Contraception Counselling

CC sheet

contraception counsering	
Combined Pill/Patch/Ring	Progestogen Only Pill
Efficacy	Efficacy
How it works	How it works
Benefits/side effects	Benefits/side effects
How to use (extended pill information)	Associated risks - 个 Breast Ca
Missed pills	Bleeding patterns
Emergency contraception	How to take pill
Safe sex and STI screening	Missed pills
Associated risks - ↑ Breast Ca, VTE, CVD	Emergency contraception
- ↓ ovarian & endometrial Ca	Safe sex and STI screening
Legal aspects (under 16's)	
Injectables	Sub dermal Implants
Efficacy	Efficacy
How it works	How it works
Benefits/side effects	Benefits/side effects
Bleeding Patterns	Associated risks↑ Breast Ca
Associated risks ↑ Breast Ca Bone density,	Bleeding pattern
Lipodystrophy (Sayana Press)	Possible drug interactions
Delayed fertility	Procedure – insertion/removal/change
Emergency contraception	Bruising/complications
	Deep implant/lost implant
	Aware of emergency contraception
Emergency Contraception	Coils
Essential information –	Essential Information –
• LMP	 Types of coils – show coils
Date of UPSI	Insertion/removal
Day of Cycle	Analgesia pre/post procedure
Time of UPSI	 Pulse/BP recorded
Hours since UPSI	Perforation
Current medication	 Displacement/Expulsion
Regular/casual partner	Coil checks
Consensual sex	STI screen
• Pregnant?	• PID
EC	Ectopic
Discuss options – coil or oral EC	Intrauterine device
Effectiveness/Failure rates	How it works
Nausea	Different types of IUD
Teratogenisis	Efficacy
Next menses	Menorrhagia
Follow up pregnancy test	Video Link sent
Future contraception	
Safe sex/STI screen	Intrauterine system
	How it works
	Different types of IUS
	Efficacy
	Bleeding patterns
	Progestogenic effects
	Associated risks↑ Breast Ca
	Video Link sent
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Storilization	Vasastamy
Sterilisation	Vasectomy
Effectiveness (failure rate 1/2000) How it works	Effectiveness
	Local anaesthetic -no scalpel technique
Advantages/disadvantages	General anaesthetic – risks
Types of sterilisation	Abstinence sex post op – 7 days
Surgery - risks	Use of tight underpants
Anaesthetic – risks	Failure
Pain/discomfort post operatively	Regret
Irreversible	Semen analysis
Discuss alternative methods	Additional contraception until semen clearance
No effect on periods	Explain pathway for procedure
Ectopic pregnancy	
Contraception required post procedure	
Regret	
Explain pathway for procedure	
Condoms Male	Condoms – female
Effectiveness	Effectiveness
Advantages/disadvantages	Advantages/disadvantages
Check expiry date/kite mark	Availability
How to put it on (condom demonstration)	Aware of emergency contraception
When to put condom on/take off/disposal	
What damages condoms	
Different sizes/shapes	
C- card – discuss app	
Aware of emergency contraception	
Diaphragm	Natural Family Planning
Effectiveness	Effectiveness
Use of spermicide	Types of methods
How it works	Advantages/disadvantages
Advantages/disadvantages	Need to avoid sex at fertile period
Insertion/removal	Aware of emergency contraception
Weight loss/gain – different size may be required	Lactational Amenorrhoea Method (LAM)
Aware of emergency contraception	Effectiveness
while of energency contraception	Criteria met - Amenorrhoea, fully breast feeding, <6
	months post partum
	Feeding intervals
ТОР	Young People (<16years and <18years if LAAC)
Self referral – give contact details	Confidentiality
Clinic referral :-	Legal aspects discussed – Age of Legal Capacity
Confidentiality	Risk assessment – NaSH
Cert A	Child protection concerns – add to CP tab
Day Ward information leaflet	Consensual sex
Alternative options – continue preg/adoption	Age of partner
Procedure	Child Sexual exploitation
If < 16 years – advise to inform parents/guardian	Advise to tell parents/guardian
Knowledge of emergency contraception	Safe sex
Future contraception discussed	STi risk
Emotional factors/Post termination counselling	