

## FRAMEWORK FOR MIDWIFE CERTIFICATION IN INTRAUTERINE CONTRACEPTION INSERTION<sup>1</sup>

Midwives in British Columbia provide primary care on their own responsibility throughout the perinatal period, including the provision of contraceptive services for three months following childbirth. The College of Midwives of BC (CMBC)'s *Competencies for Registered Midwives* states that entry-level midwives must have knowledge of methods of birth control and family planning and the ability to counsel in the choice and use of contraceptive methods.

Under Schedule B to the *Midwives Regulation*, midwives with specialized training and CMBC certification in prescriptive contraceptive therapeutics may prescribe contraceptives. Additional specialized training and CMBC certification in inserting intrauterine contraception (IUC) may be obtained through a course or program established or approved under the authority set out in the *Bylaws for the College of Midwives of BC* that meets the requirements set out in this framework.

**Limitations** – A midwife with specialized practice certification in this competency area may only prescribe or insert IUC in the three months following childbirth.

### **Certification**

Successfully obtaining CMBC specialized practice certification in hormonal contraceptive therapy is required prior to undertaking and obtaining specialized practice certification in intrauterine contraception insertion.

The process for specialized practice certification in IUC insertion includes completion of a CMBC-approved education module and a program of supervised clinical practice. The clinical practice portion must take place under the supervision of an experienced health care practitioner with intrauterine contraception insertion authority.

The online education module issued by the Society of Obstetricians and Gynaecologists of Canada (SOGC) titled *IUC from A to Z*, followed by a program of supervised clinical practice offered by Dr. Ellen Wiebe and Dr. Konia Trouton as part of *Midwives Prescribing and Inserting Intrauterine Devices (IUDs): a pilot project* is currently approved by CMBC.

Upon successful completion of the education module and program of supervised clinical practice, proof must be submitted to CMBC. Where competence in this area of specialized practice has been acquired in a jurisdiction outside of British Columbia, the registrant must submit an *Application for Specialized Practice Certification Equivalency Assessment* to CMBC for assessment of equivalency in meeting the requirements outlined in this framework. Should a registrant wish to apply for equivalency assessment, they may request the appropriate form from CMBC. Specialized practice certification must be received by the registrant prior to independent practice in this competency area.

### **Training for Specialized Practice Certification must include:**

Demonstration of theoretical and practical knowledge of inserting IUC including:

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<sup>1</sup> Note: Delegation of this act with approved specialized practice certification has been approved until the Midwives Regulation is amended to include Intrauterine Contraceptive Therapy as a Certification for Specialized Practice. For more information, contact CMBC.

- 1) the knowledge necessary for the safe assessment, insertion, and management of IUC;
- 2) knowledge of indications and contraindications, the mechanisms of action and potential side effects of IUC;
- 3) the ability to carry out a comprehensive sexual health assessment that includes cultural considerations, including a focus on the socio-economic determinants of health;
- 4) the ability to determine and prescribe the appropriate IUC for an individual client;
- 5) the ability to provide the client with proper information and instruction for use and appropriate cautions regarding risks, side effects and when to see a health care provider for follow-up;
- 6) the ability to recognize symptoms and signs of endometritis, expulsion and normal adjustment reaction to a new IUC such as bleeding and cramping and signs and symptoms requiring consultation with or referral to a medical practitioner.

### **Demonstration of appropriate skills in inserting IUC**

A midwife's knowledge and skills will be verified by completion of study materials and at least one session in clinical placement where at least 4 IUCs will be inserted by the midwife under supervision.

### **Recertification**

Evidence-based continuing education programs are a necessary component for updating practitioners' knowledge and skills (Taylor et al, 2010). Certified prescribers are expected to keep up to date with the latest evidence relevant to IUC. If a midwife has not been actively inserting IUCs over the preceding 24 months (less than four insertions), completion of an approved continuing education module and/or supervised insertions will be required for recertification. Registrants must log the number of IUCs they have inserted through [CMBC's online platform](#) which will be reviewed during annual registration renewal.

## References

Weir, Erica, 2003, Preventing pregnancy: a fresh look at the IUD. *Canadian Medical Association Journal*. Vol. 169, no. 6, p. 585

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