

Birth Control Options

Patient Centered Recommendations

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OBJECTIVES

- Review Birth Control Methods and Mechanism of Action
- Review Cost and Coverage of Methods
- Review Strategies to Help Patients Decide on Best Method for Them

Disclosure

I have no financial relationships to disclose.

Resources

-Managing Contraception 14th Edition

ISBN 978-0-692-55734-1

-www.managingcontraception.com

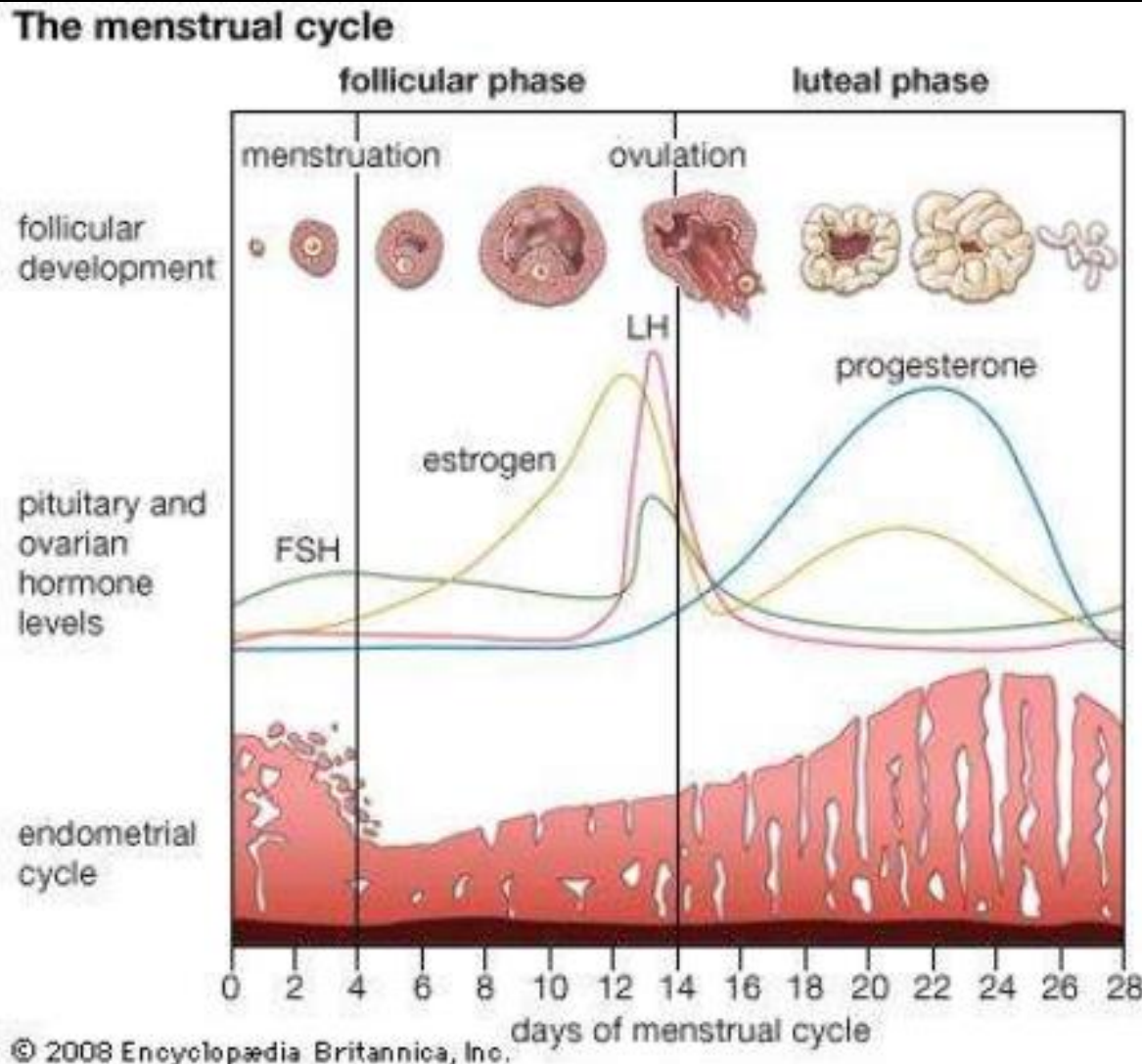
-www.conrad.org

-www.who.int (World Health Organization)

-www.plannedparenthood.org

-Contraceptive Technology Conferences

Menstrual Cycle



Issues to Consider

- Counseling Guidelines
- Intentionality of Pregnancy
- Sexual History
- Cancer Screening
- Sexually Transmitted Infections Risk

Common Birth Control Methods

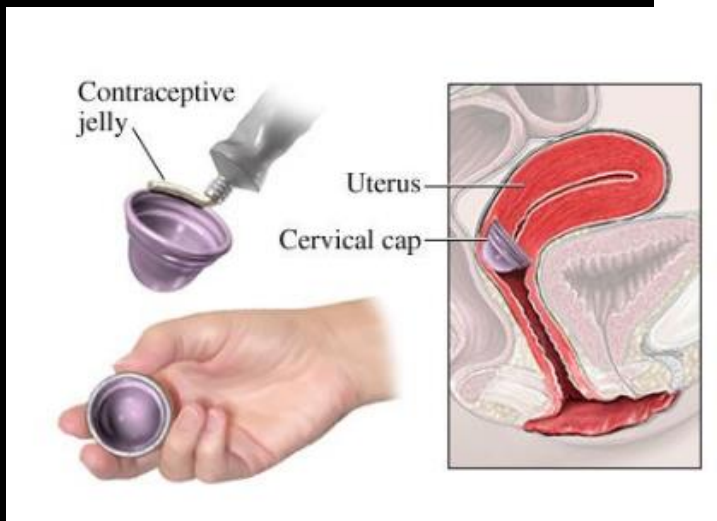
Structure/Function

- Barrier
- Hormonal
- LARCs
- Surgical
- Emergency Contraception

Barrier Methods

Chemical and Mechanical

- Male Condoms
- Female Condoms
- Cervical Cap
- Diaphragm
- Spermicides



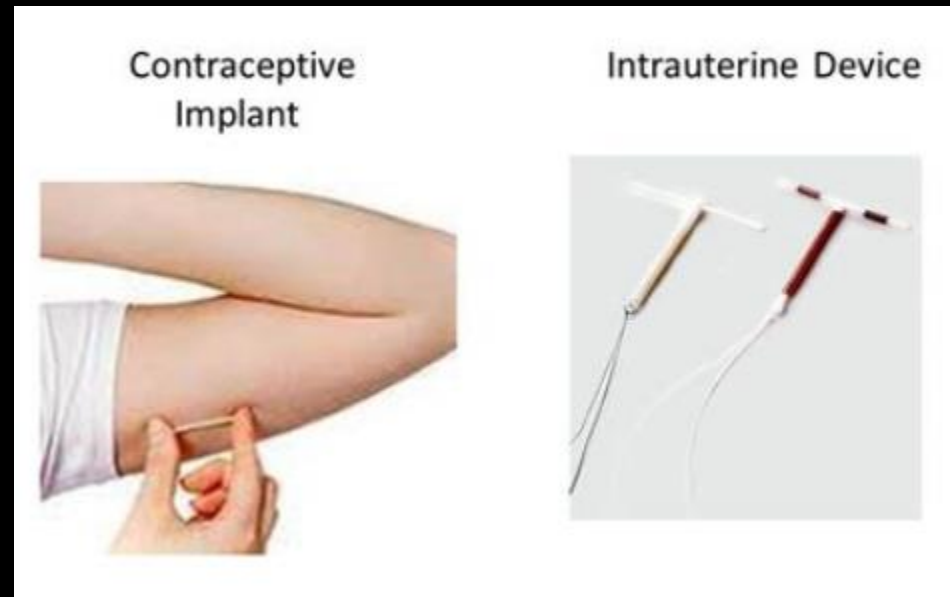
Hormonal



LARC

Long-Acting Reversible Contraception

- IUD
 - Hormonal: Mirena, Skyla, Liletta
 - Non-hormonal Copper IUD-Paraguard
- Contraceptive Implant
 - Nexplanon



Surgical (Irreversible)

- Bilateral Tubal Ligation
- Vasectomy

*Know time frames around obtaining consent

Special Populations

Adolescent Health

Male Contraception

Post Partum Contraception

Substance Use/High Risk Populations

Know Resources for Unplanned Pregnancy

Options counseling

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Questions?



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References

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 - Northlandfamilyplanning.com
-
- Managing Contraception 14th Edition
 - www.managingcontraception.com
 - www.conrad.org
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