

ABORTION RESOURCES FOR MEDICAL STUDENTS, RESIDENTS AND ATTENDING/OTHER PROVIDERS

Prepare for Your State's Changes/Legal Protection

1. Everyone in trigger ban states needs to figure out their legal reality NOW so you don't panic and freeze when a patient needs you. *Do no harm* means knowing how to provide autonomy in the face of laws that treat an ectopic like a normal pregnancy, etc. The "life of the mother" is a vague issue (see abortion in Ireland for examples of a woman dying because doctors were more worried about a law than a person's life - https://en.wikipedia.org/wiki/Death_of_Savita_Halappanavar).
2. And if you have Conflicting laws (ie: Arizona has a new 15 week ban that hasn't gone into effect, and an 1800s law "that calls for mandatory prison time for providers who perform the procedure at any point in a pregnancy.") you need to know what they are. For more info see here - <https://www.guttmacher.org/abortion-rights-supreme-court>
3. Also now is a great time to look into malicious compliance and considering clever ways to do so. https://en.m.wikipedia.org/wiki/Malicious_compliance

See also - <https://reprolegaldefensefund.org/> AND <https://www.reprolegalhelpline.org/> AND <https://www.nationaladvocatesforpregnantwomen.org/confronting-pregnancy-criminalization/>
(new 7/27/22)

Resources from Others (added 7/17/2022)

Abortion Advocacy and Training Opps for Clinicians -

https://docs.google.com/document/d/1INvjCHfH_9-J3qC0ZOz3CicarzCnz-BP/edit?usp=sharing&oui d=108359233932369799415&rtpof=true&sd=true

How to Show up For Abortion Access -

https://docs.google.com/document/d/1WUqUomhhzf1Weub1O-o1-l_R9r_QTxJ9IFkEuPUulgo/edit?usp=sharing

Abortion 101

- *Liberate Abortion's Report Do's and Don'ts*
<https://static1.squarespace.com/static/6190838c98732d54b730968a/t/6266bd0c999872>

[4024546163/1650900236738/Liberate+Abortion+Reporter+Do%27s+and+Don%27ts+Guide.pdf](https://www.prh.org/reporterresource/4024546163/1650900236738/Liberate+Abortion+Reporter+Do%27s+and+Don%27ts+Guide.pdf)

- Physician's for Reproductive Health collection of Resources for Journalists Reporting on Abortion - <https://prh.org/reporterresource/>
- Guttmacher Institute - <https://www.guttmacher.org/abortion-rights-supreme-court>
- Center for Reproductive Rights - <https://reproductiverights.org/>
- Abortion Safety - 2018 National Academies of Sciences, Engineering and Medicine Report:
<https://nap.nationalacademies.org/catalog/24950/the-safety-and-quality-of-abortion-care-in-the-united-states>

Resources for Medical Students

Join Medical Students for Choice. <https://msfc.org/medical-students/> Fight for curriculum reform (do you have an entire class on abortion? A single slide? Anything about the racial and social justice embedded in this?) Do an abortion training papaya procedure clinic! Apply to be part of their virtual abortion training opportunities (<https://msfc.org/conferences/virtual-ati/>)!

MSFC is truly your one-stop-shop. They have pre-built event/interest group presentations for you on self-managed abortion, medication abortion, telemedicine and abortion advocacy. They notify you of upcoming virtual and national events and education opportunities. They provide TONS of free resources and education so you can learn to be a healthcare advocate and talk about abortion intelligently, without falling into common traps.

Learn about options counseling! The Reproductive Access project <https://www.reproductiveaccess.org/resource/options-counseling/> and RHEDI <https://rhedi.org/education/rhedi-curriculum/patient-centered-pregnancy-options-counseling/> have great resources to learn.

Are you a fourth year? **Apply to RHEDI residencies, and ASK about abortion training in your interviews.** <https://msfc.org/resident-opportunities/> Is it opt-out? Are "morally opposed" residents still required to learn about abortion? What about contraception? What's their plan post RvW - do they have plans to get real hands-on training for you out of state? Where is the funding coming from for your travel and lodging for that training? How is the residency program or their attendings fighting for local patients access to care? Do they work with any abortion funds or reproductive justice organizations?

Resources for Medical Residents

Join Medical Students for Choice. <https://msfc.org/resident-opportunities/> Also join RHAP and RHEDI.

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Learn the laws in your state that will go into effect now - <https://states.guttmacher.org/>

Learn about options counseling! The Reproductive Access project <https://www.reproductiveaccess.org/resource/options-counseling/> and RHEDI <https://rhedi.org/education/rhedi-curriculum/patient-centered-pregnancy-options-counseling/> have great resources to learn.

If your program doesn't have plans to discuss abortion in didactics/teaching this year, push for a change to get it covered. For procedure training, demand an abortion training MVA papaya procedure clinic (MSFC can help with this). **Or, give your own talk!** In my program, senior residents were assigned specific didactics, but you can push to teach an important and presently relevant topic. I taught about the history of abortion in Arizona (yikes), the basics of abortion types + the costs, ethics (what Crisis Pregnancy Centers do, it's ok to feel uncomfortable with a medical procedure but not to lie or fail to refer), and present day laws in our state (mandatory waits, rules for minors, insurance restrictions).

You can learn abortion on your own. If you can't get in person training you can use an elective to create your own, (see [FM Abortion Elective Goals & Objectives](#) to get started) and RHEDI's training courses (<https://rhedi.org/education/rhedi-curriculum/>). RHEDI's education section also has training on reproductive justice, options counseling and contraceptive care, if you want to do a full "abortion and family planning" elective. There's also continuing education and abortion training via the Reproductive Health Access Project - <https://www.reproductiveaccess.org/programs/continuing-education/> and <https://www.reproductiveaccess.org/abortion/>

Learn about the true safety of abortion care - 2018 National Academies of Sciences, Engineering and Medicine Report: <https://nap.nationalacademies.org/catalog/24950/the-safety-and-quality-of-abortion-care-in-the-united-states>

And learn about the reality of women across the US when they're denied a needed abortion - [The Turnaway Study](#). "The main finding of The Turnaway Study is that receiving an abortion does not harm the health and wellbeing of women, but in fact, being denied an abortion results in worse financial, health and family outcomes."

[Mass Beyond Roe](#) has recommendations for legislative action, budget investments, and regulatory solutions that leaders and policymakers should adopt today. This is a great framework for those who want to make local change to protect and expand abortion access in your state. The Supreme Court destroyed federal protections, but groups have been eroding access since the 80s. ***Let's fight back the way they will continue to - on the ground, with local laws.***

Resources for Attendings and Other Providers

Definitely check out what's already listed for residents. And also:

Physicians for Reproductive Health - Advocacy Training <https://prh.org/advocacy-training/> and Medical Education <https://prh.org/medical-education/>

Reproductive Health Access Network - <https://network.reproductiveaccess.org/>

OK is basically Post-Roe, so here's what they've been doing for six months -

https://twitter.com/xtina_bourne/status/1521344050158350336?s=20&t=ksEYDS5rtN3W0iUnvYu_NQ

Learn about Self Managed Abortion

“there is no way any doctor or nurse or police lab can determine if you have taken [the abortion pill] as long as you take it under your tongue or place the tablets against your cheek.”

- Plan C - <https://www.plancpills.org/>
- Women Help Women - <https://consult.womenhelp.org/>
- Women on Web - <https://www.womenonweb.org/en/>
- https://twitter.com/sheermean/status/1521300896117833731?s=20&t=ksEYDS5rtN3W0iUnvYu_NQ
- https://twitter.com/famplandoc/status/1521316532617457664?s=20&t=ksEYDS5rtN3W0iUnvYu_NQ
- https://twitter.com/andreagrimes/status/1521519591234580481?s=20&t=ksEYDS5rtN3W0iUnvYu_NQ

PRINTABLE RESOURCES

- Abortion Resources for Patients - https://docs.google.com/document/d/1xhAv-6XWOBXqSn_7jMpbCXw1c0TPIk-YaJUONLpg00c/edit?usp=sharing
- FM Abortion Elective Goals and Objectives - https://docs.google.com/document/d/1ZW63Rw-Wd_5VirBf3RVenm3ILEnERlwyy1KB5NlCM3tk/edit?usp=sharing
- Donate To & Support Abortion Groups - https://docs.google.com/document/d/1ZeL5k3zwrlWldh7_LMoua4TIYEGWr0luLmweJIElZ5U/edit?usp=sharing

Safety Online

DO NOT post how you're going to break the law. The bounty law in Texas has been copied in at least one state already, and will be coming to more states soon. Keep your social media free of incriminating "This is how I'm planning to break the law" type statements. **But DO keep shouting that #AbortionIsHealthcare and talking about how these laws violate human**

rights. DON'T BE QUIET, but don't incriminate yourself. Also, please review the patient resources about digital privacy and security, so you will be knowledgeable enough to help educate patients on not leaving a digital trail (see link above)