



**MARQUETTE MODEL**  
Natural Family Planning

## **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 length cycles. It can be taken as a pre-requisite for the Marquette Method Teacher training program.

#### 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 simple and effective ([Urrutia et al., 2018](#)).

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 Teacher Training Program.

## 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 method of NFP in a short clinical office visit. Women in regular length cycles can use MML.

This module prepares clinicians to teach women in regular cycle lengths (21-42 days).

## GOALS

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

1. Teach Marquette Model Lite within a busy practice.
2. Confidently dialogue with women and couples interested in using or 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 Marquette Method Lite of NFP to women in regular cycles.
3. Will be familiarized with essential forms, instructions and charting of the Marquette Method Lite.
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 are strongly recommended email addresses. Internet Explorer or Chrome is 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 can print a certificate of completion (Note: When this course is 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 (Professor Emeritus) Mary Schneider PhD, MSN, FNP-BC, MMCP, 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, MMCP at [Mary.Schneider@marquette.edu](mailto:Mary.Schneider@marquette.edu) 414-288-1547

To register:

\_\_\_\_\_ Complete the [application](#)

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

\_\_\_\_\_ Students should provide evidence of student status.

\_\_\_\_\_ Fee is \$75.00 for the MMLite course and tickets can be purchased - [here.](#)

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