**Bio**

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Klaira Lerma, MPH, holds a Master of Public Health (MPH) from the Colorado School of Public Health at University of Colorado-Denver. Klaira has committed herself to advancing reproductive health, rights and justice, both domestically and internationally. Her family planning experience includes qualitative, quantitative, and mixed methods research and evaluation, policy advocacy, health education, and direct clinical services.

Klaira manages the clinical research program within the Division of Family Planning and the Stanford Program for International Reproductive Education and Services (SPIRES). Klaira also coordinates GOFAR (Global Outreach for Faculty and Residents) within the greater Department of Obstetrics and Gynecology—arranging for international education for residents and supporting global public health contributions of faculty. Klaira enjoys acting as a research mentor to undergraduate and graduate students, medical students, resident physicians, and fellows as part of her role.

**CURRENT ROLE AT STANFORD**

Research Program Manager

**EDUCATION AND CERTIFICATIONS**

- MPH, University of Colorado (2015)

**Publications**

**PUBLICATIONS**

- Importance of the delivery-to-insertion interval in immediate postpartum intrauterine device insertion: A secondary analysis. *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  
  Lerma, K., Bhamrah, R., Singh, S., Blumenthal, P. D.
  
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  Lerma, K., Blumenthal, P. D.
  
  2019

  
  Noon, B., Lerma, K., Kharsa, Z., Shaw, K.
  
  LIPPINCOTT WILLIAMS & WILKINS 2019: 32S

- Self-administered lidocaine gel for local anesthesia prior to osmotic dilator placement: a randomized trial *CONTRACEPTION*
  
  Schivone, G. B., Lerma, K., Montgomery, C., Wright, P., Conti, J. A., Blumenthal, P. D., Shaw, K. A.
  
  2019; 99 (3): 148–51
• Intrauterine Device Expulsion After Postpartum Placement: A Systematic Review and Meta-Analysis. *OBSTETRICS AND GYNECOLOGY*
  Blumenthal, P. D., Lerma, K.
  2019; 133 (3): 582

• Injectable contraception: emerging evidence on subcutaneous self-administration. *Current opinion in obstetrics & gynecology*
  Lerma, K., Goldthwaite, L. M.
  2019

• Self-Admistered Vaginal Lidocaine Gel for Pain Management with Intrauterine Device Insertion: A Blinded, Randomized Controlled Trial. *American journal of obstetrics and gynecology*
  Conti, J. A., Lerma, K., Schneyer, R., Hastings, C. V., Blumenthal, P. D., Shaw, K. A.
  2018

• Health outcomes associated with use of hormonal contraception: breast cancer. *Current opinion in obstetrics & gynecology*
  Schneyer, R., Lerma, K.
  2018

• Comparative safety and efficacy of a dedicated postpartum IUD inserter versus forceps for immediate postpartum IUD insertion: a randomized trial. *Contraception*
  Blumenthal, P. D., Lerma, K., Bhamrah, R., Singh, S., Dedicated PPIUD Inserter Working Group
  2018

• Acceptability of a text message-based fertility awareness application for family planning in Lucknow, India. *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  Lerma, K., Reyes, G., Tiwari, S., Tewari, A., Hastings, C., Blumenthal, P. D.
  2018

• Update on second trimester medical abortion. *CURRENT OPINION IN OBSTETRICS & GYNECOLOGY*
  Lerma, K., Shaw, K. A.
  2017; 29 (6): 413–18

• Contraceptive counseling in reproductive-aged women treated for breast cancer at a tertiary care institution: a retrospective analysis. *CONTRACEPTION*
  Johansen, S. L., Lerma, K., Shaw, K. A.
  2017; 96 (4): 248–53

• Update on second-trimester surgical abortion. *Current opinion in obstetrics & gynecology*
  Shaw, K. A., Lerma, K.
  2016; 28 (6): 510-516

• Programmatic experience of post-partum IUD use in Zambia: an observational study on continuation and satisfaction. *The European journal of contraception & reproductive health care : the official journal of the European Society of Contraception*
  Blumenthal, P. D., Chakraborty, N. M., Prager, S., Gupta, P., Lerma, K., Vwalika, B.
  2016; 21 (5): 356-360

• Self-Administered Lidocaine Gel for Pain Control With First-Trimester Surgical Abortion: A Randomized Controlled Trial. *Obstetrics and gynecology*
  Conti, J. A., Lerma, K., Shaw, K. A., Blumenthal, P. D.
  2016; 128 (2): 297-303

• Self-Administered Lidocaine Gel for Pain Control With First-Trimester Surgical Abortion. *OBSTETRICS AND GYNECOLOGY*
  Conti, J. A., Lerma, K., Shaw, K. A., Blumenthal, P. D.
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• Assessment of a simplified insertion technique for intruterine devices. *INTERNATIONAL JOURNAL OF GYNECOLOGY & OBSTETRICS*
  Christenson, K., Lerma, K., Shaw, K. A., Blumenthal, P. D.
  2016; 134 (1): 29-32

• A Dedicated Postpartum Intrauterine Device Inserter: Pilot Experience and Proof of Concept. *Global health, science and practice*
  Singh, S., Das, V., Agarwal, A., Dewan, R., Mittal, P., Bhamrah, R., Lerma, K., Blumenthal, P. D.
  2016; 4 (1): 132-140
PRESENTATIONS

- Delivery-to-insertion interval in immediate postpartum IUD provision: End of the “10-minute rule” - FIGO World Congress of Gynecology and Obstetrics (October 16, 2018)