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What is Family Planning?

- ▶ Individuals of childbearing age, including young women who have not yet had menarche, are eligible to receive Family Planning services.
- ▶ An EXISTING patient who has been seen in the clinic ≤ 5 years that has become sterile CAN continue to use Family Planning GYN preventative services.
- ▶ We do NOT turn patients away.
- ▶ Participation in the program is voluntary with no evidence of coercion and there are no prerequisites for the program.
- ▶ Everything about the program is confidential for the patient: Example if billing insurance will cause an issue for the client, then we can use their reported income for the sliding fee scale. This includes teenagers.

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Birth Control Options at ADPH

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History of Birth Control

- THE LEMON WAS USED AS AN EARLY FORM OF BIRTH CONTROL – LIKE A DIAPHRAGM AND SPERMICIDE
- THE 1ST CONDOM WAS MENTIONED IN THE 15TH CENTURY JAPAN
- THE 1ST CONDOM WAS DESIGNED TO BE REUSABLE
- FDA APPROVED THE 1ST BIRTH CONTROL PILL IN 1960

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Birth
control
?

What to
choose?

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The choice needs to...



Enable the patient to
participate in the
"choosing" of birth control



Work with the patient's
lifestyle and needs



Based on actual
information provided by
the provider

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Hormonal Contraceptives:

1. Pill
2. Patches
3. Rings
4. Injection
5. IUD
6. Implant

- Suppresses ovulation
- Thickens cervical mucus, hindering sperm mobility
- Thins the lining of the uterus



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Hormonal Contraceptives:

- ▶ Side Effects vary with each type of hormone used but can include:
 - ▶ Irregular bleeding
 - ▶ Weight gain
 - ▶ Bloating
 - ▶ Nausea w/ or w/o vomiting
 - ▶ Headaches
 - ▶ Fatigue
 - ▶ Acne

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Oral Contraceptives



- Are taken daily – preferably at the same time every day
- 2 Types:
 - COC – combined method: estrogen + progestin
 - POPs – progestin only

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Emergency Contraception

- ▶ Used to prevent pregnancy after unprotected intercourse
- ▶ Does not cause an abortion
- ▶ Will not interrupt or harm an established pregnancy
- ▶ Action: prevents or delays ovulation
- ▶ For individuals with a higher body weight Ella is better than Plan B



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With Emergency Contraception (EC) Timing is everything!

- ▶ If taken between 72 and 120 hours after unprotected intercourse, there is a reduction in pregnancy at 75% - 89%.
- ▶ Return to the clinic if there is no period within 3 weeks.
- ▶ ALL Family Planning patients should be educated on EC and given a pack to have for use if they choose.
- ▶ EC is NOT a daily form of birth control.



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Oral Birth Control Pills can be used...


Can be taken for 84 days with a 7 day off cycle to allow for menstruation. Reducing periods from 12 to 4.

Benefits patients who suffer from menstrual-related symptoms: migraines, anemia, endometriosis, epilepsy, IBS, ect.

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Injectables – Depo-Provera

- ▶ Administer IM or SQ every three months
- ▶ IM is in the muscle
- ▶ SQ is in the subcutaneous tissue (fatty tissue)
- ▶ Considered long-term and may delay the return of fertility up to 10 months
- ▶ Associated Complaints: Weight gain, hair loss, irregular menstrual cycle, NO menstrual cycle, mood changes, and bone density loss







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Intrauterine Device (IUD)

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IUDs

			
PARAGARD – COPPER, NON-HORMONAL, LAST 10 YEARS	MIRENA – HORMONAL, LAST 8 YEARS	LILETTA – HORMONAL, LAST 8 YEARS	KYLEENA – HORMONAL, LAST 5 YEARS

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Intrauterine Devices (IUD)...

99% effective at preventing pregnancy

Does NOT protect against STI

Require a provider for placement and removal

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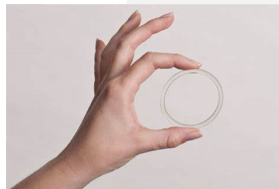
IUDs...

- ▶ IUDs are very expensive, we would like the patient to be committed to the method and understand the side effects.
- ▶ The effect on the menstrual cycle varies with each IUD and with each patient's body.
- ▶ Associated side effects: Irregular menstrual cycle, spotting, heavier cycle, cramping, headaches, mood changes, nausea, and acne.
- ▶ Most side effects should resolve within 3 – 6 months.

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Vaginal Ring

- ▶ Placed inside the vagina at the cervical opening for 3 weeks
- ▶ Remove on week 4 to allow menstrual cycle
- ▶ Require refrigeration
- ▶ Side effects are similar to the Pill



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Contraceptive Patch

- ▶ Apply 1 patch each week for 3 weeks
- ▶ Week 4 leave patch off to allow for menstrual cycle
- ▶ Rotate the patch site with each application
- ▶ Do NOT put on the breast
- ▶ Hormones and affects similar to the PILL
- ▶ Weight limit is 198 pounds

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Implant - Nexplanon

- ▶ Single rod implant
- ▶ 99% effective rate
- ▶ Last for 3 years
- ▶ #1 complaint is irregular bleeding
- ▶ Is VERY expensive



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Effectiveness



Effectiveness Level	Methods	Effectiveness
Most Effective	Sterilization, Implant, IUD	99%
	Shot, Pill, Ring, Patch	91-94% depending on the method
	Diaphragm, Condoms (Internal/external), Sponge, Cervical Cap	76-88% depending on the method
Less Effective	Spermicide, Fertility awareness, Withdrawal	76-88% depending on the method

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Fertility Awareness Methods:

STANDARD DAYS (SDM)	If your menstrual cycle is between 26 and 32 days long, you can use this method to record your periods and determine when you can't get pregnant.
TWO DAY (TDM)	This is another method where you observe cervical secretions to see when you're fertile.
CERVICAL MUCUS	Your body secretes a distinct kind of goo when you're most fertile. This method is all about observing your cervical mucus.
BODY TEMP (BBT)	Use this method to chart your body temperature every single morning to determine whether or not you're ovulating.
SYMPTO-THERMAL	There are many signs that communicate when you're fertile and this method tracks several of them at once, including how open your cervix feels. (BBT+Mucus)
LACTATIONAL (LAM)	Breastfeeding naturally suppresses fertility. This method works if you've just had a baby and are breastfeeding in a very specific way.

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Natural Family Planning

For contraception:

Avoid intercourse during the fertile phase of the menstrual cycle when conception is most likely.

For conception:

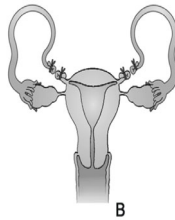
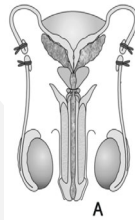
Plan intercourse near mid-cycle (usually days 8-16) when conception is most likely.



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Sterilization: Tubal Ligation and Vasectomy

- ▶ Considered 99% effective
- ▶ Must be 21
- ▶ Must be mentally competent
- ▶ Will be removed from Plan First insurance following procedure



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Outcome for Family Planning...



HEALTHY BABIES AND
MOMMIES



PLANNED
PREGNANCY TIMING



MAKE INFORMED
AND EDUCATED
DECISIONS

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