



Te Kāwanatanga o Aotearoa
New Zealand Government



Long-acting Reversible Contraception

Principles and standards
for trainers
2022



Citation: Ministry of Health. 2022. *Long-acting Reversible Contraception: Principles and standards for trainers*. Wellington: Ministry of Health.

Published in June 2022 by the Ministry of Health
PO Box 5013, Wellington 6140, New Zealand

HP 8122



This document is available at health.govt.nz



This work is licensed under the Creative Commons Attribution 4.0 International licence. In essence, you are free to: share, ie, copy and redistribute the material in any medium or format; adapt, ie, remix, transform and build upon the material. You must give appropriate credit, provide a link to the licence and indicate if changes were made.

Acknowledgements

The development of these LARC training standards was led by representatives from across the health sector in our National Contraceptive Advisory group. We want to acknowledge their collegiality across multiple professional disciplines in completing these training standards. We appreciate the warmth, engagement, and the attention to detail they brought to this task.

We also want to thank the medical and nursing colleges and other organisations who provided these representatives, and for their endorsement of the LARC training standards.

National Contraceptive Advisory group

Dr Beth Messenger, New Zealand Family Planning

Carmen Timu-Parata, Māori nursing research

Dr Cathy Stephenson, Royal New Zealand College of General Practitioners

Dr Debbie Hughes, Royal New Zealand College of General Practitioners

Helen Paterson, New Zealand College of Sexual and Reproductive Health

Jessie Solomon, Waitemata District Health Board

Lizzie Earles, youth health nursing

Lesley Dixon, New Zealand College of Midwives

Dr Ruth Swarbrick, Royal Australia and New Zealand College of Obstetricians and Gynaecologists/ Te Kahui Oranga o Nuku

Dr Sue Tutty, Counties Manukau District Health Board

Anna Gribble, Allen and Clarke (secretariat)



Contents

Acknowledgements	III
Definitions	VI
Purpose	1
Principles	1
Requirements for the trainer	1
Trainer competence	2

Definitions

CME	Continuing medical/midwifery education
CNE	Continuing nursing education
FNZCSRH	Fellow of the New Zealand College of Sexual and Reproductive Health
FRANZCOG	Fellow of the Royal Australia and New Zealand College of Obstetricians and Gynaecologists
FSRH	Faculty of Sexual and Reproductive Health (UK)
IUC	Intrauterine contraception
LARC	Long-acting reversible contraception
NCTS	National Contraception Training Service online modules or practical training (delivered by New Zealand Family Planning)
NZCSRH	New Zealand College of Sexual and Reproductive Health

Purpose

This document describes the requirements for those who provide training on insertion and removal of LARC.

LARC includes IUC and subdermal implants available in Aotearoa New Zealand.

Principles

Trainers must meet minimum competence requirements to deliver training under the *Long-acting reversible contraception health practitioner training principles and standards* and the *Aotearoa New Zealand Guidance on Contraception*.

Trainers must be competent in the skill or procedure to be taught.

Requirements for the trainer

Health practitioners may become a LARC insertion/removal trainer if they meet the following criteria:

- provide the specified LARC at a frequency that maintains confidence and competency (ie, at least 10 procedures annually on average for each type of LARC procedure they provide training for)
- demonstrate cultural safety and youth-friendly practices as articulated within their scope of practice
- are competent to the *Long-acting reversible contraception health practitioner training principles and standards* for LARC insertion and/or removal
- are experienced in more complex insertions and removals and in managing side effects and complications
- are familiar with the *Aotearoa New Zealand Guidance on Contraception*
- are familiar with the theory components that trainees have completed (including the NCTS contraceptive counselling and IUC/contraceptive insertion and removal online courses, or equivalent)
- have training and/or experience in adult education and/or clinical training and/or relevant train-the-trainer approaches.

Trainer competence

Health practitioners experienced in the provision of LARC procedures may demonstrate competence in any one of the following three ways.

1. Completing **one** of the following LARC training programmes:
 - fellowship training for the FNZCSRH programme
 - certification through the NZCSRH LARC train the trainer (TTT) course
 - FRANZCOG training for IUC and implant insertion and removal
 - New Zealand Family Planning staff training for IUC and implant insertion and removal
 - internationally recognised training such as FSRH (UK) certificates for IUC or other equivalent training (implant training must be for systems used in Aotearoa New Zealand: currently a two-rod system, not a one-rod system).
2. Alternatively, experienced LARC providers can:
 - provide details and dates of previous relevant training and experience aligned with the Aotearoa New Zealand Guidance on Contraception, and
 - be observed by another LARC trainer (or equivalent) demonstrating competency by completing one insertion or removal of each relevant IUS, IUD and/or subdermal implant.
3. Another option is to:
 - provide a self-certified log of procedures completed over a consecutive 12 month period during the two years before competency assessment:
 - of at least 10 insertions for each IUS, IUD and/or subdermal implant insertion procedure, and
 - (if undertaking removals) of at least one removal for each relevant IUS, IUD and/or subdermal implant, and
 - be observed by another LARC trainer (or equivalent) demonstrating competency by completing one insertion or removal of each relevant IUS, IUD and/or subdermal implant.