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 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