



right for me

Decision Aids + Training

Introduction

This slide deck is intended to support people in your clinic (administrative staff, health professionals, and others) to implement the Right For Me Decision Aids + Training.

About

The Right For Me Decision Aids are a set of seven one-page decision aids on birth control methods. They are intended to be used by health professionals during the health care visit. The Decision Aids are available in English and Spanish.

The Right For Me Decision Aid Training consists of a four-minute Video and Frequently Asked Questions intended to be reviewed by health professionals before beginning to use the Decision Aids.

Objective

The aim of the Decision Aids is to support health professionals to facilitate shared decision-making about birth control methods with patients in the health care visit.

The aim of the Training Video and Frequently Asked Questions is to enhance health professionals' motivation, skills, and self-efficacy to use the Decision Aids.

Audience

The target audience for the Decision Aids + Training is any health professional who provides information or counseling about contraception to patients receiving health care in your clinic.

Development

The Decision Aids + Training were developed by researchers at Dartmouth College and their project partners, based on previous research and extensive consultation with patients, health professionals, and other stakeholders.

Implementation

Implementing the Decision Aids + Training is a team effort. The tasks involved are explained below and on the remaining slides.

What?	Who?
1. Supplying the materials	The Right For Me project team
2. Taking the Training	Health professionals
3. Using the Decision Aids	Health professionals
4. Other support tasks	Administrative staff, health professionals, and/or others

1. Supplying the materials

The Right For Me project team

Decision Aids

We have supplied your clinic with:

- Tear-pads of the seven different Decision Aids in English and Spanish (each set is bound with a rubber band)
- 1 desktop or wall-mounted display stand for each exam room

Types of Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.

What are they?	LONG-ACTING	SHORT-ACTING	HORMONAL	NATURAL	PERMANENT	EMERGENCY
What are the options?	<ul style="list-style-type: none"> • Implant • Hormonal IUD • Copper IUD 	<ul style="list-style-type: none"> • Injection • Progesterone Pill • Combined Pill • Patch • Ring 	<ul style="list-style-type: none"> • Male Condom • Female Condom • Spermicide • Sponge • Cervical Cap • Diaphragm 	<ul style="list-style-type: none"> • Withdrawal Method • Fertility Awareness Methods • Standard Days Method¹ • TwoDay Method • Ovulation Method • Symptothermal Method 	<ul style="list-style-type: none"> • Female Sterilization • By Laparoscopy • By Hysteroscopy • Vasectomy 	<ul style="list-style-type: none"> • Copper IUD • Ulipristal Pill • Progesterone Emergency Pill • Combined Pill
Who might choose them?	<ul style="list-style-type: none"> • People who want or are comfortable with: • Almost no chance of pregnancy • Fewer than 1 in 100 people become pregnant in the first year² • A method they can almost forget about • A procedure to start and stop using the method 	<ul style="list-style-type: none"> • People who want or are comfortable with: • Some chance of pregnancy • 8% to 10% people become pregnant in the first year² • A method they need to remember • A hormonal method • A method they can stop without a health care visit 	<ul style="list-style-type: none"> • People who want or are comfortable with: • A higher chance of pregnancy • 18% to 20% people become pregnant in the first year² • A method they need to remember • A non-hormonal method • Protection against sexually transmitted infections (STIs) not all methods offer this 	<ul style="list-style-type: none"> • People who want or are comfortable with: • A higher chance of pregnancy • 23% to 26% people become pregnant in the first year² • A method they need to remember • A non-hormonal method • A method that does not remove birth control devices 	<ul style="list-style-type: none"> • People who want or are comfortable with: • Almost no chance of pregnancy • Fewer than 1 in 100 people become pregnant in the first year² • A method they can forget about • A procedure 	<ul style="list-style-type: none"> • People who: • Have had unprotected sex and don't want to become pregnant

¹The Lactational Amenorrhea Method is another natural birth control method that may be used by some people who are breastfeeding. Your health care provider can tell you about this method.

For more information, including authors, information sources, and terms of use, see www.rightfor.me/decision

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Training

We have supplied your clinic with online access to:

- The Training Video
- The Frequently Asked Questions

2. Taking the Training

For health professionals

Taking the Training

You can take the Training as often as you wish by:

1. Visiting www.rightforme.org
2. Navigating to 'For Clinics' and then 'Decision Aids + Training'
3. Entering the clinic username and password

Your Project Contact will give you the clinic username and password.
Please do not share this information with others outside your clinic.

3. Using the Decision Aids

For health professionals

Using the Decision Aids

All guidance on using the Decision Aids is provided in the Training Video and Frequently Asked Questions.

4. Other support tasks

For administrative staff, health professionals, and/or others

Decision Aid Management

Please place tear-pads of the seven different Decision Aids on display in each exam room.

Please check periodically to make sure that each exam room has enough Decision Aids. If you are running low on Decision Aids in English and/or Spanish, please tell your Project Contact. They will ask us to send extra Decision Aids to your clinic.

Thank you.
Good luck!