

## FP - Family Planning

### **FP-AP ANATOMY AND PHYSIOLOGY**

**OUTCOME:** The patient will have a basic understanding of anatomy and physiology and its relationship to reproduction.

**STANDARDS:**

1. Identify and explain the functions of the reproductive system.
2. Discuss the menstrual cycle.
3. Discuss conception vs. contraception.

### **FP-DIA DIAPHRAGM**

**OUTCOME:** The patient will understand the safe and effective use of a diaphragm.

**STANDARDS:**

1. Emphasize that the diaphragm must be refitted if there is a 10 pound weight loss or gain, and after childbirth.
2. Discuss the method of insertion. Emphasize the use of spermicide. Discuss the amount of time the diaphragm must be left in place.
3. Emphasize that the diaphragm must be used each time intercourse takes place.
4. Explain that a diaphragm can reduce the chance of pregnancy, if used correctly, but does not reduce the risk of sexually transmitted infections.

### **FP-DPO DEPOT MEDROXYPROGESTERONE INJECTIONS**

**OUTCOME:** The patient/family will understand risks, benefits, side effects, and effectiveness of depot medroxyprogesterone injections.

**STANDARDS:**

1. Explain the method of action and effectiveness of depot medroxyprogesterone. Discuss the method of administration and importance of receiving the medication as recommended (typically every 3 months).
2. Discuss the contraindications, risks, and side effects of the medication, including long term bone health, weight gain, and menstrual cycle disturbances.
3. Explain the need for follow up if pregnancy is suspected.
4. Explain that depot medroxyprogesterone can reduce the chance of pregnancy, if used correctly, but does not reduce the risk of sexually transmitted infections.

## **FP-EC            EMERGENCY CONTRACEPTION (POST-COITAL)**

**OUTCOME:** The patient/family will understand risks, benefits side effects, safety, and effectiveness of Emergency Contraception.

### **STANDARDS:**

1. Explain the methods of actions and effectiveness of Emergency Contraception.
2. Identify indications for use, such as, a potential candidate is a reproductive-age woman who has had unprotected sexual intercourse within 72 hours, independent of the time of the menstrual cycle.
3. Discuss the safety: there are no contraindications to EC pill due to the small overall hormone dose and the short duration of use. EC has no adverse affect on a fetus, if taken inadvertently. EC may be used during breastfeeding without effect on milk quantity or quality.
4. Review side effects, and management:
  - a. Side effects include nausea and vomiting which are usually limited to the first three days after treatment. These side effects can be minimized by the use of anti-emetic pre-treatment.
  - b. A small number of women may experience irregular bleeding or spotting after taking ECs, this is not their menses. Most women will have their menstrual period within one week before or after the expected time.
  - c. Breast tenderness can occur after EC treatment.

## **FP-FC            FOAM AND/OR CONDOMS**

**OUTCOME:** The patient/partner will have a basic understanding of the safe and effective use of foam and/or condoms.

### **STANDARDS:**

1. Discuss or demonstrate the proper use and application of foam and/or condoms.
  - a. Emphasize the importance of using a new condom or foam each time intercourse takes place.
  - b. Explain that condoms must be applied before penetration.
  - c. Emphasize that the male must withdraw before erection subsides.
2. Advise concomitant use of spermicidal foam as recommended by the medical provider.
3. Discuss use of spermicidal suppositories and intravaginal films.
4. Discuss that condoms provide protection against most STIs when properly used.
5. Discuss the proper storage and disposal of condoms and/or foam.

**FP-FU FOLLOW-UP**

**OUTCOME:** The patient/partner will understand the importance of follow-up for family planning issues.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/partner.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**FP-HPDP HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient will understand the lifestyle changes necessary to promote and sustain healthy living.

**STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.
  - d. Practice new knowledge.
  - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

**FP-IC IMPLANT CONTRACEPTION**

**OUTCOME:** The patient/partner will understand the safe and effective use of implantable contraceptives.

**STANDARDS:**

1. Discuss and review all birth control methods with the patient.
2. Explain the insertion procedure and mechanism of action including duration of effectiveness.
3. Discuss contraindications, risks, and side effects, including the possibility of pregnancy.
4. Explain that implantable contraceptives can prevent pregnancy if used correctly, but do not reduce the risk of sexually transmitted infections
5. Stress the importance of yearly follow-up.

**FP-IR            INFORMATION AND REFERRAL**

**OUTCOME:** The patient/partner will receive information and referral for alternative or additional services as needed or desired.

**STANDARDS:**

1. Provide the patient/partner with alternative or additional sources for care and services.
2. Provide the patient/partner with assistance in securing alternative or additional resources as needed.
3. Offer behavioral health follow-up as appropriate.

**FP-IUD            INTRAUTERINE DEVICE**

**OUTCOME:** The patient will understand the safe and effective use of the IUD.

**STANDARDS:**

1. Explain how IUDs work and that IUDs are typically more easily retained in women who have had babies.
2. Emphasize the importance of monthly string checks.
3. Emphasize the importance of reporting abnormal vaginal discharge, fever, or pain with intercourse.
4. Discuss contraindications to placement of IUDs (they might be contraindicated in women who have had no children or have more than one sexual partner).
5. Explain that the IUD can prevent pregnancy, if used correctly, but does not reduce the risk of sexually transmitted infections. Explain that STIs may be more serious in women who have IUDs.
6. Explain that the copper IUDs need periodic replacement.

**FP-L            LITERATURE**

**OUTCOME:** The patient/partner will receive literature about family planning.

**STANDARDS:**

1. Provide the patient/partner with literature on family planning.
2. Discuss the content of the literature.

**FP-M            MEDICATION**

**OUTCOME:** The patient/partner will understand the purpose, proper use, and expected outcomes of the drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**FP-MNT        MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/partner will understand the specific nutritional intervention(s) needed for family planning.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of the specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.

5. Refer to other providers or community resources as needed.

**FP-MT      METHODS**

**OUTCOME:** The patient/partner will receive information regarding the available methods of birth control.

**STANDARDS:**

1. Discuss the reliability of the various methods of birth control and how each method is used in preventing pregnancy.
2. Discuss contraindications, benefits, and potential costs of each method.

**FP-N      NUTRITION**

**OUTCOME:** The patient/partner will understand the role of proper nutrition before pregnancy.

**STANDARDS:**

1. Discuss the importance of healthy nutrition. Refer to a registered dietitian for MNT as appropriate.
2. Explain the importance of folic acid. Identify food sources of folic acid. Examples foods rich in folic acid are pinto and navy beans, cold cereals, asparagus, raw spinach, romaine lettuce, broccoli, instant breakfast, etc.
3. See PN-N for information on other nutritional needs.

**FP-OC      ORAL CONTRACEPTIVES**

**OUTCOME:** The patient/partner will understand the safe and effective use of oral contraceptives.

**STANDARDS:**

1. Discuss the medication name, the dosing instructions, actions, and the common side effects of prescribed oral contraceptives.
2. Discuss how to handle missed or delayed doses of oral contraceptives.
3. Discuss when condoms/barrier methods should be used as an additional precaution (initiation, obesity, missed doses, or drug/herbal interactions e.g., antibiotics, anti-epileptics, or other medications that reduce the effectiveness of the oral contraceptives).
4. Discuss the contraindications, risks, and signs/symptoms of complications.
5. Explain that oral contraceptives can prevent pregnancy if used correctly, but do not reduce the risk of sexually transmitted infections.

6. Explain the need for follow up if pregnancy is suspected or other menstrual cycle disturbances occur.

**FP-ST            STERILIZATION**

**OUTCOME:** The patient/partner will understand the information about sterilization.

**STANDARDS:**

1. Explain the risks and benefits of sterilization methods (e.g., bilateral tubal ligation, bilateral vasectomy), emphasizing that these are PERMANENT methods of contraception.
2. Review availability of other methods that can prevent or delay pregnancy as an option to permanent sterilization.
3. Explain the surgical procedure, including anesthesia (local or general), for the type of sterilization.
4. Discuss the possible side effects and risks: infection, pain, hemorrhage, and failure rate.
5. Explain that IHS and the state may have specific legal criteria that must be met in order to be eligible for sterilization. IHS does not authorize the reversals of permanent procedures.
6. Explain that sterilization can prevent pregnancy, but does not reduce the risk of sexually transmitted infections.

**FP-TD            TRANSDERMAL (PATCH)**

**OUTCOME:** The patient/partner will understand the safe and effective use of transdermal contraception.

**STANDARDS:**

1. Discuss actions, benefits, and common side effects of transdermal contraception.
2. Discuss where the patch may be applied and the schedule of changing the patch and how to handle missed, delayed, or misplaced patches.
3. Discuss when condom/barriers should be used as an additional precaution (initiation, obesity, missed doses, or drug/herbal interactions e.g., antibiotics, anti-epileptics, or other medications that reduce the effectiveness of the patch).
4. Discuss the contraindications, risks, and signs/symptoms of complications.
5. Explain the need for follow up if pregnancy is suspected or other menstrual cycle disturbances occur.
6. Explain that transdermal contraception can prevent pregnancy, if used correctly, but does not reduce the risk of sexually transmitted infections.

## **FP-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results