

## **Innovations to Increase Access to IUD Training for Nurse Practitioners**

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### **Abstract**

**BACKGROUND:** In the United States, 45% of pregnancies are unintended. Intrauterine devices (IUDs) are a highly effective form of birth control with few contraindications and an excellent safety profile. The importance of continuing with IUD training workshops was paramount since IUDs are in high demand for women of reproductive age, and the primary barrier to receiving IUDs is a lack of provider knowledge and experience.

**LOCAL PROBLEM:** A renowned training program offered annually in the Pacific Northwest was one training opportunity that was canceled in the fall of 2020 due to the Covid-19 pandemic.

**PURPOSE:** Increase provider knowledge and confidence to deliver IUD services to patients and increase provider capacity to counsel and place IUDs by providing an online virtual training workshop.

**METHODS:** Patricia Benner's Novice to Expert Theory and the Iowa Model Revised were utilized in the project creation and implementation.

**INTERVENTIONS:** A one-time virtual workshop training nurse practitioners on the counseling and implementation of IUDs for women seeking contraception was conducted on November 14th, 2020.

**RESULTS:** Kirkpatrick's four training levels provided the framework for evaluating the workshop's success for both process and outcome goals. Participants felt the workshop was engaging. Participants gained knowledge and confidence in IUD care, but were not able to apply new knowledge in the clinical setting.

**CONCLUSIONS:** Virtual workshops are a viable resource for professional development in the field of IUD care. The curriculum needs to be tailored to include graduate students taking the workshop and psychomotor skills need to be incorporated into the workshop.