

Care for the Whole Woman: A Training Series from Heartbeat International



Brand: Heartbeat Academy
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Short Description

This four part webinar series offers 4.0 hours of contact hour credit for nurses.

Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 4.0 contact hours.

Description

Advances to fertility care have advanced rapidly in the last few years. Now more than ever, we're seeing fertility care programs that offer true alternatives to pharmaceutical driven women's care.

In this training series, you'll hear from fertility experts around the United States who are not only making fertility education more accessible to clients, but are pioneering ways to empower women through health care that works with their bodies. This training series offers valuable insights from experts trained through various fertility approaches including FEMM: Fertility Education and Medical Management, NaPro Technology, as well as experts with training in the Creighton Model Fertility Care System and Natural Family Planning.

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Objectives

Fertility Awareness 101 for Pregnancy Centers

- Define fertility awareness based methods (FABM)
- Identify key information Pregnancy Resource Centers should know about FABM's
- Explain how to find FABM resources

Hormonal Contraception in Women's Health and Naprotechnology Alternatives

1. Review the different options for hormone contraceptives.
2. Review the marketed health benefits vs. the negative risks of hormone contraception.
3. Discuss the methods of Fertility Awareness Based Methods and their effectiveness.
4. Discuss Naprotechnology a new science that treats the underlying condition in women's health issues.
5. Provide examples of how naprotechnology is used in practice.

FEMM: Fertility Education and Medical Management Redefining Women's Health Training Objectives:

At the end of this webinar, the participant will be able to

1. Discuss the four main female hormones that regulate reproductive health.

2. Discuss how estrogen and progesterone influence the cervix and endometrium
3. Define a normal ovulatory cycle
4. Name several causes of abnormal menstrual cycles

Progesterone Safety

- Identify the purpose of progesterone in pregnancy.
- Discuss what happens when progesterone levels are inhibited.
- Discuss the safety of bio-identical progesterone.
- Identify differences between synthetic progestin and progesterone.

Outline

Part 1: Fertility Awareness 101 for Pregnancy Centers

1. Definition of Fertility Awareness Based Methods (FABMs)
2. Anatomy and Physiology supporting FABMs
3. Male and female anatomy
4. Hormones of the female reproductive cycle
5. Clinical correlates for the phases of the cycle--mucus and basal temperature
6. Cervical mucus types and interpretation
7. Different types of FABMs
8. Mucus-only
9. Symptothermal
10. Symptohormonal
11. Calendar (standard days method)
12. Lactational (amenorrhea)
13. Efficacy of FABMs for avoiding pregnancy
14. Use of FABMs for women's health
15. Diagnosis and treatment of recurrent miscarriage
16. Infertility
17. Irregular cycles

18. Premenstrual syndrome
19. Referring a client to FABMs
20. How a client would choose a FABM from among a number of options
21. Fertility apps and their utility

Part 2: Hormonal Contraception in Women's Health and Naprotechnology Alternatives

1. Review the different options for hormone contraceptives.
2. Review the marketed health benefits vs. the negative risks of hormone contraception.
3. Discuss the methods of Fertility Awareness Based Methods and their effectiveness.
4. Discuss Naprotechnology a new science that treats the underlying condition in women's health issues.
5. Provide examples of how naprotechnology is used in practice.

Part 3: FEMM: Fertility Education and Medical Management Redefining Women's Health

1. Describe the female hormones that influence the reproductive system.
2. Describe the ovulation cycle
3. Discuss how female hormones influence other areas of the body
4. Describe how to monitor hormonal changes in the body
5. Discuss how ovulation is a sign of health
6. Describe how imbalanced or insufficient hormone levels play out in the body
7. Review charts to get a sense of cycles that are normal versus abnormal
8. Discuss how understanding ones body empowers women
9. Outline how we can better approach women's healthcare

Part 4: Progesterone Safety

Outline:

- I. Vital and Essential
- II. Functions of Progesterone in Pregnancy
- III. Non-reproductive Functions
- IV. Immune Modulator
- V. Normal Levels
- VI. Prevention of Miscarriage
- VII. Signs of Deficiency
- VIII. Luteal Phase
- IX. Progesterone Replacement
- X. Synthetic Progesterone
- XI. Benefits of Bio-identical Progesterone
- XII. Safety of Progesterone
- XIII. Abortion Pill Reversal Success
- XIV. Research
- XV. “Off-label” Prescribing

Refund Policy

Refund Policy

1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat International Academy, the HeartbeatInternational.org website, or HeartbeatServices.org website, Heartbeat International will contact the registrant to notify them of the refund due them and issue the refund. Refund will be made to the registrant within 1 week of the cancelled event subject to processing fees.

2. When a course/webinar is cancelled for which individuals have registered, Heartbeat International will send a notification to each registrant per email or phone. Full refund will be sent to registrant within one week of cancellation.