

## Reproductive Health

### Learning Guide for Ongoing Professional Development

**Note to Learner:** Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

**Ongoing:** View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

---

#### **Before the training:**

- Learner and supervisor review course objectives and home visitor competencies
  - Learner rates knowledge of learning objectives
- 

#### **During the training, the learner:**

- Completes activities
  - Reflects on own response
  - Identifies questions and concerns
  - Completes post-training evaluation
- 

#### **After the training:**

- Learner:
    - Rates knowledge of learning objectives
    - Completes post-training activities, as required
    - Develops an action plan for applying skills and knowledge in daily practice
    - Meets with supervisor to:
      - Review pre- and post-training activities
      - Discuss reflections, questions, and concerns
      - Review action plan for applying skills and knowledge in daily practice
      - Assess personal learning goals, transfer of learning, and action plan
- 

This 45-minute online module provides home visitors with accurate information about male and female anatomy, conception, pregnancy planning and prevention, perinatal health, and sexually transmitted infection (STI) prevention. It equips home visitors with information and strategies to talk with clients and educate them about their reproductive health. During the module, home visitors can access photos and diagrams about male and female anatomy, the stages of fetal growth, and the birth process.

## Reproductive Health

### Learning Guide for Ongoing Professional Development

**Virginia Home Visitor Competencies Addressed:**

- 4.5.a. Understands prenatal development and potential threats to the mother’s and baby’s health during the prenatal period, and provides education to the expectant parents to promote maternal and child health during the pregnancy.
- 4.5.b. Offers resources for family planning and provides education related to maximizing physical and emotional readiness for current and future pregnancies.
- 4.6.a. Understands and communicates basic health promotion and disease prevention information.

### Before the Training

**Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)**

Learning Objective	Before the Training	After the Training
Provide accurate information on family planning options available to clients, including long-acting contraception.		
Assist families in determining strategies for maximizing readiness for current and future pregnancies.		
Understands the stages of prenatal development.		
Apply strategies for providing education information addressing maternal and fetal health during pregnancy.		
Recognize and appropriately address situations of reproductive coercion or other sexual abuse.		
Incorporate cultural and family expectations into family planning guidance.		
Engage both parents in family planning discussions, whenever possible.		
Educate clients about sexually transmitted diseases including options for prevention and treatment.		
Advocate for HIV and hepatitis screening.		

My personal learning goals for this training are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Reproductive Health Learning Guide for Ongoing Professional Development

### After the Training

Reflections on what I learned:

Questions and concerns I identified:

**Action Plan:** (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Gather information about family planning clinics in my community to keep in my resource file.
- Include information on family planning options in my resource file.
- Share resources for family planning insurance and services.
- Share resources with my families to help them develop a *Reproductive Life Plan*.
- Maintain a list of referral sources for substance use, sexually transmitted diseases, reproductive coercion, and child sexual abuse.
- Enroll in EIV courses: *Child Abuse and Neglect*, *Prenatal Basics* and *Healthy Moms, Happy Babies (Creating Futures without Violence)*.

### My Action Plan

Action	Target Date	Date Completed