

Paving a Path to Patient-Centered Contraceptive Care

upstream USA



Presenters



Ariel Remenicky, MS

Upstream USA
Senior Practice Transformation Director



Sarah Worm, MSN, RN

Choptank Community Health
Medical Clinical Care Director



Kaitlyn Tabone

Upstream USA
Practice Transformation Lead



Chrissy Bartz, PAC, MMS

Choptank Community Health
Director of Community Based Programs

**Upstream's mission is to ensure that
equitable, patient-centered contraceptive
care is basic healthcare**

**The Maryland Department of Health is partnering
with Upstream over the course of 4 years to
expand access and availability to patient-centered
contraceptive services across the state**

Improving contraceptive access is more urgent than ever

According to Guttmacher, Maryland has one of the highest rates of unintended pregnancy in the country (tied with New York and New Jersey)

44%

of pregnancies are wanted later or unwanted in Maryland ¹

1 in 4

women say they are not currently using their preferred method of birth control ²

70%

of women report they did not receive enough information prior to making contraceptive decisions ²

1. [Guttmacher Institute](#)

2. [KFF 2022 Women's Health Survey](#)

Note: we use the word "women" to reflect the language used in each cited study.



Patient Care Standards

All patients...



are **universally screened for reproductive health needs**



interested in contraception are immediately offered comprehensive **contraceptive counseling and education**



can **access or discontinue their chosen contraceptive method**, ideally during the same visit in which they request to do so

Areas of Quality Improvement

Care Team



Trained providers



Workflows that utilize the whole care team

Systems



Billing & coding



EHR data tracking



Source, stock & store contraceptive methods

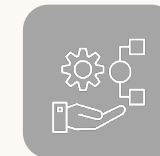
Resources



Referral protocols



Educational materials



Sustainable policies & protocols



Reproductive Health Needs Screening

A core pillar of our technical assistance work is integrating a reproductive health screening question into workflows and your EHR.

**This is the key to unlocking expanded access to
contraception for patients.**



We train health centers to take a patient-centered approach to contraceptive education



Discuss how a patient's history with bias and coercion could affect their care experience



Explain the difference between unconscious bias and coercion



Discuss strategies for building awareness of unconscious bias and preventing coercion



Identify and discuss elements of reproductive bias and coercion in patient scenarios

Training

What to Expect



Role-specific learning plans
[Training Tracks]



eLearning, virtual instructor-led sessions and optional IUD practicum



Evidence-based trainings



Continuing education credits from ACCME, ANCC, and ACPE (1.5 - 6 hours)

Sample Courses



Foundations of Contraceptive Care



Clinical Overview of Contraceptive Methods



Screen for Reproductive Health Needs





Choptank provides COMMUNITY BASED medical, dental, behavioral health and nutrition services in the School Based Health Centers

Mission: Provide access to exceptional, comprehensive, and integrated health care for all

- Operational since 1999
- Celebrating 25 years of SBHC this year- services started in Caroline County
- 18 MDH approved SBHC locations
- Visit 34 school sites in 5 counties
- Provided care to 8,405 SB patients for 22,329 visits in SY 2023-2024
- Current Community Based staff: 29 providers, 24 clinical support staff, 3 program managers and 1 CHW

2023-2024 school year:

- Integrated behavioral health, nutrition services
- 4 new SBHC medical sites- Rock Hall, Sudlersville Elem, Sudlersville Middle and Church Hill Elem School

2024-2025 school year:

- 4 additional SBHC Behavioral health sites- Kent County Middle, Kent County High, Centreville Middle and Queen Annes County High Schools
- Expanded services across the SBHC program- increased days in Talbot, Caroline. Music therapy and nutrition services.
- Dorchester Dental team- 5 days a week, an additional Talbot County Dental team beginning in January

Choptank SBHC Locations

Caroline County SBHCs:

Greensboro Elementary

Ridgely Elementary

Denton Elementary

Lockerman Middle

North Caroline High

Federalsburg Elementary

Preston Elementary

Colonel Richardson Middle

Colonel Richardson High

Talbot County SBHCs:

Easton Elementary

White Marsh Elementary

Easton Middle

Easton High

St. Michaels Campus-Elementary/Middle/High



Kent County SBHCs:

Rock Hall Elementary

*Kent Co Middle- BH/Dental

*Kent Co High- BH/Dental

Queen Annes County SBHCs:

Church Hill Elementary

Sudlersville Elementary

Sudlersville Middle

*Centreville Middle- BH/Dental

*Queen Annes Co High- BH/Dental

Dorchester County SBHP:

*All Dorchester County Schools- Dental only

(middle/high SBHC location)

School-Based Medical Care

- Access to medical care is provided to all **students and staff** enrolled in the SBHC Program
- Staffed by Choptank NPs and Pas, Clinical Support Specialists, and Certified Interpreters

Common Medical Services:

- Acute urgent same day evaluation and treatment
- Well Child Checks and Sports Physicals
- Medication management for chronic conditions
- Confidential reproductive health services and health education



School Based Health Center Exam Room at GES

Choptank Community Health Upstream Partnership Goals

1

Integrating and expanding contraceptive care services into primary care

2

Supporting SBHCs with offering confidential services to patients

3

Training for full care team to improve knowledge and comfort in offering contraceptive care

Self Identified Need for Contraception (SINC)

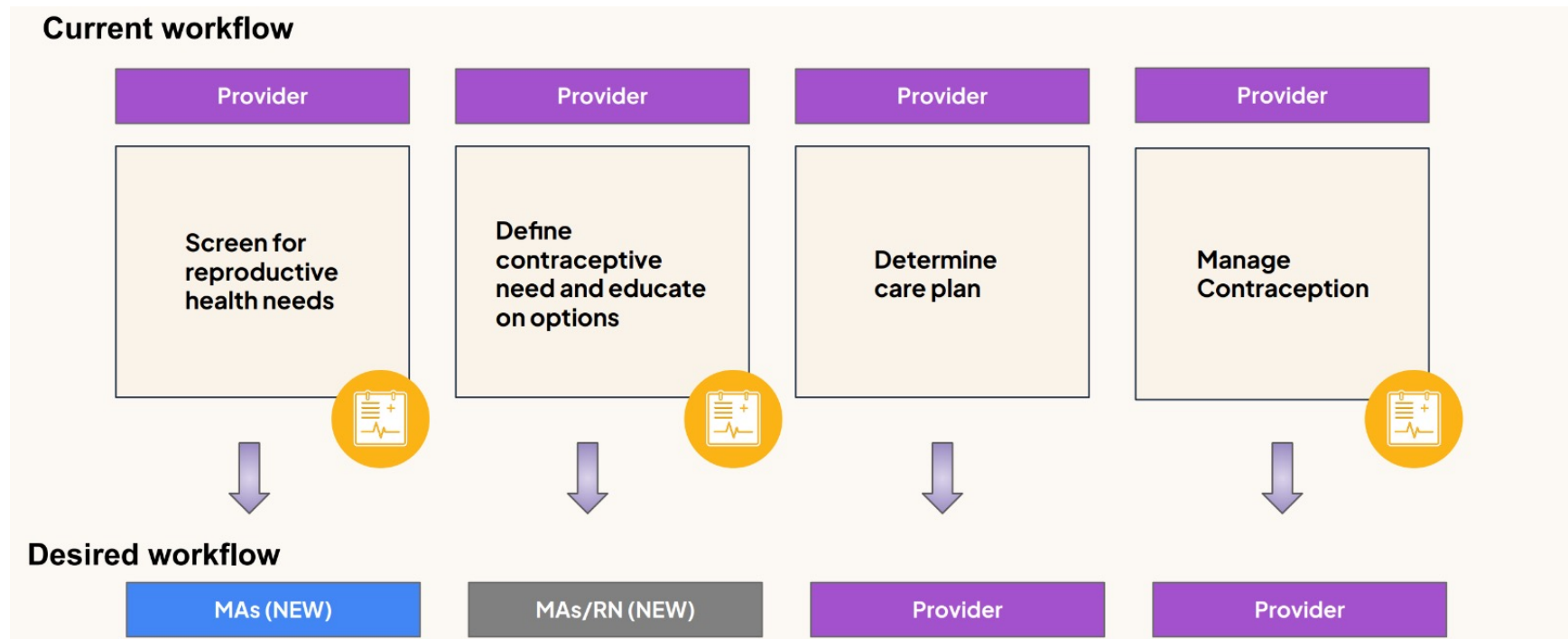
“We ask everyone about their reproductive health needs. Do you want to talk about contraception or pregnancy prevention during your visit today?”

Yes, No

If no, clarify their reasoning: “There are lots of reasons why a person may not want to talk about this, and you don't have to share if you don't want to. Do any of these apply to you?”

- I'm here for something else
- This question doesn't apply to me/I prefer not to answer
- I am already using contraception
- I am unsure or don't want to use contraception
- I am hoping to become pregnant in the next year

Choptank/Upstream Partnership



Choptank/Upstream Partnership

Challenges to ensuring Confidential Services:

- EHR Scheduling
- Parent/Guardian Notification
- Patient Portal
- Lab and pharmacy inface with EHR and portal
- Access to prescriptions
- Transportation
- Provider hesitancy

Choptank/Upstream Partnership

New SBHC Initiatives to support care:

- SINC screening
 - age 13 and up
 - SB confidential visits, WCC, Sports Physicals
- Visby- same day rapid STI testing
- Same day treatment of STIs
- On Site contraceptive care options
- Provider training
- Patient Portal updates





Sarah Worm, MSN, RN
Medical Clinical Care Director
Choptank Community Health
shenry@choptankhealth.org

Chrissy Bartz PAC, MMS
Director of Community Based Programs
Choptank Community Health
cmbartz@choptankhealth.org

