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## Definitions

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