

DEVELOPMENT GUIDE

DEVELOPING CLINICAL PROTOCOLS FOR FAMILY PLANNING SERVICES

This guide is intended to assist organizations in identifying the clinical protocols necessary for a family planning provider.

WHAT ARE CLINICAL PROTOCOLS?

Clinical protocols are:

- Site-specific policies for the provision of high-quality health care to patients.
- The scope of care that can be provided by clinicians and care team members (e.g., nurse practitioners, physician assistants, certified nurse midwives, physicians, registered nurses, health educators, lab technicians), consistent with state regulations.
- Explicit processes regarding when a patient should be referred or transferred to another source of care, and how (and how quickly) this should be accomplished.
- The objective criteria by which clinicians can be evaluated and audited regarding the quality of care provided.

CREATING A CLINICAL PROTOCOL

1. Start with existing guidelines. Pull relevant language and processes from current national clinical practice guidelines. Revise as necessary to incorporate the standards and guidelines of funders and contracted payers [e.g., state Medicaid program, state family planning program, Office of Population Affairs (OPA) (for Title X service sites)].
2. Once drafted, solicit input and recommendations from clinical team members and integrate feedback into the final version.
3. Update protocols on a regular schedule, usually annually (or as needed following the issuance of new or updated national guidelines). Refer to NFPRHA's resource, [Developing and Maintaining Policies and Procedures](#), for guidance on implementing a review cycle for organizational documents.

BEST PRACTICE #1: Always write or revise a protocol with the supervision of the organization's medical director.

BEST PRACTICE #2: If a clinical protocol manual is provided to staff in an electronic format only, include a hyperlink directly to any clinical recommendations referenced in the document. This ensures that readers are utilizing the most current version of the recommendations. It also lessens the burden on staff to update the protocol each time recommendations change.

BEST PRACTICE #3: Include the right level of detail when drafting a clinical protocol. Someone new to the organization may do things differently, or someone who has not performed a service or procedure in several months of or years may need a refresher.

NATIONAL CLINICAL GUIDELINES FOR FAMILY PLANNING SERVICES

The following references are common sources of national clinical guidelines for family planning services. Link to or reference these resources in your protocols to keep them current.

Contraceptive Services		
Guideline	Reference	Link
CDC 2016	Centers for Disease Control and Prevention (CDC), United States Medical Eligibility Criteria (US MEC) for Contraceptive Use, 2016. <i>MMWR</i> 2016; 65(3): 1-104.	www.cdc.gov/mmwr/volumes/65/rr/rr6503a1.htm
CDC 2016	CDC, U.S. Selected Practice Recommendations for Contraceptive Use (US SPR), 2016. <i>MMWR</i> 2016; 65(4) 1-66.	www.cdc.gov/mmwr/volumes/65/rr/rr6504a1.htm
CDC & OPA 2014	Gavin L, Moskosky S, Providing Quality Family Planning Services: Recommendations of CDC and the U.S. Office of Population Affairs (OPA). <i>MMWR</i> 2014; 63(RR-04): 1-54.	www.cdc.gov/mmwr/preview/mmwrhtml/rr6304a1.htm

Cervical Cancer Screening		
Guideline	Reference	Link
ACOG 2016	ACOG, Practice Bulletin No. 168 Summary: Cervical Cancer Screening and Prevention. <i>Obstet Gynecol</i> 2016 Oct; 128(4): e112-e30.	www.ncbi.nlm.nih.gov/pubmed/27661651
HPV Screening 2015	Huh WK, Ault KA, Chelmow D, et al., Use of primary high-risk Human Papillomavirus testing for cervical cancer screening: interim clinical guidance. <i>Obstet Gynecol</i> 2015 Feb; 125(2): 330-7.	www.ncbi.nlm.nih.gov/pubmed/25569009

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Breast Cancer Screening		
Guideline	Reference	Link
USPSTF 2016	Siu AL, U.S. Preventive Services Task Force (USPSTF), Screening for breast cancer: USPSTF recommendation statement. <i>Ann Intern Med</i> 2016; 164: 279-96.	www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1
ACOG 2017	ACOG, Practice Bulletin No. 179: Breast Cancer Risk Assessment and Screening in Average-risk Women. <i>Obstet Gynecol</i> 2017 Jul; 130(1): e1-e16.	www.ncbi.nlm.nih.gov/pubmed/28644335
ACOG Breast Density Guidelines 2016	ACOG, Committee Opinion No. 625 Management of Women with Dense Breasts Diagnosed by Mammography. <i>Obstet Gynecol</i> 2015; 125: 750-1.	www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Gynecologic-Practice/Management-of-Women-With-Dense-Breasts-Diagnosed-by-Mammography?IsMobileSet=false#here

Management of Sexually Transmitted Diseases		
Guideline	Reference	Link
CDC 2015	Workowski KA, Bolan GA, CDC: Sexually Transmitted Diseases Treatment Guidelines, 2015. <i>MMWR</i> 2015; 64(RR-03): 1-137.	www.cdc.gov/mmwr/preview/mmwrhtml/rr6403a1.htm

NATIONAL CLINICAL GUIDELINES FOR FAMILY PLANNING SERVICES

Management of Urinary Tract Infections		
Guideline	Reference	Link
ACOG 2008	ACOG, Practice Bulletin No. 91 Treatment of Urinary Tract Infections in Nonpregnant Women. <i>Obstet Gynecol</i> 2008; 111: 785-94.	www.acog.org/Clinical-Guidance-and-Publications/Practice-Bulletins/Committee-on-Practice-Bulletins-Gynecology/Treatment-of-Urinary-Tract-Infections-in-Nonpregnant-Women?IsMobileSet=false

Management of Cervical Abnormalities and Pre-invasive Cervical Lesions		
Guideline	Reference	Link
ASCCP 2012	Massad, LS, et.al, 2012 Updated Consensus Guidelines for the Management of Abnormal Cervical Cancer Screening Tests and Cancer Precursors. <i>Journal of Lower Genital Tract Disease</i> 2013; 175(5): S1-S27.	www.asccp.org/Assets/405b4550-593f-40a7-ae25-0c783de95b0d/635912114192570000/asccp-updated-guidelines-3-21-13-pdf

PROTOCOLS FOR CONTRACEPTIVE SERVICES

Use the checklist below to identify protocols already in place and identify those you will need to create.

Combined hormonal contraceptives and progestin-only pills
<ul style="list-style-type: none"><input type="checkbox"/> Combined oral contraceptives<input type="checkbox"/> Contraceptive vaginal ring<input type="checkbox"/> Contraceptive patch<input type="checkbox"/> Progestin-only pills<input type="checkbox"/> Quick Start method for contraception initiation
Intrauterine contraception (i.e., IUCs, IUDs)
<ul style="list-style-type: none"><input type="checkbox"/> Placement<input type="checkbox"/> Removal<input type="checkbox"/> Side effects and complications<ul style="list-style-type: none"><input type="checkbox"/> Abnormal bleeding, delayed menses<input type="checkbox"/> Pregnancy<input type="checkbox"/> Missing strings<input type="checkbox"/> Perforation
Contraceptive implants
<ul style="list-style-type: none"><input type="checkbox"/> Placement<input type="checkbox"/> Removal<input type="checkbox"/> Side effects and complications<ul style="list-style-type: none"><input type="checkbox"/> Abnormal bleeding, delayed menses<input type="checkbox"/> Pregnancy<input type="checkbox"/> Deep implant
Contraceptive injection (i.e., DMPA)
<ul style="list-style-type: none"><input type="checkbox"/> Schedule<input type="checkbox"/> Side effects and complications<ul style="list-style-type: none"><input type="checkbox"/> Abnormal bleeding, delayed menses<input type="checkbox"/> Pregnancy
Barrier methods
<ul style="list-style-type: none"><input type="checkbox"/> Diaphragm<input type="checkbox"/> Internal condom<input type="checkbox"/> External condom<input type="checkbox"/> Vaginal spermicide<input type="checkbox"/> FemCap cervical cap
Fertility awareness-based methods
<ul style="list-style-type: none"><input type="checkbox"/> Calendar-based (e.g., Standard Days, TwoDay)<input type="checkbox"/> Symptom-based (e.g., Billings, sympto-thermal, Marquette)<input type="checkbox"/> App-based (e.g., NaturalCycles)
Emergency contraception
<ul style="list-style-type: none"><input type="checkbox"/> Emergency contraceptive pills (ECPs) (i.e., levonorgestrel, ulipristal acetate)<input type="checkbox"/> Copper IUD
Contraceptive counseling
<ul style="list-style-type: none"><input type="checkbox"/> Reproductive intention counseling<input type="checkbox"/> Shared decision making

PROTOCOLS FOR ADDITIONAL FAMILY PLANNING SERVICES

Use the checklist below to identify protocols already in place and identify those you will need to create.

Genital tract infection: screening and testing
<ul style="list-style-type: none"><input type="checkbox"/> Gonorrhea<input type="checkbox"/> Chlamydia<input type="checkbox"/> Syphilis<input type="checkbox"/> HIV<input type="checkbox"/> Genital herpes<input type="checkbox"/> Genital warts<input type="checkbox"/> Vaginal infections (e.g., trichomoniasis, bacterial vaginosis, candidiasis)<input type="checkbox"/> Bacterial vulvar infections (e.g., Bartholin duct abscess, vulvar abscess)<input type="checkbox"/> Pelvic inflammatory disease (PID)<input type="checkbox"/> Urinary tract infections (UTIs)
Genital tract infection: treatment
<ul style="list-style-type: none"><input type="checkbox"/> Gonorrhea<input type="checkbox"/> Chlamydia<input type="checkbox"/> Syphilis<input type="checkbox"/> Genital herpes<input type="checkbox"/> Genital warts<input type="checkbox"/> Vaginal infections (e.g., trichomoniasis, bacterial vaginosis, candidiasis)<input type="checkbox"/> Bacterial vulvar infections (e.g., Bartholin duct abscess, vulvar abscess)<input type="checkbox"/> Pelvic inflammatory disease (PID)<input type="checkbox"/> Urinary tract infections (UTIs)
Prevention
<ul style="list-style-type: none"><input type="checkbox"/> HPV immunization
Other clinical services
<ul style="list-style-type: none"><input type="checkbox"/> Achieving pregnancy<input type="checkbox"/> Basic infertility<input type="checkbox"/> Pregnancy evaluation<input type="checkbox"/> Preconception care<input type="checkbox"/> Periodic Health Screenings (female)<input type="checkbox"/> Periodic Health Screenings (male)<input type="checkbox"/> Perimenopause
Medical emergencies
<ul style="list-style-type: none"><input type="checkbox"/> Vasovagal fainting and seizures<input type="checkbox"/> Suspected ectopic pregnancy<input type="checkbox"/> Suspected spontaneous abortion (i.e., miscarriage)

National
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Available online at: www.nationalfamilyplanning.org/pages/issues/issues---providing-high-quality-services---health-center-operations

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