

Outline

“01.02 Family Planning”

Overview

1. Family planning consists of multiple ways to plan or prevent pregnancy from occurring.

Nursing Points

General

1. It is important to remember the patient’s preferences are most important and the below factors may influence choices of family planning
 - a. Goal-oriented in selection of method
 - i. Prevention versus planning
 - b. Factors that may influence contraceptive selection:
 - i. Religious, cultural, personal influences
 - ii. Age
 - iii. Smoker or non-smoker
 - iv. Goals for family planning
 - v. Level of compliance (*for example, will she take an oral contraceptive every day?*)
 - vi. Frequency of intercourse (*for example, if someone is frequently having intercourse, will they use a condom every time or would an oral contraceptive or IUD be more appropriate?*)
 - vii. Currently breastfeeding
2. The only method that is 100% proven to prevent pregnancy or STI’s is abstinence

Assessment

1. Assess their current lifestyle / habits
2. Identify their family planning goals

Therapeutic Management

1. Pregnancy prevention

- a. Oral contraceptives, intrauterine devices, cervical caps, diaphragm
- 2. Pregnancy and STI prevention
 - a. Condoms
- 3. Trying to get pregnant
 - a. Ovulation tracking
 - i. Basal Body Temperature
 - ii. Ovulation Predictor Kits
 - iii. Calendar Method
 - b. Infertility
 - i. Meds
 - ii. Surgical procedures
 - 1. To fix whatever the problem is ie: blockage in the tubes carrying the sperm
 - iii. In vitro fertilization
 - iv. Intrauterine insemination
 - v. Surrogacy
 - vi. Embryo hosts
 - vii. Adoption
- 4. Finished having children and want to permanently prevent future pregnancy
 - a. Tubal ligation (female)
 - b. Vasectomy (male)

AGUINALDO
RECRUITMENT

Nursing Concepts

- 1. Reproduction
- 2. Patient education

Patient Education

- 1. Birth control pills should be taken at the same time every day
- 2. Antibiotics and other meds may decrease the effectiveness of contraceptives – use other form of protection

3. It is important to take a prenatal vitamin when trying to conceive – should include folic acid

