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College of Nursing Institute for Natural Family Planning

Online NFP Teacher Training Program

Self-paced Two-Hour Continuing Education Course

The Marquette Institute for Natural Family Planning (NFP) training course is a professional on-line educational experience.

**Purpose:** The course prepares a healthcare professional to provide the Marquette Model Lite, for women in regular cycles. It can be taken alone for credit or the course can be taken for credit as a pre-requisite for the Medical Application course.

CONTINUING EDCUATION CREDITS FOR NURSES:

This nursing continuing professional development activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

*2.0 Contact hours* will be awarded when the following are completed: all modules, assessment of the material, and an evaluation.

Contact hours are available from August 24, 2020 through August 24, 2022

## **BACKGROUND AND PURPOSE**

The Marquette University College of Nursing Institute for Natural Family Planning (MUCN-INFP) has become a leader in an effective Sympto-hormonal method of NFP. The method can be used by women/couples in all reproductive categories. It is a method that uses a simple algorithm that incorporates the objective signs of pre-ovulatory urine hormones from the Clearblue Fertility Monitor (or other hormonal measures) that a woman uses in the comfort of her own home. Over the last 20 years Marquette researchers have demonstrated that the MM is a simple but effective family planning method with a typical use unintended pregnancy rate of 4-6 per 100 women over 12 and 24 menstrual cycles of use [(Fehring & Schneider 2017).](https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1441&amp%3bcontext=nursing_fac)  Because the MM has been provided in a web-based fertility tracking system (ie., since 2008) with over 10,000 registrants it is important to provide clinicians who may come in contact with women using this method a brief understanding of it. The **purpose** of this self-regulated online course is to:

1. Provide a brief overview of the philosophical and methodological underpinnings of Natural Family Planning and the Marquette Method of NFP (Lite) for clinicians who want a basic understanding of NFP and the MM.
2. Guide the professional healthcare prescriber (PHCP) through a foundational understanding of Marquette Model Lite for women in regular cycles only.
3. Prepare the professional healthcare practitioner PHCP interested in advancing their understanding of NFP and the MM and provide necessary background needed to complete the Marquette Method Medical Applications course.

## **COURSE DESCRIPTION**

This module is designed to take about two hours and is a self-regulated learning experience for the healthcare professional interested in learning how to teach the Marquette Model Lite (MML) method of NFP in a short clinical office visit.

This module can also be used by clinicians taking the Marquette Method Medical Applications course who are not interested in becoming master teachers.

## **GOALS**

The clinician will have a foundational understanding of the Marquette Method of NFP that will give them the knowledge to:

1. Complete the Marquette Method Medical Applications course.
2. Teach the Marquette Model Lite within a busy practice.
3. Confidently dialogue with women and couples interested in using the Marquette Model Lite as their family planning method of choice.

## **LEARNING OUTCOMES - UPON COMPLETION OF THIS COURSE THE CLINICIAN:**

1. Will be able to recognize key philosophical and methodological foundations of NFP and the Marquette Model.
2. Will be able to teach the Marquette Method of NFP to women in regular cycles.
3. Will be familiarized with essential forms, instructions and charting of the Marquette Method.
4. Will demonstrate understanding of the main components of a Marquette Model charting system for women in regular cycles.
5. Will understand NFP effectiveness and efficacy studies and language.

## **COMPUTER REQUIREMENTS-** Familiarity and access to high speed internet strongly recommended, email address. Internet Explorer or Chrome suggested.

**Target Audience:** Physicians, physician assistants, advanced practice nurses, nurses with a baccalaureate degree or higher interested in advancing their knowledge in women’s/couples reproductive health.

**Course format:** Courses are ongoing, self-paced, and are completely online. When the student completes the course, they will be able to print a certificate of completion (Note: When this course has been approved for CME and CNE’s the certificate will be updated).

**Applicant eligibility:** Healthcare Professional (BSN, APRN, PA’s, Medical Students, MD’s,) Junior or senior level students may take course.

**Off label use statement:** The Marquette Model of NFP uses the Clearblue Fertility Monitor and other generic hormonal devices on the market for achieving a pregnancy. The Marquette Institute for NFP uses hormonal fertility monitoring devices for complete family planning needs and has no proprietary rights to the CBFM or such products.

**Planning Committee and Disclosures:** Richard Fehring, PhD, RN, FAAN, Mary Schneider MSN, FNP-BC, CLC, Kevin Miller PhD, Thomas Bouchard, MD (Family Practice) and James Linn MD (OB/GYN) have disclosed they have no financial relationship or commercial interest with Swiss Precision Diagnostics.

**For more information or questions contact**: Mary Schneider PhD, MSN, FNP-BC at [Mary.Schneider@marquette.edu](mailto:Mary.Schneider@marquette.edu) 414-288-3854.

To register:

\_\_\_\_ Complete the [application](https://forms.office.com/Pages/ResponsePage.aspx?id=aC_jqy3HDUK1vXUMY6Jo5EDaIoZbLelKmCoCqI4xTCNUM0xCS0I5UzlSVVhLVlJZMU9LNkExOVIzMS4u)

\_\_\_\_ Provide a picture ID (Student ID is accepted)

\_\_\_\_ Fee is $75.00 for the MMLite course and tickets can be purchased

using the [pay button](https://www.marquette.edu/nursing/natural-family-planning-teacher.php) (you will be required to add the amount of

$75.00 into the pay button field).

(Please contact [mary.schneider@marquette.edu](mailto:mary.schneider@marquette.edu) for questions, Thank you!)