

**5.1 Natural Family Planning (NFP) and Fertility Awareness Combined Methods (FACM)  
Fertility Awareness-Based (FAB) Methods**

DEFINITION	Uses physical signs, symptoms and cycle data to identify the “fertile window” or the days in each menstrual cycle when intercourse is most likely to result in pregnancy. When couples use NFP, they abstain from intercourse during the at-risk fertile days. With FACM, couples use another method such as barriers or withdrawal during those days.
SUBJECTIVE	<p><u>Must Include:</u></p> <ol style="list-style-type: none"> <li>1. LMP</li> <li>2. Medical, sexual, and contraceptive history update, as appropriate</li> </ol> <p><u>May include:</u></p> <ol style="list-style-type: none"> <li>1. Desire to use natural family planning methods</li> <li>2. Contraindications to hormonal or mechanical methods of contraceptives</li> <li>3. Highly motivated couples willing to commit to extensive abstinence or to use barrier methods during fertile periods.</li> <li>4. Certain conditions may make FAB more difficult to use and require more extensive counseling and follow-up (recent childbirth, current breastfeeding, recent menarche, recent discontinuation of hormonal contraception, approaching menopause)</li> <li>5. FAB methods are not recommended for women with: inability to abstain or use other methods during the fertile days; irregular cycles; an inability to interpret their fertility signs correctly; persistent reproductive tract infections; intermenstrual bleeding not distinguishable from menstruation or that impedes noticing secretions.</li> </ol>
OBJECTIVE	<p><u>May include:</u></p> <ol style="list-style-type: none"> <li>1. Complete physical exam per Title X guidelines</li> <li>2. Height/weight/BMI.</li> </ol>
LABORATORY	<p><u>May include:</u></p> <ol style="list-style-type: none"> <li>1. Pap smear according to Title X guidelines</li> <li>2. Negative urine pregnancy test</li> <li>3. Infection screening, as indicated (STIs, PID or vaginal infection may affect fertility signs)</li> </ol>
ASSESSMENT	Candidate for natural family planning and/or fertility awareness-combined method
PLAN	<ol style="list-style-type: none"> <li>1. Provide information on fertility awareness method(s). (Ovulation method, Symptothermal method, Calendar rhythm method, Standard days method)</li> <li>2. Provide referrals, as indicated.</li> <li>3. Provide education and information on the availability of emergency contraception.</li> </ol>
CLIENT	<ol style="list-style-type: none"> <li>1. Provide recommendations for resources for fertility awareness.</li> <li>2. Provide educational information including effectiveness, benefits, risks</li> <li>3. Review safer sex education and inform that NFP and FACM do not protect against STIs and HIV</li> <li>4. Recommend the patient RTC annually for exams and PRN for problems</li> </ol>

CONSULT/REFER Specialized classes as requested.