

LARC Mentoring Program

(LMP)

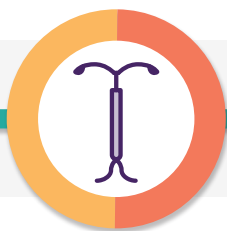
Our goal is to increase access to long-acting reversible contraceptives (LARC) for all women of reproductive age in New Mexico. We do this by training primary care providers in LARC procedures and improving clinic flow, billing and coding for more efficient patient care.

What is LARC?

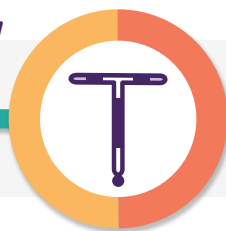
Long Acting Reversible Contraceptives include Intrauterine devices (IUDs) and hormonal implants (Nexplanon). They are the most effective forms of readily reversible birth control available.

Benefits and Effectiveness of LARC:

- Highly reliable
- Long lasting
- Cost effective
- Few side effects
- Well liked by users



Hormonal IUD



Non-Hormonal IUD



Progestin Implants

Importance to New Mexico:

In many parts of New Mexico women do not have access to the most effective forms of birth control—LARC. Improving access to LARC will help prevent unintended pregnancies and reduce gaps in care.

- Taos
- Espanola
- Santa Fe
- Albuquerque

LMP has trained in these communities:

- Silver City
- Las Cruces
- Hobbs



Barriers to Access:

- Cost
- Misinformation
- Lack of trained providers
- Provider time
- Insurance

LMP is a program of the University of New Mexico, Health Sciences Center, School of Medicine, Department of Pediatrics, Division of Adolescent Medicine.



LARC Mentoring Program increases access to LARC through:



Education:
Training in Reproductive Health Counseling using a non-coercive approach.



Training:
Hands-on skills training and proctoring for primary care clinicians and staff.



Tools:
Development of clinical protocols and documentation templates.



Addressing Financial and Administrative Barriers:
Technical assistance with billing, coding, and support for clinic flow.



Health Policy:
Work with state agencies, advocates and others to improve health policy for reproductive healthcare in New Mexico.

Training Partner:
Bixby Center for Global Reproductive Health, Beyond the Pill Program at the University of California, San Francisco

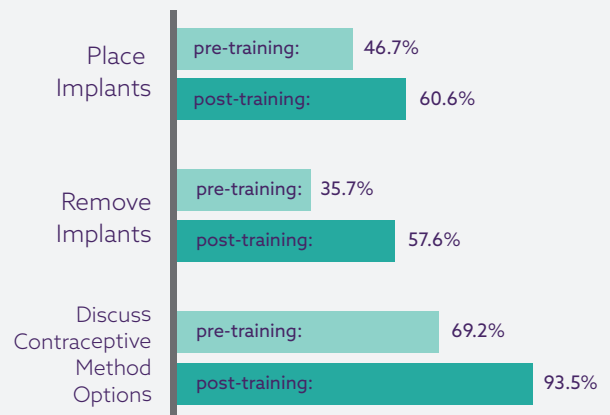
Effectiveness of Training:

Overall, training has been found to be effective in improving LARC access and reducing rates of unintended pregnancies.

See *Lancet* Article:
Reductions in pregnancy rates in the USA with long-acting reversible contraception: a cluster randomised trial.
June 16, 2015

LMP Training Survey (2017-2018)

Percentage of Respondents Who Report Being "Very Confident" Providing LARC Services



**Total Trained:
Over 1000!**



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