## PROVIDER GUIDE

# Before You Go: Critical Women's Health Resources

*Before going underway, download these digital tools with comprehensive women's health information and step-by-step guidance for quick reference when connectivity is limited.*
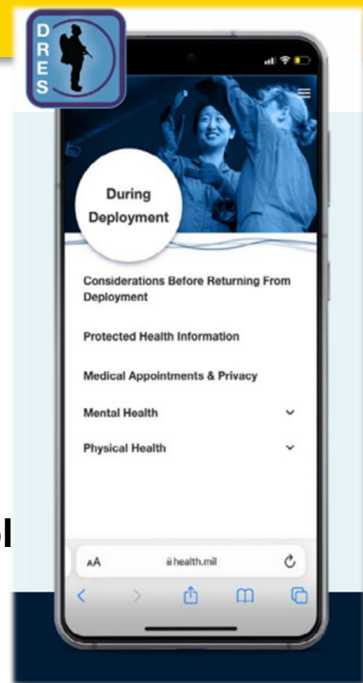
*The Navy Medicine Operational Female Force Readiness Clinical Community (FFR NMOCC) and BUMED Office of Women's Health (OWH) created the following resources for service members, providers, and leaders.*

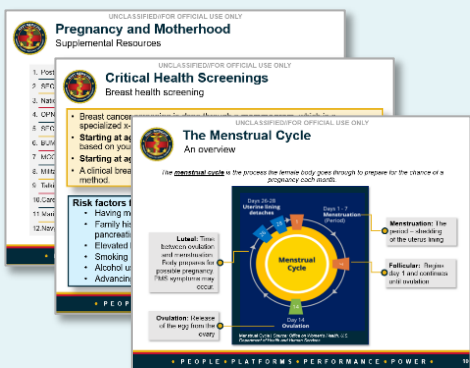## DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN (DRES) MOBILE APP

The DRES App includes information on **healthy practices and available resources to support service women's healthcare needs and challenges before, during, and after deployment**. Developed with a focus on the unique healthcare needs of service women, the App includes information and resources on topics such as:

- **Sexual health**
- **Mental health**
- **Navigating TRICARE**
- **Connecting with family during deployment**
- **Deployment checklists**

This resource will equip providers with key information on available resources and current policies and can serve as a **quick-reference tool for evaluating common symptoms and counseling on a range of healthcare needs.** Download the Handbook <u>here</u> (PDF; optimized for mobile use) or the App <u>here</u>. Once downloaded, users do not need connectivity to access the included content.

## WOMEN'S HEALTH TRAINING TOOLKIT

The Women's Health Training Toolkit includes all components necessary for a unit's medical department to host an **educational and engaging women's health training**: planning guide, supporting slides, and facilitation guide. The prepared materials cover topics such as anatomy, personal hygiene, and sexual and mental health, and can be **customized to meet the content needs or time limitations of a given unit.** Download the Toolkit here under <u>General Women's Health</u>.

# WOMEN'S HEALTH PROVIDER TREATMENT ALGORITHMS

The OWH and FFR NMOCC released **nine treatment algorithms** to aid healthcare providers in triaging common women's health conditions in remote settings. These tools will **help providers determine whether to treat or escalate** female patients to a higher level of care, thus increasing the quality and standardization of women's healthcare in operational settings. Click here to access the provider treatment algorithms on a CAC-enabled milSuite website.
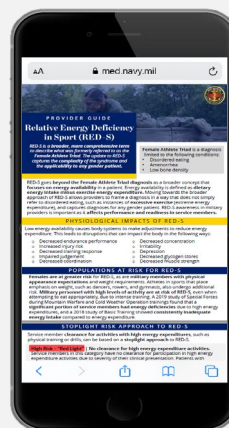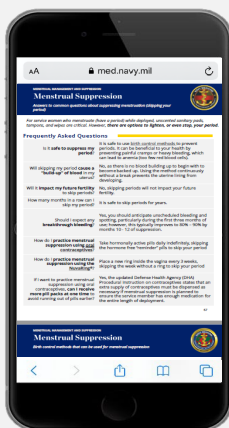
## AVAILABLE TREATMENT ALGORITHMS

- Contraception
- Emergency Contraception
- Irregular Bleeding
- Pelvic Pain
- Ruling out Pregnancy

- Vaginal Discharge
- Menstrual Suppression
- Sexually Transmitted Infections (STIs)
- Management of Breakthrough Bleeding on Hormonal Contraception

# NAVY MEDICINE WOMEN'S HEALTH WEBSITE

The Women's Health Webpage provides **service members, leadership, and providers with women's health information categorized by women's health topic**, as well as relevant policies to support comprehensive women's health and female force readiness. After selecting the Women's Health Topic of choice, a list of hyperlinked resources will populate for easy access.

Access the Webpage here and download resources such as:

- Provider Guide on Disordered Eating
- Provider Guide on Intimate Partner Violence
- Emergency Contraception Toolkit for Providers

*Please scan the below QR code to access the Webpage:*

*NAVY MEDICINE FEMALE FORCE READINESS CLINICAL COMMUNITY | OCTOBER 2023*