

# Hormonal IUD Training Resources

*This guide provides an overview of globally-accessible, free hormonal IUD training resources, intended to complement country training plans or provide an introduction to the method for programs or countries considering adding hormonal IUD to their contraceptive method mix. These resources should not be considered a substitute for hands-on learning or context-specific didactic training of family planning providers.*

## General

### Hormonal IUD Training Resource Package

Provided by: MOMENTUM Country and Global Leadership

The Hormonal IUD Training Resource Package (TRP) is a training curriculum intended to support health care workers in developing the knowledge, skills and attitudes needed to provide accurate information and counseling on hormonal IUDs to clients. The TRP can also be used to train qualified health care providers to insert and remove hormonal IUDs using both one-handed and two-handed inserters. The package's training sessions include PowerPoint presentations, skills practice in the form of role plays, case studies and discussions, as well as clinical practice, with anatomic models and clients, using objective competency-based skills checklists.

[Access Resources Here](#)

### Hormonal IUD Digital Training

Provided by: Kassai

Originally developed by Society for Family Health Nigeria and Population Services International (PSI), the Hormonal IUD Digital Training is a technical, didactic training course on the hormonal IUD for health care providers. It includes 13 modules along with pre- and post-training knowledge assessments. The course is intended for providers who already have experience providing family planning counseling and methods to clients, and should complement in-person hands-on skill development. Those interested in using the digital training should review the training guidance document and contact PSI for support.

[Access Guidance Here](#)

## Product-Specific

### Mirena® SimulationOnline™

Provided by: Bayer AG

Mirena® SimulationOnline™ is an online training tool for the insertion and removal of Mirena® hormonal IUD, developed and sold by Bayer. The tool, which includes both didactic learning and the completion of guided and unguided insertion and removal simulations, is self-paced and provides the opportunity for unlimited practice until skills are mastered. Bayer provides a limited number of free, 1-year licenses to be used in low-resource countries. Access can be requested by completion a brief application form. A member of the Hormonal IUD Access Group will reach out to confirm details and provide access information. Mirena® training slides alone can be [accessed here](#).

[Request License Here](#)

## Avibela™ Training Package

Provided by: Medicines360 & Impact RH360

Medicines360™ provides an insertion and removal training deck and an insertion training video for their hormonal IUD product Avibela™. These resources are available in English, French, and Spanish and should be used in tandem with national hormonal IUD training plans and hands-on insertion and removal practice on models.

[Access Resources Here](#)

## LNG-IUS Training Package

Provided by: ICA Foundation

The ICA Foundation, which donates an unbranded hormonal IUD product to qualifying family planning projects, has developed a training manual and presentation to guide donation recipients' training of healthcare providers. The materials are a collaborative effort between ICA Foundation board members and qualified physicians to make introductory training resources more broadly accessible to partners. Recipients of donated LNG-IUS product will also receive demo product, small uterus models, and a CD-ROM version of the training manual.

[Access Resources Here](#)

## Live Training Services

The quality-assured suppliers of the hormonal IUD listed below are able to provide limited live training sessions on their products to qualifying national FP programs. For more information, contact [info@hormonaliud.org](mailto:info@hormonaliud.org).

Supplier	Product
Medicines360™	Avibela™
Bayer AG	Mirena®

## Additional Resources

Additional training materials, along with translated resources, are available on the Hormonal IUD Access Portal, and can be [accessed here](#). For assistance selecting appropriate training resources, please contact [info@hormonaliud.org](mailto:info@hormonaliud.org).

*This resource is made possible by the generous support of the United States Agency for International Development (Agreement # 7200AA20CA00016), the UK Foreign, Commonwealth, & Development Office, and the Bill & Melinda Gates Foundation. The contents are the sole responsibility of their authors and do not necessarily reflect the views of these funders.*