discussion and Next Steps

- Overall, participants had a good experience with the virtual training, and some would even choose it over an in-person training in the future
- There are potentially opportunities to improve the instructions or technical support provided to set-up the equipment for the training
- This model can be used in the future to expand opportunities for rural providers to receive IUD insertion and removal training
- Future evaluation data collection/analysis will include assessment of pre-to-immediate post and three month post changes in:
 - Participant knowledge
 - Self-rated competency with the steps of insertion and removal
 - Self-reported comfort level with insertion and removal

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