

getLARC Grant Program Overview

getLARC provides funding and technical assistance to U.S. family medicine residency programs to improve resident training in IUDs and implants (long-acting reversible contraception, LARC).

getLARC works with residency programs to ensure that residents and faculty are fully trained in LARC insertion and are up to date on current clinical practices by supporting:

1. A high-volume LARC training experience for all residents

To ensure that residents have adequate experience in LARC provision, high-volume LARC training is integrated into the resident curriculum, usually during their gyn rotation. Residents will have the opportunity to attend a weekly dedicated LARC session during their gyn rotation, in order to rapidly develop their LARC insertion skills. The high-volume session may be a dedicated session within the resident continuity clinic, or it may be through partnership with a local family planning clinic.

2. Increased LARC provision in the continuity setting

Grant support includes assistance to increase the number of LARC devices that are provided in the continuity setting, so that residents gain experience providing LARC in the context of their continuity clinic. getLARC provides grant-funded LARC devices and works with residency programs to address barriers to LARC provision in the resident clinics.

3. LARC didactic curriculum and educational evaluation resources

Grantees are provided with a case-based curriculum that can be used to teach residents about LARC medical eligibility and about addressing common difficulties with LARC insertion, removal, and management. Support also includes access to surveys and evaluation tools to measure resident learning.

The getLARC grant provides the following support:

- Purchase of grant-funded LARC devices that may be provided to eligible patients
- Salary support for a faculty coordinator to work on implementation of LARC training in this program
- Salary support for an administrative coordinator at the residency program to assist with scheduling, LARC device tracking, and evaluation
- Release time for additional faculty members to be trained in LARC insertion and for supervision of resident LARC training
- Ongoing technical support/assistance with all aspects of program implementation

Residency program eligibility criteria for the getLARC grant:

- Most residents do not graduate competent to provide LARC
- Some residency graduates enter practice at CHCs/FQHCs each year
- Have a faculty member who is able to take protected time to work on this project

A getLARC program enhances LARC training in the following ways:

The below table compares the training available at a sample getLARC program before the training was initiated with the training available after the grant was in place.

	Before getLARC Grant	After getLARC Grant
Faculty LARC skills	2-3 faculty are currently competent to insert LARC, other faculty were not trained or trained long ago and need to refresh their skills.	getLARC provides funding for release time from clinic for faculty to attend high-volume sessions to improve their LARC skills. The majority of faculty are now competent to provide LARC and precept LARC insertions.
Resident clinical training: High-volume LARC session	None.	Residents complete 4 high-volume sessions during their women’s health rotation, providing 20+ devices in this context.
Resident clinical training: Continuity clinic	Residents perform few or no LARC insertions during their regular continuity sessions.	Each resident inserts 5+ LARC devices each year during regular continuity sessions.
Didactic training	Residents learn about LARC during one required lecture regarding contraception.	getLARC provides a case-based curriculum regarding LARC medical eligibility, insertion, and removal, which can be offered as a lecture or for study alone or with a preceptor.
Evaluation and assessment	No formal evaluation or assessment of LARC training.	getLARC provides surveys to assess resident LARC knowledge and experience. getLARC provides assessment tools for faculty to evaluate residents’ clinical skills in LARC.
Post-residency	Most graduates are not competent to independently provide LARC at their next practice site.	All graduates are competent to provide LARC at their next practice site. Graduates practicing at CHCs or FQHCs without LARC services are eligible for additional funding to initiate LARC services at that site.

The application process for a getLARC grant:

A complete getLARC application includes a narrative proposal that describes the LARC training at the residency program and how it will be expanded through the grant, a budget spreadsheet, and a budget justification. getLARC staff will work with interested applicants to develop a successful application packet. Applications are accepted and reviewed on a rolling basis. Please contact us at info@getlarc.org and visit www.getlarc.org for more information.