

<p><u>Sterilisation</u> Effectiveness (failure rate 1/2000) How it works Advantages/disadvantages Types of sterilisation Surgery - risks Anaesthetic – risks Pain/discomfort post operatively Irreversible Discuss alternative methods No effect on periods Ectopic pregnancy Contraception required post procedure Regret Explain pathway for procedure</p>	<p><u>Vasectomy</u> Effectiveness Local anaesthetic -no scalpel technique General anaesthetic – risks Abstinence sex post op – 7 days Use of tight underpants Failure Regret Semen analysis Additional contraception until semen clearance Explain pathway for procedure</p>
<p><u>Condoms Male</u> Effectiveness Advantages/disadvantages Check expiry date/kite mark How to put it on (condom demonstration) When to put condom on/take off/disposal What damages condoms Different sizes/shapes C- card – discuss app Aware of emergency contraception</p>	<p><u>Condoms – female</u> Effectiveness Advantages/disadvantages Availability Aware of emergency contraception</p>
<p><u>Diaphragm</u> Effectiveness Use of spermicide How it works Advantages/disadvantages Insertion/removal Weight loss/gain – different size may be required Aware of emergency contraception</p>	<p><u>Natural Family Planning</u> Effectiveness Types of methods Advantages/disadvantages Need to avoid sex at fertile period Aware of emergency contraception <u>Lactational Amenorrhoea Method (LAM)</u> Effectiveness Criteria met - Amenorrhoea, fully breast feeding, <6 months post partum Feeding intervals</p>
<p><u>TOP</u> Self referral – give contact details Clinic referral :- Confidentiality Cert A Day Ward information leaflet Alternative options – continue preg/adoption Procedure If < 16 years – advise to inform parents/guardian Knowledge of emergency contraception Future contraception discussed Emotional factors/Post termination counselling</p>	<p><u>Young People (<16years and <18years if LAAC)</u> Confidentiality Legal aspects discussed – Age of Legal Capacity Risk assessment – NaSH Child protection concerns – add to CP tab Consensual sex Age of partner Child Sexual exploitation Advise to tell parents/guardian Safe sex STi risk</p>