

**DATE:** December 4, 2024

**TO:** All holders of Title X Family Planning Protocol

**FROM:** Peg Ickes, FPP Nurse Practitioner Consultant; Janis Gonzales, MD, Interim Medical Director

**RE:** 2024 Summary of Family Planning Program (FPP) Protocol Revisions

The 2024 FPP protocol is posted at <https://nmhealth.org/about/phd/fhb/fpp/pvdr>. Changes or new material are highlighted in yellow. Please ensure that each clinician and nurse (and any other medical staff that provide services to Title X clients) review the protocol revisions and sign the “Protocol Approval Signature Pages and Acknowledgments” form. A signed copy of this sheet will be maintained at the clinic during the FP site visit. Public Health Offices will also forward the original(s) to their DNS.

Summary of changes includes:

**Section 1: FPP Guidelines for Clinical Services**

This section has been updated to reflect the 2024 U.S. Medical Eligibility Criteria for Contraceptive Use (MEC); the 2024 U.S. Selected Practice Recommendations for Contraceptive Use (SPR); and the Quality Family Planning (QFP) 2.0 publication.

Hyperlinks are now included in reference to the Title X regulations, etc., that guide our policies and procedures.

“Managing Contraception For Your Pocket, 17<sup>th</sup> Ed.” will be sent to clinics, when received in December 2024.

**Reproductive Goals (replaces the “Reproductive Life Plan”):**

The Reproductive Life Plan is being replaced with the “Self-Identified Need for Contraception (SINC)”- a standardized and research-based question that is client centered, and service-based.

**Testosterone Use and Pregnancy Risk:**

The importance of contraception for people with potential for pregnancy and using testosterone was highlighted by the 2024 MEC and included for reference.

**Person-centered contraceptive counseling:**

Contraceptive decision-making and person-centered counseling were updated under “A. Contraceptive Services” to align with the 2024 MEC, the QFP 2.0, and to provide important guidance to staff providing these services.

**RHNTC Birth Control Methods Chart:**

The Birth Control Methods Chart was updated by RHNTC and included in Section 1. Additional staff resources will be mailed to staff, including this chart as well as the Bedsider contraceptive flip-book- both of which focus on the client’s preferences for contraception, not focusing on effectiveness only (unless this is the client’s choice).

**340B Expedited Partner Therapy (EPT) for Provider Agreement sites:**

The provider agreement language and 340B policy and procedures have been updated, to allow non-PHO Title X clinic sites to utilize 340B medication for EPT to prevent the reinfection of Title X 340B eligible clients.

**Public Health Nurses Standing Orders:**

The standing orders have been updated and streamlined, to make them easier to use.

The Quickstart Algorithm for Hormonal Contraception has been updated, to match national standards of care.

Other noteworthy changes included:

- Removal of “below age 40” for Nurses to quickstart clients on hormonal methods
- Updates to include new health conditions listed in the 2024 MEC (e.g. chronic kidney disease)
- Frequency of future-use LNG ECP has been amended; and removal of necessity to contact a clinician if client uses ECP more than 3 times.

### **Section 2: Contraceptive Methods**

This section was updated to reflect the 2024 MEC and SPR.

Paragard will have a new one-handed inserter, similar to the LNG IUD. A link to the training video is included in this section, for reference.

### **Section 3: Pharmacy**

Sections were updated to reflect current formulary and guidance.

### **Appendix A: PHD Emergency Medical Response Protocol**

This document was updated February 2024.

### **Appendix B: Title X Service Sites Financial Policies and Procedures**

Annual updates to sliding fee scale and Fee Collection Committee were made. New Income Worksheets are found under Forms on the FPP webpage. Please note the update for how clients selecting confidential billing (minors or adults) will complete the Income Worksheet.

**Website:** now includes all updated forms and sections from 2024 Protocol update, as well as 2024 MEC and SPR and QFP 2.0.

Updated forms include: IUD Aftercare Instructions; Annual Income Worksheet; Consent for Family Planning Services; Hardship Declaration Form; Sliding Fee Scale; Fillable Fee Deposit Register; Fillable Fee Deposit Slips; Fillable Payment Ledger