



# **Zika Toolkit: Expanding Access to Quality Family Planning and Zika-related Care**

**July 13, 2016**

**Citrix Technical Support: 1-877-582-7011**  
**Cardea Services: 1-510-835-3700**



# Purpose

Help healthcare workers that see non-pregnant women and men of reproductive age:

- Access core information, provider tools and client education materials for providing Zika-related counseling and care
- Determine changes that may need to be made in their health systems to provide client-centered, family planning care within the context of Zika



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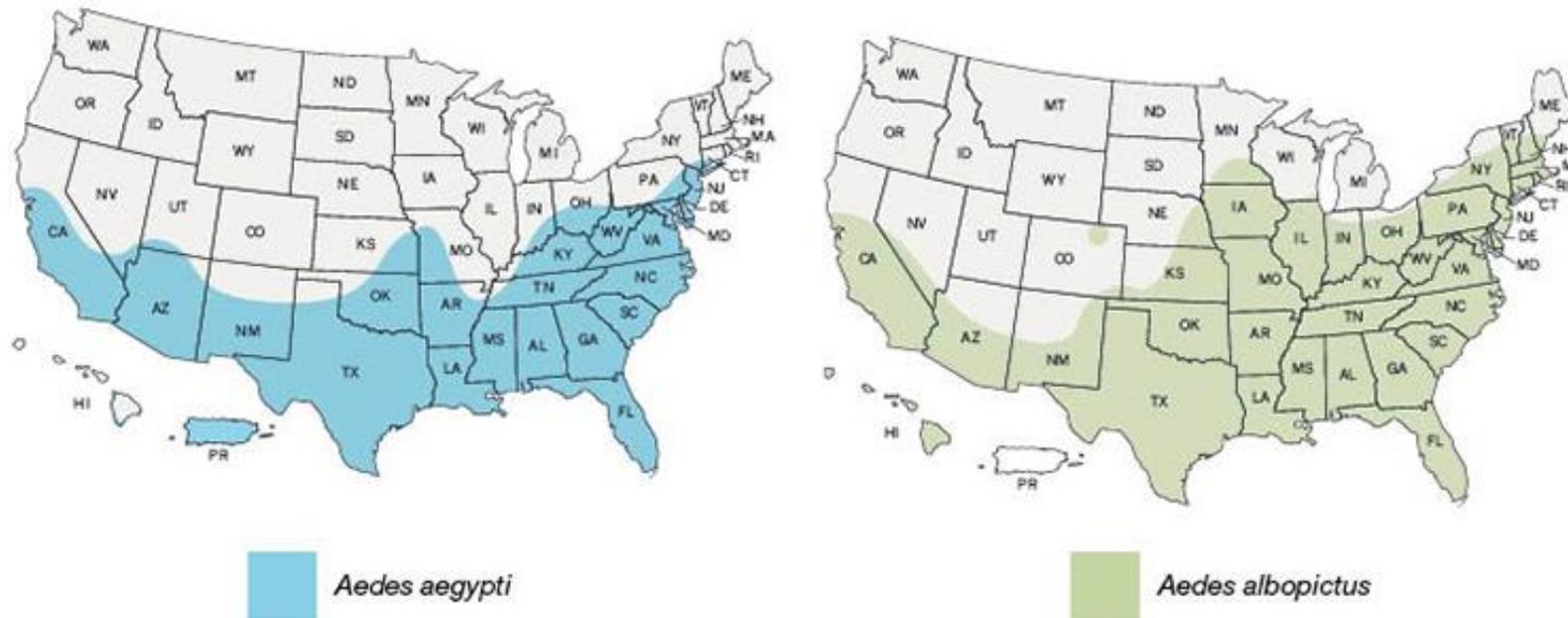


# Zika & Reproductive Health



- The emergence of the Zika virus poses a serious threat to Americans' reproductive health.
- Contraception is a key component of efforts to mitigate the impact of Zika.
- Zika will change the way in which contraceptive and other family planning services are provided. For example:
  - More women and men may decide to delay pregnancy after they learn about the potential risks of Zika transmission
  - More women may decide to put a higher priority on the more effective methods of contraception;
  - Clients who decide to get pregnant will need to be counseled about how to reduce their risk of infection during pregnancy.

# ESTIMATED Range of *Aedes Aegypti* and *Aedes Albopictus* in the United States, 2016



**Transmission may occur as early as this summer!**

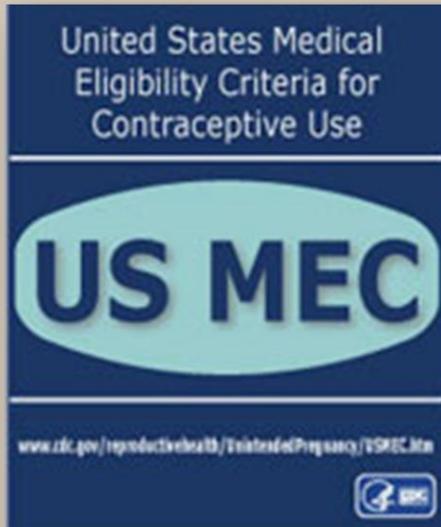
Source: CDC at <http://www.cdc.gov/zika/vector/range.html>

# Components of OPA's Response to Zika



**OPA efforts are focused on the needs of non-pregnant women and men of reproductive age.**

- Webinar series
- Zika toolkit
- In-person provider training
- Outreach
- Monitoring



Centers for Disease Control and Prevention  
**MMWR** Morbidity and Mortality Weekly Report  
Recommendations and Reports / Vol. 63 / No. 4 April 25, 2014

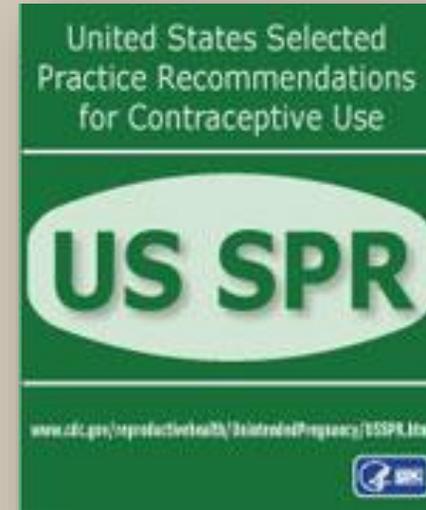
**Providing Quality Family Planning Services**  
Recommendations of CDC and the U.S. Office of Population Affairs



Continuing Education Examination available at <http://www.cdc.gov/mmwr/cma/conted.html>.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



# Zika Toolkit



- Synthesizes key CDC recommendations for non-pregnant clients into a user-friendly format
- Integrates Zika education into the family planning visit, using a client-centered approach
- Includes anticipatory guidance, job aids, patient education tools
- Updated on a regular basis, as new research and CDC guidance is released

# Learning Objectives



- Discuss key steps when counseling male and female clients in a family planning setting about preventing Zika transmission
- Describe health care system changes in hospitals and state-specific programs to facilitate quality contraceptive care in the context of Zika
- Identify available training and education materials on quality contraceptive counseling in the context of Zika

# Speakers



## **Overview of the Zika Toolkit**

Christine Dehlendorf, MD, MAS  
Director, Program in Woman-Centered Contraception  
Department of Family and Community Medicine  
University of California, San Francisco



## **Zika Preparedness and Contraceptive Access at Emory University**

Melissa Kottke, MD, MPH, MBA  
Director, Jane Fonda Center  
Emory University, School of Medicine  
Department of Obstetrics and Gynecology, Atlanta, GA



## **Utilizing the Zika Toolkit in Louisiana's Zika Action Plan**

Christy L. Valentine, MD  
Louisiana Maternal Outreach Lead for Zika Response  
Reproductive Health Program Medical Director  
Louisiana Department of Health  
Office of Public Health, Bureau of Family Health

# Overview of the Zika Toolkit

Christine Dehlendorf, MD, MAS  
Director, Program in Woman-Centered  
Contraception  
Department of Family and Community Medicine



# Providing Family Planning Care for Non-Pregnant Women and Men of Reproductive Age in the Context of Zika



## *A Toolkit for Healthcare Providers*

This toolkit will be updated on an ongoing basis, as new research findings and clinical recommendations are published. We encourage providers to check the U.S. Office of Population Affairs website ([www.hhs.gov/opa/](http://www.hhs.gov/opa/)) to ensure they are using the latest version.

July 1, 2016



# Structure of the Toolkit

- Core information about Zika for providers of family planning care
- Recommendations for providing family planning care for non-pregnant women and men in context of Zika
  - In areas with local transmission of Zika
  - In areas without local transmission of Zika
- Job aids and client handouts to facilitate client-centered education and care, as well as materials for outreach to community organizations

# Basic Information about Zika

- Transmitted both by sex and mosquitoes
- Causes microcephaly and other birth defects
- Mosquito-borne transmission in US territories but not currently in the continental US
- Asymptomatic in the majority of cases

# Integrating Zika into Family Planning Care

- Help clients to consider how information about Zika and their risk may affect their reproductive health goals and behaviors
- Provide contraceptive services to those who wish to prevent or delay pregnancy, considering their Zika risk as one influence on their choice of method
- Provide condoms to men and women who are at risk for sexual transmission of Zika
- Counsel clients who are at risk of Zika infection and may become pregnant about how to reduce the risk of acquiring Zika before and during pregnancy
- Offer testing to women and men who are exposed to Zika virus and develop symptoms

## Figure 1: Family Planning Counseling Process

Assess reproductive goals



Provide Zika risk assessment and education in context of goals



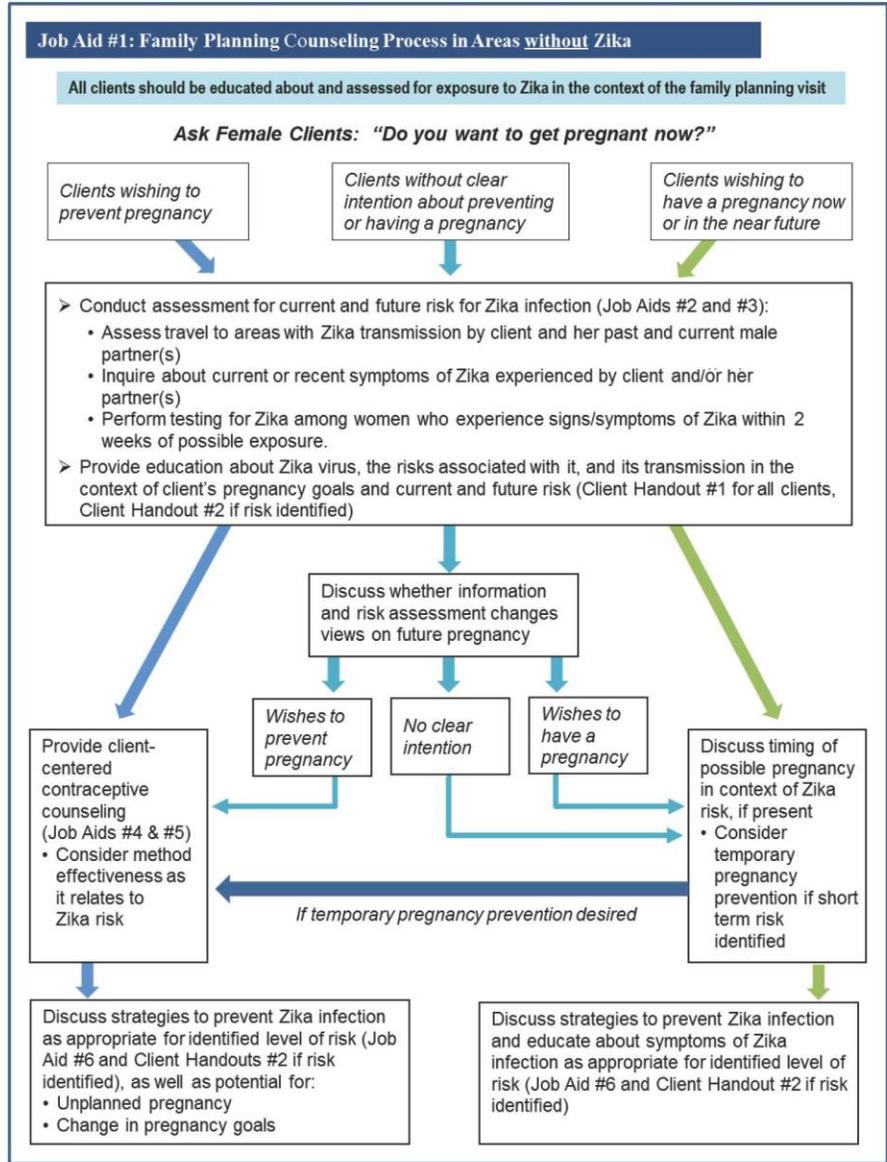
Provide counseling to optimize reproductive health in context of Zika risk

- Client-centered contraceptive counseling
- Pre-conception care



Ensure all clients have received information about strategies to prevent Zika infection

Job Aid #1



## Initial Screening Questions for Female and Male Clients in Areas WITHOUT Zika

### Initial screening questions for all female clients prior to the visit

1. Have you traveled outside the continental US in the past 8 weeks?  
 Yes  
 No
2. Has any man you are having sex with, or have had sex with in the past 8 weeks, traveled outside the continental US in the past 6 months?  
 Yes  
 No
3. Do you or any man you are having sex with plan to travel outside the continental US in the next year?  
 Yes  
 No

### Initial screening questions for all male clients prior to the visit

1. Have you traveled outside the continental US in the past 6 months?  
 Yes  
 No
2. Do you plan to travel outside the continental US in the next year?  
 Yes  
 No

## Counseling Female Clients about Risk of Zika Infection in Areas WITHOUT Local Transmission

### Evaluating current and future risk

Ask questions like:

1. Have you traveled to an area with active Zika transmission in the past 8 weeks? (Review map to determine.)
2. Are you having sex (including vaginal, anal, or oral sex), or have you had sex in the past 8 weeks, with a man who is at risk for spreading Zika? (Consider the following probes.)
  - ▶ If any male sex partner traveled to an area with Zika in the 6 months prior to sex
  - ▶ If so, whether he experienced symptoms within two weeks of travel
  - ▶ If he did not experience symptoms, whether the client had sex with him less than 8 weeks after exposure
  - ▶ Whether she used, or is using, a condom, every time with any potentially exposed partner
3. If “yes” to either of recent travel to an area with Zika or sex without a condom with a man at risk of Zika:
  - ▶ Did you have any of the following symptoms of Zika infection within 2 weeks of anytime you might have gotten Zika?
    - Fever    • Joint pain
    - Rash    • Red eyes
4. Do you, or any man you have sex with, plan to travel to an area with Zika?

### Educating Clients

See **Client Handouts #1 and #2 (for women)** and **#3 (for men)** for plain language and images to use when educating clients about the key messages. These handouts also serve as take-home materials for clients.



### Recommendations

- ▶ If a female is exposed to Zika through travel or sexual activity and has no symptoms, she should wait at least 8 weeks after exposure to attempt conception.
- ▶ If a female is exposed to Zika through travel or sexual activity and has confirmed Zika virus or clinical illness consistent with Zika, she should wait at least 8 weeks after onset of symptoms to attempt conception.
- ▶ If a male partner is exposed to Zika and has no symptoms, the couple should delay attempts at conception for at least 8 weeks and should consider using condoms for at least 8 weeks after exposure to prevent sexual transmission.
- ▶ If a male partner is exposed to Zika and has symptoms, the couple should delay attempts at conception for at least 6 months and should consider using condoms for at least 6 months to prevent sexual transmission.
- ▶ Female clients who could become pregnant and who might (or whose male partner might) travel to an area with Zika should consider CDC recommendations regarding use of condoms and avoiding conception after possible Zika exposure. If travel is planned, provide information about Zika prevention, including strategies to prevent mosquito bites.

# Important Information about Zika

For people living in areas **without** Zika

**If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.**

## How people get the Zika virus

- ▶ In some places, Zika is spread by mosquitoes.
- ▶ A man with Zika can also spread it to others through vaginal, anal or oral (mouth-to-penis) sex.
- ▶ The mosquitoes that carry Zika bite day and night.

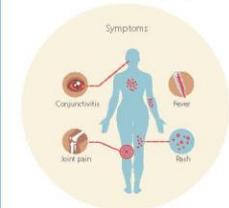
## What we **don't** know about Zika

There are many things we don't know about Zika, including:

- ▶ How likely it is that Zika will affect a woman's fetus during pregnancy
- ▶ If the effect of Zika on a fetus is different depending on when during pregnancy a woman is infected
- ▶ If a woman with Zika can pass it to her sex partners
- ▶ How long the Zika virus can stay in a man's semen
- ▶ Where mosquitoes that spread Zika will be found in the United States in the future
- ▶ When a vaccine or medicine to prevent or treat Zika may be available

## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

## Are YOU at risk?

You may be exposed to Zika:

- ▶ If you live in (or travel to) an area with mosquitoes that spread Zika
- ▶ If you have sex with a man who has Zika

## Protect yourself and others from Zika

To prevent Zika when having sex you can **use condoms every time during vaginal, anal or oral sex:**

- ▶ If you have sex with a man who may have been exposed to Zika
- ▶ If you are a man who may have been exposed to Zika

If you are sexually active and at risk for unplanned pregnancy, you can also choose to use one of the many **safe, effective contraceptive methods.**

If you travel to areas where mosquitoes spread Zika, use mosquito repellent and follow steps to **prevent mosquito bites.**

## Map of areas with Zika



For the most current information on areas with Zika, talk with your healthcare provider or check the CDC site: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

For more information and health services contact:

*Insert the contact information for the family planning service delivery site*

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>

# Protecting Yourself and Others from Zika

For women living in areas without Zika

- ▶ If a woman gets a Zika infection while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.
- ▶ In some places, Zika is spread by mosquitoes. Zika can also be passed through vaginal, anal or oral (mouth-to-penis) sex by a man with Zika to his female and male sex partners.
- ▶ If you or your sex partner(s) live in, or travel to, an area with Zika — you may get Zika.



## How to protect yourself and others

### Prevent getting Zika from sex

To prevent getting Zika when having sex with a man who has traveled to, or lived in, an area with Zika:

Use condoms correctly every time

Or

Don't have vaginal, oral or anal sex

- ▶ For at least **8 weeks** after he leaves the area with Zika if he had **no symptoms** of Zika
- ▶ For at least **6 months** from when his symptoms start, if he **did have symptoms** of Zika



If you are **pregnant**, use **condoms** or **don't have sex** during the entire pregnancy.

### Use birth control if you wish to prevent pregnancy

A woman may be exposed to Zika before she even knows she's pregnant.

Without birth control, about 85 out of 100 sexually active women get pregnant within one year.

There are many examples of birth control that are safe and effective.



Talk with your healthcare provider about what's important to you in a method.

### Prevent getting Zika from mosquitoes

If you or your sex partner(s) travel to an area with Zika:

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent while you travel and for 3 weeks after returning home.
- ▶ Wear long sleeves, long pants and socks.
- ▶ Wear permethrin-treated clothing.
- ▶ Stay in places with air conditioning or window and door screens.
- ▶ Sleep under a mosquito net.
- ▶ Empty standing water near your home or work.
- ▶ Create and use your own Zika prevention kit: <http://www.cdc.gov/zika/pdfs/zika-prevention-kit-english.pdf>



## How the risk of Zika may affect pregnancy plans



- ▶ Women and couples at risk for Zika may wish to delay pregnancy until more is known about the virus.
  - ▶ Pregnant women are advised **not** to travel to areas with Zika.
  - ▶ If a **woman has been exposed** to Zika through travel or sexual activity, she should **wait at least 8 weeks before trying to get pregnant**. If she develops symptoms of Zika, she should wait at least 8 weeks after the symptoms start.
  - ▶ If a **man has been exposed** to Zika, but has had **NO symptoms** of the virus, the couple should **wait at least 8 weeks after possible exposure** before trying to get pregnant, and use condoms or not have sex during this time.
  - ▶ If a **man DID have one or more symptoms** of Zika, they should **wait at least 6 months** from when his symptoms started, before trying to get pregnant, and use condoms or not have sex during this time. This is because Zika can still be in a man's semen many months after he first gets the virus.
- ▶ If a couple is pregnant, and the male partner is at risk of Zika, they should **use condoms** for vaginal, anal or oral sex, or not have sex throughout the entire pregnancy.

## What are your thoughts about pregnancy?

Talk to your healthcare provider about your future plans for pregnancy, and options for birth control if you don't want pregnancy now.



**We can help answer your questions about Zika, pregnancy and birth control.**

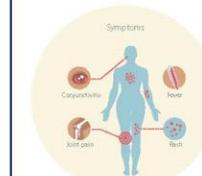
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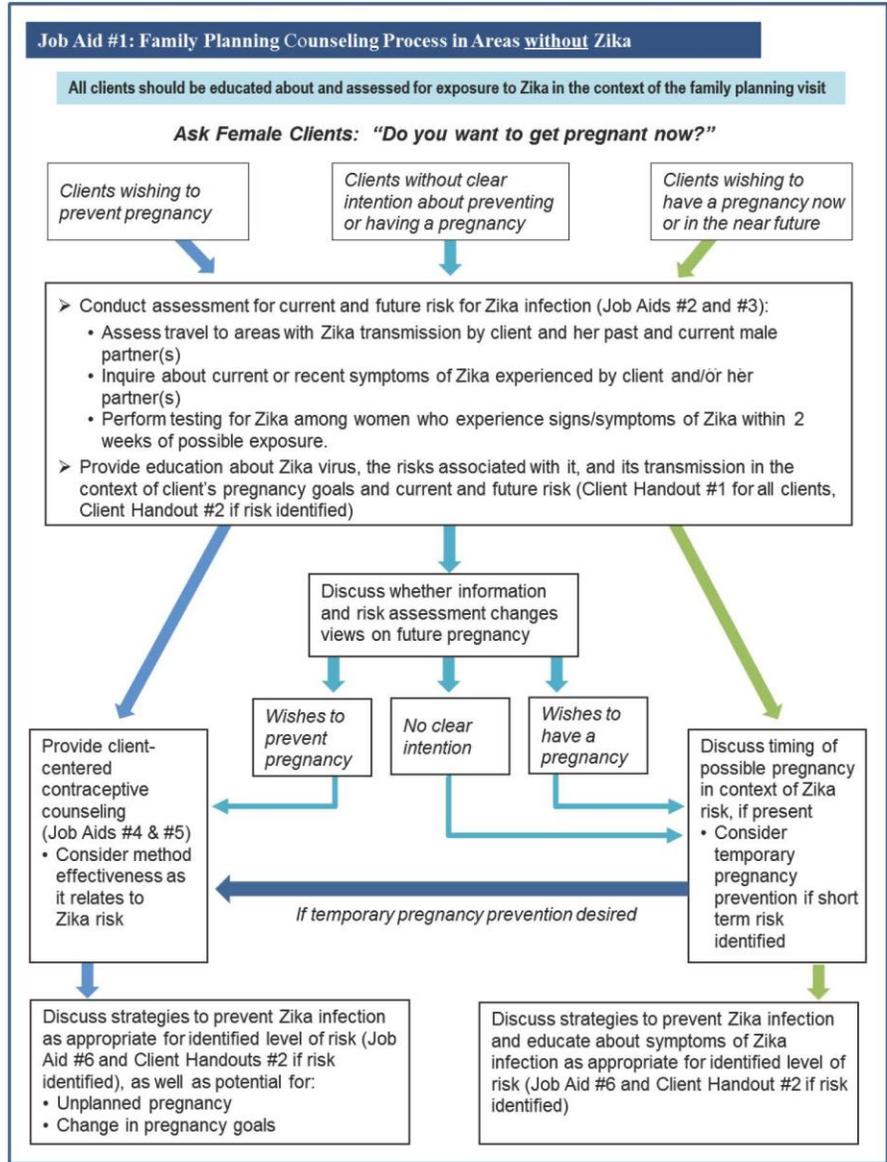
## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

Job Aid #1



# Birth Control Method Options

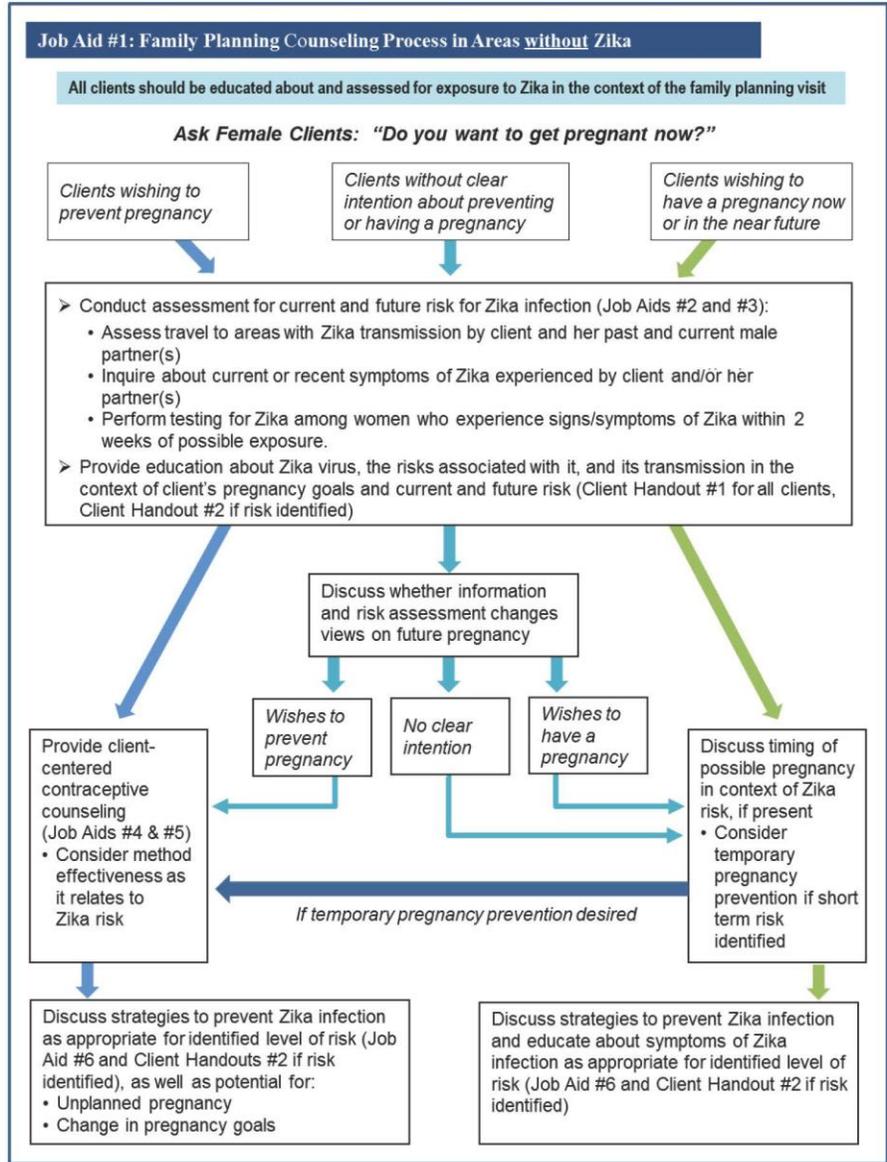
	Most Effective									Least Effective						
	Female Sterilization	Male Sterilization	IUD	Implant	Injectables	Pill	Patch	Ring	Diaphragm	Male Condom	Female Condom	Withdrawal	Sponge	Fertility Awareness Based Methods	Spermicides	
<b>Risk of pregnancy*</b>	.5 out of 100	.15 out of 100	LNG: .2 out of 100 CopperI: .8 out of 100	.05 out of 100	6 out of 100	9 out of 100			12 out of 100	18 out of 100	21 out of 100	22 out of 100	12-24 out of 100	24 out of 100	28 out of 100	
<b>How the method is used</b>	Surgical procedure		Placement inside uterus	Placement into upper arm	Shot in arm, hip or under the skin	Take a pill	Put a patch on skin	Put a ring in vagina	Use with spermicide and put in vagina	Put over penis	Put inside vagina	Pull penis out of the vagina before ejaculation	Put inside vagina	Monitor fertility signs. Abstain or use condoms on fertile days.	Put inside vagina	
<b>How often the method is used</b>	Permanent		Lasts up to 3-12 years	Lasts up to 3 years	Every 3 months	Every day at the same time	Each week	Each month		Every time you have sex				Daily	Every time you have sex	
<b>Menstrual side effects</b>	None		LNG: Spotting, lighter or no periods CopperI: Heavier periods	Spotting, lighter or no periods	Spotting, lighter or no periods	Can cause spotting for the first few months. Periods may become lighter.				None						
<b>Other possible side effects to discuss</b>	Pain, bleeding, Infection		Some pain with placement		May cause appetite increase/weight gain	May have nausea and breast tenderness for the first few months.			Allergic reaction, Irritation		None		Allergic reaction, Irritation	None		Allergic reaction, Irritation
<b>Other considerations</b>	Provides permanent protection against an unintended pregnancy.		LNG: No estrogen. May reduce cramps. CopperI: No hormones. May cause more cramps.	No estrogen	No estrogen. May reduce menstrual cramps.	Some client's may report improvement in acne. May reduce menstrual cramps and anemia. Lowers risk of ovarian and uterine cancer.			No hormones	No hormones. No prescription necessary.		No hormones. Nothing to buy.	No hormones. No prescription necessary.	No hormones. Can increase awareness and understanding of a woman's fertility signs.	No hormones. No prescription necessary.	

Counsel all clients about the use of condoms to reduce the risk of STDs, including HIV infection.

\*The number of women out of every 100 who have an unintended pregnancy within the first year of typical use of each method.

Other Methods of Birth Control: (1) Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Reference for effectiveness rates: Trussell J. Contraceptive failure in the United States. *Contraception* 2011; 83: 397-404. Other references available on [www.pfnc.org](http://www.pfnc.org).

Job Aid #1



# Zika-Related Care for Men

- Screen men for risk related to travel and sexual transmission
- Provide education about Zika in context of their risk, including mosquito-bite prevention strategies
- Ensure are aware of recommendations regarding using condoms to prevent sexual transmission and delaying conception after exposure

## Counseling Male Family Planning Clients about Zika in Areas WITHOUT Local Transmission

1. Provide information about Zika (Client Handout #1). This can be initiated by asking clients what they know about Zika in order to facilitate an interactive discussion.
2. Perform risk assessment:
  - ▶ Initial screening questions for all male clients prior to the visit
    - Have you traveled outside the continental US in the past 6 months?
    - Do you plan to travel outside the continental US in the next year?
  - ▶ In-depth risk assessment to be performed by provider if answers to initial questions are positive
    - Have you traveled to an area with Zika in the past 6 months?
    - If yes, did you have any of the following symptoms of Zika infection within 2 weeks of the time you might have been exposed to Zika?
      - Fever
      - Rash
      - Joint pain/Arthralgias
      - Red eyes/Conjunctivitis
    - Do you have plans to travel to an area with Zika?

### Educating Clients

See Client Handouts #1 and #3 for plain language and images to use when educating clients about the key messages make. These handouts also serve as take-home materials for clients.



3. Provide information about prevention of Zika virus and its consequences in the context of their risk (Client Handout #3 and Job Aid #6).
  - ▶ If had symptoms of Zika following an exposure:
    - Avoid attempts at conception for at least 6 months after onset of symptoms by abstaining or using contraception correctly and consistently.
    - If concerned about sexual transmission of Zika, consider using condoms with all partners for at least 6 months after onset of symptoms, regardless of use of other contraceptives.
    - Perform testing for Zika virus. However, clients should be aware that while a positive Zika test result indicates the definitive need to delay pregnancy, a negative test result cannot be used to establish the absence of risk of sexual transmission. Persons with negative test results should still follow recommended prevention measures.
  - ▶ If did not have symptoms:
    - Avoid attempts at conception for at least 8 weeks after an exposure.
    - If concerned about sexual transmission of Zika, consider using condoms with all partners for at least 8 weeks after an exposure, regardless of use of other contraceptives.

# What Men Need to Know about Zika

For people living in areas **without** Zika



- ▶ In some places, Zika is spread by mosquitoes.
- ▶ Zika can also be passed through vaginal, anal or oral (mouth-to-penis) sex. A man with Zika can spread it to his female and male sex partners.
- ▶ If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects. Zika can cause the baby to have microcephaly, a severe birth defect that is a sign of incomplete brain development.

## A man's risk of getting and spreading Zika

If you **live in, or travel to, an area with Zika** — you may be exposed to Zika through mosquito bites.

You may **not** know you have Zika, but you can still spread it to others during sex. Then, if your female partner gets pregnant, or if she is already pregnant, her developing fetus may get Zika and be born with serious birth defects.

## How to protect yourself and others from Zika

If you lived in or travel to an area with Zika, protect yourself from mosquito bites when you are there and help prevent spreading Zika during vaginal, anal or oral sex by using condoms or by not having sex.

### Prevent mosquito bites

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent if traveling to an area with Zika. (Continue to use repellent for three weeks after returning home, to prevent mosquitoes from biting you and spreading it to others near your home.)
- ▶ Wear long sleeves, long pants and socks.
- ▶ Wear permethrin-treated clothing.
- ▶ Stay in places with air conditioning or window and door screens.
- ▶ Sleep under a mosquito net if you are sleeping in a space without air conditioning and sealed windows.
- ▶ Empty standing water near your home or work.
- ▶ Create and use your own Zika prevention kit:  
<http://www.cdc.gov/zika/pdfs/zika-prevention-kit-english.pdf>



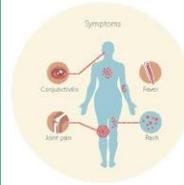
For more information and services contact:

Insert the contact information for the family planning service delivery site

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>

## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

If you have been exposed to Zika you can pass Zika to your female and male sex partner or partners:

- ▶ For at least 6 months if you have had symptoms
- ▶ For at least 8 weeks if you have had **no** symptoms

## How to protect yourself and others from Zika

If you lived in or traveled to an area **WITH** Zika, help prevent spreading Zika when having sex.

If you go to an area with Zika, you can help prevent spreading Zika during sex by using condoms for vaginal, anal or oral sex, or by not having sex while you are there.

### Map of areas with Zika



For the most current information on areas with Zika, talk with your healthcare provider or check the CDC site: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

If you were in an area with Zika and return to an area **without** Zika, you should wait before trying to get your partner pregnant:

- ▶ For at least **8 weeks** after your return, if you did **NOT** have symptoms of Zika
- ▶ For at least **6 months** after your symptoms started, if you **DID** have symptoms of Zika



During the time frame when there is a risk of spreading Zika, you can use condoms and prevent pregnancy with birth control, or don't have sex.

### If you and your partner want to get pregnant

It is recommended that you wait until you are no longer at risk of spreading Zika before getting pregnant. Talk with your healthcare provider before attempting pregnancy, even if you have not had symptoms of Zika.

If your female partner is already pregnant and you were exposed to Zika, use condoms or don't have vaginal, anal or oral sex during the entire pregnancy. This may reduce the risk of having a baby that is harmed by the Zika virus.



# Areas with Zika Transmission

- Relevant information provided throughout toolkit, including:
  - Recommendation to use condoms while Zika is in the area if not attempting conception
  - Strategies to minimize risk of mosquito bites
  - Considerations if interested in attempting pregnancy, including both partners' ability to use strategies to avoid infection
- Full packet of:
  - Job Aids
  - Educational materials

## Figure 1: Family Planning Counseling Process

Assess reproductive goals



Provide Zika risk assessment and education in context of goals



Provide counseling to optimize reproductive health in context of Zika risk

- Client-centered contraceptive counseling
- Pre-conception care



Ensure all clients have received information about strategies to prevent Zika infection

# Implementing Zika-Informed Family Planning Care

- System-level strategies most effective for integrating Zika-related care
- Consider efforts to build capacity for quality family planning services, including:
  - Client-centered counseling
  - Same day provision of full range of methods
- Training materials and description of competencies for high quality family planning care available at [fpntc.org](http://fpntc.org)

# FPNTC.ORG



Your Leading Source for Family Planning Training and Resources

SEARCH

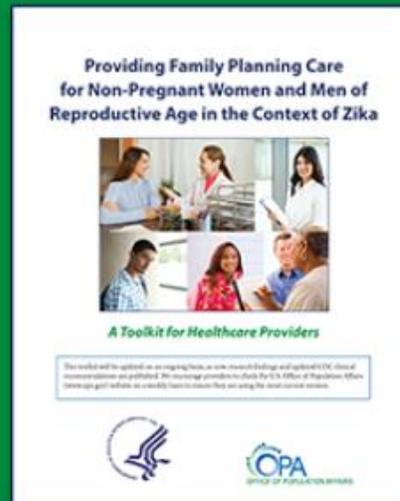
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1 2 3 4 5

## ZIKA TOOLKIT: EXPANDING ACCESS TO QUALITY FAMILY PLANNING AND ZIKA-RELATED CARE- NEW DATE

Zika virus can be passed from a pregnant woman to her fetus and cause miscarriage or serious birth defects including microcephaly. [How can we help both women and men who may be at risk for Zika infection?](#) For more information and on the event and the toolkit,...



**NEW DATE!**

**WEBINAR**

### Zika Toolkit:

Expanding Access to Quality Family Planning and Zika-related Care

**Wednesday, July 13, 2016**

**1:00 – 2:00 PM Eastern Time (EDT)**



Continuing Education will be provided.

[NEWSLETTERS](#)

[RESOURCES](#)

[CALENDAR OF EVENTS](#)

# Zika Preparedness and Contraceptive Access at Emory University

Melissa Kottke, MD, MPH, MBA  
Director, Jane Fonda Center



EMORY  
UNIVERSITY  
SCHOOL OF  
MEDICINE

Department of Gynecology and Obstetrics

# Take Aways

- Describe the steps taken and planned for an institutional response for Zika prevention
- List some considerations about contraception as prevention for Zika from an institutional perspective



# Emory Healthcare Network

- Large multi-disciplinary system in Atlanta, GA
- Primary care and subspecialty care
  - Five hospitals
  - 200 provider locations
  - 2,000 physicians
    - More than 70 specialties
    - 245 primary care physicians

**EMORY**  
HEALTHCARE

# Exploration

- Most Zika-related questions were happening in Ob/Gyn and Infectious Disease/Travel Clinic
  - Problem focused
  - Generally directed to specific clinicians
  - Little emphasis on prevention, contraception as prevention
- Obtained buy-in from leadership to establish an institution-wide response



# Assembling a Team

- Ob/Gyn, Family Planning
- Internal Medicine, Infectious Disease
- Emergency Medicine
- Family Medicine
- Pediatrics
- Non-primary care
- Clinicians, nursing, support staff, administrators
- Communications



# Educational Content: Frequently Asked Questions

- FAQs for clinicians
  - Those providing contraception
  - Those not providing contraception
- FAQs for patients
- When possible, we link to Federal and State content repositories
  - OPA's QFP and Zika-related care
  - CDC's Zika website
  - Georgia Department of Public Health's Zika website



# Roll Out

- Educate clinicians and staff
  - Contraception for Zika prevention
  - OPA screening job aids
  - Referrals for contraceptive services including condoms
- Approaches to education
  - Website, listservs, other online options
  - Grand rounds or departmental meetings



# Considerations

- Access
  - Available trained clinicians, appointments
  - Device stocking
  - Contraceptive coverage
- Urgent referral options
  - For pregnant women
  - For those traveling to Zika-affected areas who need contraception
- Evolving knowledge adds to the complexity



# Timeline



# Utilizing the Zika Toolkit in Louisiana's Zika Action Plan

**Christy L. Valentine, MD**

Louisiana Maternal Outreach Lead for Zika Response  
Reproductive Health Program Medical Director  
Louisiana Department of Health  
Office of Public Health, Bureau of Family Health



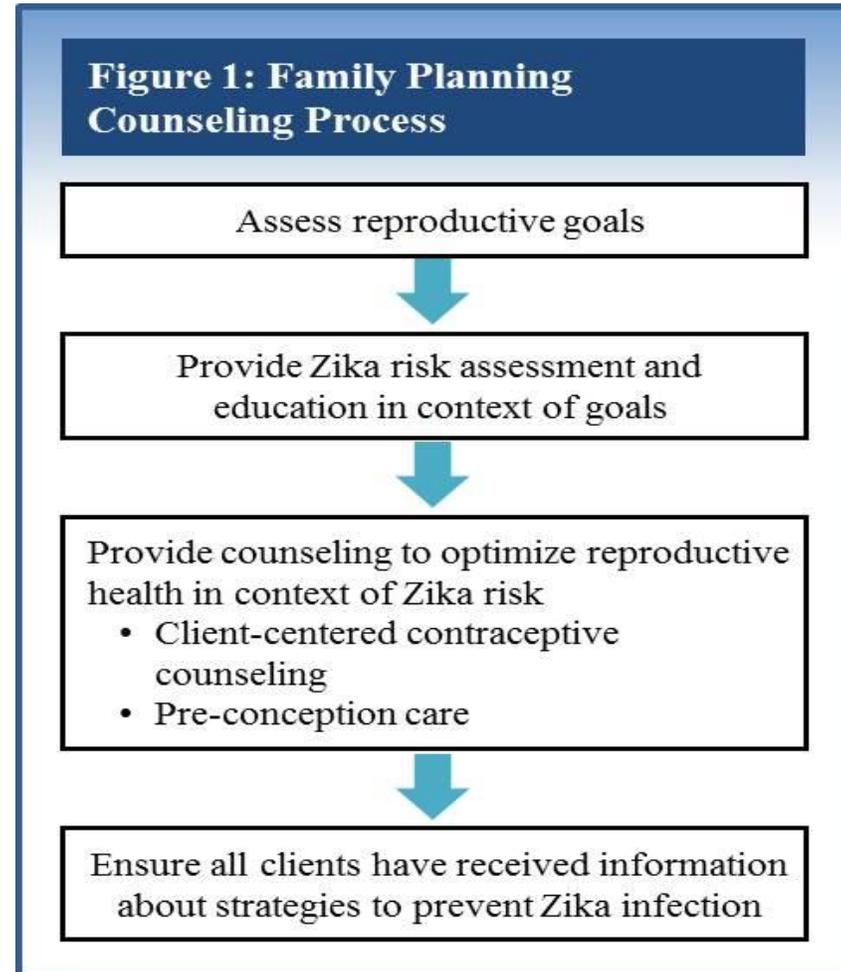
# Take Aways

- Describe the benefit of the OPA Zika Toolkit in educating health care providers in Louisiana
- Discuss use of the Zika Toolkit in the Healthy Louisiana Program (Louisiana's Medicaid Program)
- Describe how the Zika Toolkit assisted in further developing Louisiana's client screening questions in Office of Public Health (OPH) clinics

# Louisiana's Zika Planning, Preparedness and Response Team

- Team Lead: Frank Welch, MD, OPH Center for Community Preparedness
- Subject Matter Experts identified
  - Communication- LDH Bureau of Media and Communications
  - Surveillance- OPH Infectious Disease and Epidemiology
  - Laboratory Testing- OPH Laboratory
  - Vector Control- Louisiana Statewide Mosquito Control
  - Maternal Outreach- OPH Bureau of Family Health
  - Blood Safety- Louisiana Health Standards

# OPA Zika Toolkit and Educating Health Care Providers



# OPA Zika Toolkit and Educating Healthcare Providers

- Opportunity to engage more primary care providers
- Educate providers on different counseling techniques
- Assist providers in formulating a counseling conversation with their patients by giving the provider examples of questions they may chose to ask
  - Open-ended questions
  - Addressing patient ambivalence
- Offer to set up direct referral process between our Title X clinics and medical offices

# OPA Zika Toolkit and Educating Healthcare Providers

- Louisiana Primary Care and Rural Health Associations' Joint Conference
- Louisiana Medical Association Conference
- Louisiana ACOG Conference
- Communications through providers' hospital affiliations
- Direct communication to health care providers

# OPA Zika Toolkit and Educating Healthcare Providers

- The Healthy Louisiana Program issued a Zika one-pager with information highlighting the importance of Zika infection prevention through family planning services
- Have begun to educate the Healthy Louisiana Managed Care Organizations (MCO) personnel

# OPA Zika Toolkit and Educating Healthcare Providers

The Healthy Louisiana Program encompasses:

- 1,069,499 people as of March 2016
- 375,000 estimated newly-eligible with expansion as of June 1, 2016
- 105,000 estimated will be auto-enrolled based on Supplemental Nutrition Assistance Program with active insurance coverage July 1, 2016

<https://www.healthinsurance.org/louisiana-medicaid/>

# OPA Zika Toolkit and Educating Healthcare Providers

To date, engaged one of the five Healthy Louisiana MCOs

- Presented to the Medical Advisory Committee “Reproductive Health Care in the Context of Zika”
- Arranged a mandatory “Lunch and Learn” for nearly 200 of their team members involved in direct patient contact
- Info in presentations included billable codes for amount of time spent counseling. Used to verify codes were included in their fee schedule
- Evidence the OPA Zika Toolkit has helped change practices

# OPA Zika Toolkit and Client Screening

- Worked with our OPH Title X Statewide Nurse Consultant on screening questions for every client entering our Parish Health Units
- Now using the Toolkit to re-evaluate and strengthen our own screening questions
- Estimated roll out of questions to health units by the end of July 2016.

## Initial Screening Questions for Female and Male Clients in Areas WITHOUT Zika

### Initial screening questions for all female clients prior to the visit

1. Have you traveled outside the continental US in the past 8 weeks?  
 Yes  
 No
2. Has any man you are having sex with, or have had sex with in the past 8 weeks, traveled outside the continental US in the past 6 months?  
 Yes  
 No
3. Do you or any man you are having sex with plan to travel outside the continental US in the next year?  
 Yes  
 No

### Initial screening questions for all male clients prior to the visit

1. Have you traveled outside the continental US in the past 6 months?  
 Yes  
 No
2. Do you plan to travel outside the continental US in the next year?  
 Yes  
 No

# Louisiana's Next Steps and Timeline

- Complete similar educational sessions with remaining four Healthy Louisiana MCOs over next six months
- Schedule and complete educational sessions for APRNs through their statewide organization
- Continue to supply information across our more robust communication network as understanding of Zika evolves
- Offer LARC training to Tulane and LSU primary care residency programs over this next year



# Summary and Next Steps

Susan Moskosky, MS, WHNP-BC

## Figure 1: Family Planning Counseling Process

Assess reproductive goals



Provide Zika risk assessment and education in context of goals



Provide counseling to optimize reproductive health in context of Zika risk

- Client-centered contraceptive counseling
- Pre-conception care



Ensure all clients have received information about strategies to prevent Zika infection

# Building System Capacity

- Engage with stakeholders at multiple levels to raise profile of efforts around family planning and to leverage resources
- Rapid response is possible through strategic and targeted communication and dissemination efforts
- Use of materials from OPA and CDC can facilitate increased awareness and implementation of the need for integrating consideration of Zika into family planning care
- Things will change as more is learned – stay current with the latest Zika guidance

# Next Steps

- Toolkit is available at <http://www.hhs.gov/opa/news#toolkit>
  - Watch for updates
- Join the FPNTC Zika Virus Community of Practice to post questions, ask the experts, share experiences and resources, and explore weekly updates

<http://fpntc.org/cop/zika-virus>

# References and Resources

## CDC Clinical Recommendations Related to Zika

- CDC (2016). Update: Interim Guidance for Healthcare Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure – US, 2016. MMWR, Vol.65, March 25. Available online at:  
[http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s\\_cid=mm6512e2er\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w)
- CDC (2016). Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus – US, 2016. MMWR, Vol. 65, March 25. Available online at:  
[http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s\\_cid=mm6512e3er.htm\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er.htm_w)

## CDC updates and tools for healthcare providers about Zika

<http://www.cdc.gov/zika/pdfs/preconception-counseling.pdf>  
<http://www.cdc.gov/zika/hc-providers/index.html>  
<http://www.cdc.gov/zika/hc-providers/tools.html>  
<http://www.cdc.gov/zika/hc-providers/qa-sexual-transmission.html>

# References and Resources

## Fact sheets and posters about Zika for use with clients

- <http://www.cdc.gov/zika/fs-posters/index.html>

## Clinical recommendations related to providing family planning services

- CDC/OPA (2014). Providing Quality Family Planning Services (QFP): Recommendations of CDC and the US Office of Population Affairs, MMWR Recommendations and Reports, April 24, 2014. Available online at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6304a1.htm>
- CDC (2010). US Medical Eligibility Criteria for Contraceptive Use, MMWR Recommendations and Reports, 59 (RR04):1–85. Available online at: <http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/USMEC.htm>
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# References and Resources

## Clinical recommendations related to providing family planning services cont.

- American College of Obstetricians and Gynecologists (ACOG), Committee on Gynecologic Practice. Increasing access to contraceptive implants and intrauterine devices to reduce unintended pregnancy. Committee Opinion Number 642; October 2015.
- The American Academy of Pediatrics (AAP) (2014). Contraception for Adolescents. *Pediatrics*, 134:e1244–e1256.
- Dehlendorf C, Krajewski C, Borrero S. Contraceptive counseling: best practices to ensure quality communication and enable effective contraceptive use. *Clin Obstet Gynecol* 2014; 57(4): 659-73.
- ARHQ Literacy Toolkit: <http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>

# References and Resources

## Contraceptive Counseling and Education

- Dehlendorf C, Levy K, Kelley A, Grumbach K, Steinauer J. Women's preferences for contraceptive counseling and decision making. *Contraception*. 2013 Aug; 88(2): 250-6.
- Guttmacher\_Institute. Fact sheet: unintended pregnancy in the United States. New York: Guttmacher Institute; July 2015. Available from: <http://www.guttmacher.org/pubs/FB-Unintended-Pregnancy-US.html>
- Jaccard J and Levitz N. Counseling adolescents about contraception: towards the development of an evidence-based protocol for contraceptive counselors. *J Adolesc Health*. 2013 Apr; 52(4 Suppl): S6-13

# References and Resources

## Select Training Resources Available on [FPNTC.org](https://www.fpntc.org)

- [Providing Quality Contraceptive Counseling and Education: A Toolkit for Training Staff](#)
- [Training Tools: Explaining Contraception](#)
- [Virtual Coffee Break: Client-Centered Contraceptive Counseling in Quality Family Planning \(QFP\)](#)
- Coming Soon— Quality Contraceptive Counseling and Education: A Client-Centered Conversation (online course)

# Questions?



# Zika Virus Community of Practice (CoP)

**Family Planning National Training Centers**  
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## Zika Virus

**Featured Post**

**Upcoming Webinar - Zika Toolkit: Expanding Access to Quality Family Planning and Zika-related Care**

DATE CHANGE! Don't miss this one hour webinar focusing on the new (soon to be released) Zika Toolkit for Family Planning Providers. The webinar will be on July 13 at 1:00 ET. For more information and registration, follow this [link](#).

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<b>Information for Men on Zika Virus</b> by Hector Campos	06/30/2016	0	18	Resource Share	0
<b>New Podcast: Zika Virus 101 for Professionals Providing Family Planning Services</b> by Denise Raybon	06/29/2016	0	18	Resource Share	0
<b>What's New in Zika this Week?</b> by Denise Raybon	06/24/2016	0	19	Resource Share	0

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**Questions:**

Contact Robert Mitchell at 510-835-3700 or  
[OaklandEvents@cardeaservices.org](mailto:OaklandEvents@cardeaservices.org)

