

Certified Practice Competencies for Reproductive Health: Contraceptive Management

RNs who are BCCNM certified in reproductive health–contraceptive management can autonomously dispense and/or administer combined hormonal contraception and progestin-only hormonal contraception.

NURSING PRACTICE COMPETENCIES

KNOWLEDGE of:	SKILL in:	JUDGMENT reasoning in:	ATTITUDE that:
<ul style="list-style-type: none"> • Socio-economic determinants of health with a primary focus on accessibility to services • gender and sexual diversity • trauma and violence informed care /practice • cultural safety including: cultural and spiritual beliefs, generational and community attitudes regarding contraception and pregnancy options • Contraceptive methods, including effectiveness, pharmacology, indications/contraindications, initial and ongoing management including side effects. • Nurse counselling practices as applied to sexuality, reproductive health and pregnancy options • Available and accessible educational, online resources/services and community services for affected populations and those experiencing barriers to care 	<ul style="list-style-type: none"> • Gathering a thorough history • Assessing client knowledge • providing appropriate client centered education, support and resources • Performing a health assessment • Confirming pregnancy by urine betaHCG • Applying nurse counselling practices as applied to sexuality, reproductive health and pregnancy options • Dispensing and/or administering methods of contraception (prescribing as outlined by BCCNM standards when available) 	<ul style="list-style-type: none"> • Determining the need for specific contraception • Guiding client through an informed decision making process • referring clients to appropriate and safe resources/services • Recognizing the scope and limitations of certified practice • Consulting and referring to physician/nurse practitioner 	<ul style="list-style-type: none"> • Respects and honours clients' choices, beliefs, and values • Fosters open communication • Demonstrates self-awareness and self-reflexivity of own beliefs and values, and how this may impact practice • Reflects creativity and flexibility in supporting client tailored CM care • Advocates for reducing stigma and barriers to reproductive health care