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Teaching Contraception: An Interactive Lecture Using *Managing Contraception* 2004-2005 edition



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Combined Oral Contraceptives

- 8% failure with typical use/ 0.3% with perfect use
- Estrogen/Progestin
- Inhibit ovulation
- Health benefits
 - decreased menstrual flow
 - decreased menstrual pain
 - less acne & hirsutism
 - cancer protection
- Predictable cycle control

Start here

Week 1

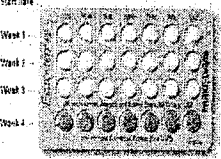
Week 2

Week 3

Week 4

Take pills in this direction from left to right

Werner Contraceptives



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Combined Oral Contraceptives

1. Give 3 examples of how to start taking combined oral contraceptives.

-
-
-
-
-

Start here

Week 1

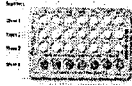
Week 2

Week 3

Week 4

Take pills in this direction from left to right

Werner Contraceptives

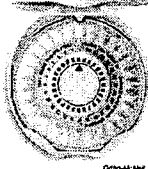


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Combined Oral Contraceptives (OCs)

2. How do you choose the right pill?
Can any woman take combined OCs?



GONAL-HP







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Combined Oral Contraceptives

3. Warning signs for oral contraceptives?

A
C
H
E
S


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Emergency Contraception (EC)

4. Your patient has just had unprotected sex.
How she can use her Alesse™ for Emergency Contraception?

Combined oral contraceptive

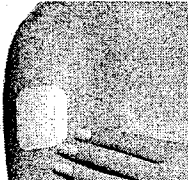


Wyller-Axord

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Combined Transdermal Patch



- Transdermal patch
- Ethinyl estradiol + norelgestromin
- Change once a week for 3 weeks, 1 week off for menses
- Worn on trunk (except breasts), arm, buttock

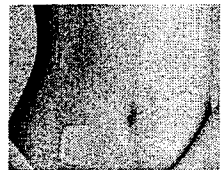
Ortho-McNeil

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Combined Patch

5. Your patient left her Ortho Evra™ patch on for 10 days. What is the first year effectiveness? Is it still effective now?



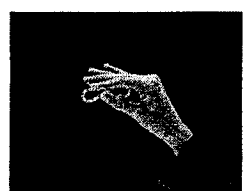
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Combined Vaginal Ring

- Flexible vaginal ring
- Ethinyl estradiol + etonogestrel
- 0.3% perfect use failure rate



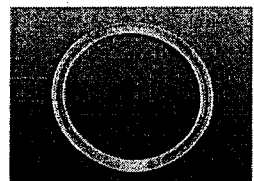
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Combined Vaginal Ring

6. Your patient wants to try the Nuva Ring.™ Instruct her in its use and what to do during sexual intercourse.



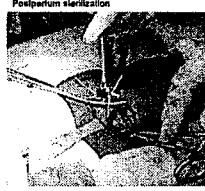
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Postpartum Contraception

7. What options does your postpartum patient have for contraception before her postpartum visit?



Postpartum sterilization

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Hormonal Contraceptive Methods


8. Your patient has a blood pressure of 165/105 and needs a method of contraception. Which methods should be used with caution?

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Emergency Contraception: Plan B™

9. A woman had unprotected sex and wants emergency contraception. How do the pills work? When should she take them?




Women's Capital Connection: Plan B (levonorgestrel)

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Progestin-Only Injection

10. A 19 year-old recently received Depo-Provera™ and is concerned about bleeding. Is this normal? What if she is amenorrheic?



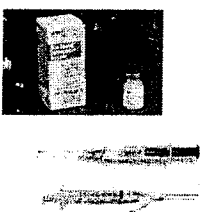
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Progestin-Only Injection

11. Your patient reports a 25-pound weight gain in the last 18 months. She blames the Depo-Provera™ ...what do you tell her?




Courtesy: Ortho-McNeil

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Levonorgestrel Intrauterine System

12. What are the non-contraceptive benefits of the Mirena™ IUS? What is a disadvantage?



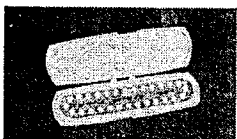
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Progestin-Only Pills

13. What advice do you give your patient who is taking carbamazepine for seizures and progestin-only pills for contraception? Are there other medications to ask about? Is there a better method for her?

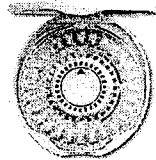


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Progestin-Only Pills

14. A 40 year-old smoker wants to use OCs. What kind of OCs should she use? What are the disadvantages?



Ortho-McNeil

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Progestin Implants

15. Your patient is worried about finding a qualified provider for her Norplant™ removal and about the cost. Where can she get information?

How many years is Norplant™ effective?

How many capsules should be removed?



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Hormonal Contraception

16. A teenager has been using Depo-Provera™ for 2 years and now has pelvic inflammatory disease (PID). How does this affect her fertility?

What is her risk now of bilateral tubal occlusion?

How can you help her use condoms?



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Courtesy: Dues © condoms

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Copper IUD

17. How does this IUD work?

Does it cause abortion?

For how long does it work?

Does it affect fertility or ectopic pregnancies?



Courtesy: MS-2008.com

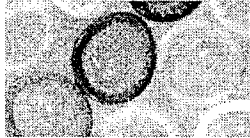
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Male Condoms

18. A woman's boyfriend refuses to wear condoms because he is "allergic to latex." What is your advice?

What types of condoms are there?



Courtesy: Dues © condoms


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Female Sterilization

19. What issues should you counsel patients on before tubal sterilization? How effective are the different methods?

Fallopian clips




Courtesy: Albee Tuzik, MD

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Male Sterilization

20. A 34 year-old man has just had a vasectomy. When can his partner stop her birth control?




Courtesy: J. Conway, MD, MPH and J. Hogue, MD

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Spermicides

21. A 19 year-old is only using spermicides for birth control. How effective are these? Do they affect her risk of HIV or sexually transmitted infections (STIs)?



Delfix
Contraceptive Foam
Contraceptive Foam (NLS 764)




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Female Condom

22. What are some advantages and disadvantages of the Reality™ female condom when compared to the male condom?

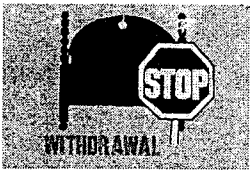


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Withdrawal

23. A 16 year-old girl was told by her boyfriend that withdrawal has the same efficacy as abstinence. How would you advise her?



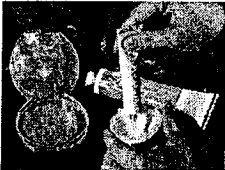
WITHDRAWAL

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Diaphragm

24. What lubricants can you use with a diaphragm? Are certain lubricants a problem with other methods?




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Cervical Cap

25. Similarities and differences between the cervical cap and diaphragm?




The FemCap™
Removal Strap Brim
Groove Dome
Vaginal view with groove for spermicide shown

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Abortion

26. Your patient has an unplanned pregnancy and desires termination. What are her two options? What are the relative advantages to each?

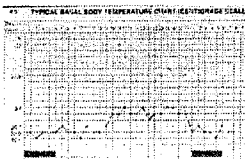


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Fertility Awareness Methods

27. How effective are the fertility awareness methods?




FIGO Partnership Publishing

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Abstinence

28. A 14 year-old plans to abstain from sex. What instructions would you give? What can you give her before she leaves the office?




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Lactational Amenorrhea Method

29. Name three conditions for lactational amenorrhea (LAM) to be effective.



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