



**NATURAL FAMILY PLANNING (NFP) AND FERTILITY AWARENESS COMBINED METHODS (FACM)
FERTILITY AWARENESS-BASED (FAB) METHODS:**

DEFINITION	Uses physical signs, symptoms and cycle data to identify the “fertile window” or the days in each menstrual cycle when intercourse is most likely to result in pregnancy. When couples use NFP, they abstain from intercourse during the at-risk fertile days. With FACM, couples use another method such as barriers or withdrawal during those days.
SUBJECTIVE	Must include: 1. LMP. 2. Medical, sexual, and contraceptive history update, as appropriate. May include: 1. Desire to use natural methods. 2. Contraindications to hormonal or mechanical methods of birth control. 3. Highly motivated couples willing to commit to extensive abstinence or to use barrier during fertile periods. 4. Certain conditions may make FAB more difficult to use and require more extensive counseling and follow-up (recent childbirth, current breastfeeding, recent menarche, recent discontinuation of hormonal contraceptive methods, approaching menopause). 5. FAB methods are not recommended for women with: inability to abstain or use other methods during the fertile days; irregular cycles; an inability to interpret their fertility signs correctly; persistent reproductive tract infections; intermenstrual bleeding not distinguishable from menstruation or that impedes noticing secretions.
OBJECTIVE	May include: 1. Complete physical exam within 6-12 months. 2. Weight and blood pressure.
LABORATORY	1. May include: 2. Pap smear within 6-12 months. 3. Negative urine pregnancy test. 4. Vaginitis/cervicitis screening, as indicated. (STD’s, PID, or vaginal infection may affect fertility signs)
ASSESSMENT	Client is a candidate for natural family planning and/or fertility awareness-combined method.
PLAN	1. Provide education and information on the availability of emergency contraception when initiating method. 2. Provide information on fertility awareness method(s), (i.e., Ovulation method, Symptothermal method, Calendar rhythm method, Standard Days Method) 3. Referrals, as indicated (i.e., See attached brochures, ‘Natural Family Planning, Safe, Healthy, Effective’, ‘Myths and Reality with Natural Family Planning’).

CLIENT EDUCATION	<ol style="list-style-type: none"> 1. Provide client educational handout(s). (See attachment, “Natural Family Planning Training Resources for Staff.”) 2. Provide clients with recommendations on resources for fertility awareness. (See attachment, “Natural Family Planning Resource Books for Clients and Staff.”) 3. Review safer sex education and inform that NFP and FACM do not protect against STD’s/HIV. 4. Recommend that client return to clinic annually and PRN for problems.
CONSULT / REFER TO PHYSICIAN	No specific need to refer to physician.

Revised 10/11

References:

1. Hatcher, R.A., Trussell, J., Nelson, A.L., Cates, W., Stewart, F, Kowal, D. (2009) Contraceptive Technology. (19th revised ed.). Pg. 343-360; 759 New York: Ardent Media, Inc.