Evaluation of innovative Fertility Awareness Based Methods Course on Medical University of Warsaw.

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Context
The education of medical students in Poland is restricted in the area of fertility awareness based methods (FAM) sexology and sexuality. FAM are useful in medical practice and private life. Elective courses of FAM were established at the Warsaw Medical University as the first of their kind at a medical university in Poland.

Objective
The aim of this study was to evaluate the usefulness of the FAM Course by students of medical fields.

Methods
During the last class of a 30-hour courses of FAM, an anonymous survey was conducted. The surveys were conducted in four semesters. Survey questions comprised both choice and open questions.

Patients/Students
The surveys were conducted on 182 participants (students of medical faculties).

Main Outcome Measures
The main outcome measures were: gained knowledge and skills; usefulness in professional medical practice and private life; availability of topics within the regular program of medical studies; recommendation of this course to friends; beginning of observations of biomarkers of fertility; development of practical skills.

Results
This course was useful both in professional medical practice and in private life (92 %). According to 93 % of the respondents, the acquired knowledge obtained during the course was not otherwise available in the curriculum within the regular program of medical studies. Classes inspired 92 % students to continue education in this field on their own scope and 94 % of the persons would recommend this course to a friend. A significant proportion of women began observations of their biomarkers of fertility. Most of the students assessed their development of practical skills as very good and good.

Conclusions
The FAM Course was rated as highly useful in the medical system of education, professional practice and private life, which was otherwise not available to them in the medical curriculum.