

UNIT THREE: GYNECOLOGY

EDUCATIONAL TOPIC 33: CONTRACEPTION AND STERILIZATION

Rationale: An understanding of contraceptive methods and associated risks and benefits is necessary to assist patients seeking to prevent pregnancy.

Intended Learning Outcomes:

The student will demonstrate the ability to:

- Describe the mechanism of action and effectiveness of contraceptive methods
- Counsel the patient regarding the benefits, risks and use for each contraceptive method
- Describe barriers to effective contraception use and to the reduction of unintended pregnancy
- Describe the methods of male and female surgical sterilization
- List the risk and benefits of female surgical sterilization procedures

TEACHING CASE

CASE: A 17 year old G0 presents to clinic desiring information about contraceptive methods. She reports that she is sexually active with her boyfriend, using condoms occasionally, when she “needs them.” She has never used any other methods. She has had 2 lifetime partners. She became sexually active at age 15 and had sex with her first partner 3-4 times but didn’t use contraception. She has been sexually active with her current partner for the last year. She came today because she last had unprotected intercourse 3 days ago and is worried she might get pregnant. She has decided it’s time for a more reliable method of contraception. She has never had a Pap smear. She has history of well controlled seizure disorder and had appendicitis at age 11. She is taking Valproic Acid. She smokes one-half pack of cigarettes per day, drinks alcohol socially, and uses occasional marijuana. Her blood pressure is 100/60 and pulse is 68.

Competency-Based discussions & Key Teaching Points:

Competencies addressed:

- Patient Care
 - Medical Knowledge
 - Practice-Based Learning and Improvement
 - Interpersonal and Communication Skills
 - Professionalism
 - Systems-Based Practice
1. What pertinent historical information should you obtain from the patient prior to presenting recommendations for appropriate contraception?

2. What physical exam and studies are required prior to prescribing hormonal contraceptives?

3. About which contraceptive agents should the patient be counseled?

4. When/how to start the contraceptive method?

REFERENCES

Beckman CRB, et al. *Obstetrics and Gynecology*. 6th ed. Philadelphia: Lippincott, Williams & Wilkins, 2009.

Hacker NF, Moore JG, et al. *Essentials of Obstetrics and Gynecology*. 5th ed. Philadelphia: Saunders, 2010.

ACOG Practice Bulletin 59, Intrauterine Device, January 2005.

ASCCP Guidelines for Cervical Cancer Screening.

Zieman M, Hatcher RA et al. *A Pocket Guide to Managing Contraception*. Tiger, Georgia: Bridging the Gap Foundation, 2007.