

The FACTS CME Course

Lesson Schedule for *Fertility Awareness Based Methods (FABMs) for Family Planning and Restorative Reproductive Women's Healthcare*

Part A: An Introduction to Modern FABMs for Family Planning

Overview Presentation: Fertility & Family Planning: The science behind fertility awareness-based methods

Lesson 1: Billings Ovulation Method – Ruth Madden, FNP

Lesson 2: The Creighton Model – Dr. Sarah Murray

Lesson 3: Basal Body Temperature and Sympto-Thermal Methods – Dr. Rachel Urrutia

Lesson 4: Marquette Model – Richard Fehring, PhD, RN

Lesson 5: Science of Standard Days (SDM) and Two-Day Methods – Irit Sinai, PhD

Lesson 6: SDM, Two-Day, and Lactational Amenorrhea Method – Jeanette Cachan MA

Lesson 7: Live Case Study Discussion

Part B: Special topics in FABMs for Helping Couples Achieve or Avoid Pregnancy

Overview Presentation: Fertility & Family Planning: The science behind fertility awareness-based methods

Lesson 1: Infertility – Dr. Lauren Weasler

Lesson 2: Male Infertility

Lesson 3: Miscarriage or Early Pregnancy Loss – Dr. Joe Stanford

Lesson 4: Psychosocial Aspects of Infertility – Marc Sherman

Lesson 5: NFP in Non-English-Speaking Populations – Brigid Prosser, RN

Lesson 6: FABM Apps Marketed to Avoid Pregnancy – Mike Manhart, PhD

Lesson 7: Live Case Study Discussion

Part C: FABMs for Restorative Reproductive Medicine & at Various Stage of Life

Overview Presentation: The Female Cycle as the 5th Vital Sign – Various FACTS Speakers

Lesson 1: NaPro Technology – Dr. Amina White

Lesson 2: FEMM Medical Management – Dr. Summer Holmes-Mason

Lesson 3: NeoFertility – Dr. Phil Boyle

Lesson 4: Adolescence – Dr. Marguerite Duane and Allison Dreher

Lesson 5: Perimenopause – Dr. Jean Golden-Tevald

Lesson 6: Use of NFP During the Postpartum Transition to Fertility – Dr. Richard Fehring

Lesson 7: Live Case Study Discussion

Part D: Medical Applications of FABMs

Overview Presentation: The Female Cycle as the 5th Vital Sign – Various FACTS Speakers

Lesson 1: Ovulation as a Sign of Health – Dr. Pilar Vigil

Lesson 2: Polycystic Ovarian Syndrome (PCOS) – Dr. Christine Hemphill

Lesson 3: Anovulation – Dr. Mary Martin

Lesson 4: Endometriosis – Dr. Patrick Yeung

Lesson 5: Premenstrual Syndrome (PMS) – Dr. Jeremy Kalamarides

Lesson 6: Abnormal Uterine Bleeding – Dr. Christine Hemphill

Lesson 7: Live Case Study Discussion

