

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