

*UNIT 3: GYNECOLOGY*  
*SECTION A: GENERAL GYNECOLOGY*

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## Educational Topic 33: Family Planning

**Rationale:** An understanding of contraceptive methods and associated risks and benefits is necessary to assist patients seeking to prevent pregnancy.

**Intended Learning Outcomes:**

A student should be able to:

- Describe the mechanism of action and effectiveness of contraceptive methods
- Counsel the patient regarding the benefits, risks and use for each contraceptive method including emergency contraception
- Describe barriers to effective contraceptive use and to reduction of unintended pregnancy
- Describe the methods of male and female surgical sterilization
- Explain the risks and benefits of female surgical sterilization procedures

TEACHING CASE

**CASE:** A 17 year old G0 female presents to clinic desiring information about contraceptive methods. She reports that she is sexually active with her boyfriend, using condoms occasionally, when she “needs them.” She has never used any other methods. She has had 2 lifetime partners. She became sexually active at age 15 and had sex with her first partner 3-4 times but didn’t use contraception. She has been sexually active with her current partner for the last year. She came today because she last had unprotected intercourse 3 days ago and is worried she might get pregnant. She has decided it’s time for a more reliable method of contraception. She has never had a pelvic exam. She has history of well controlled seizure disorder and had appendicitis at age 11. She is taking valproic acid. She smokes one-half pack of cigarettes per day, drinks alcohol socially, and uses occasional marijuana. Her blood pressure is 100/60 and pulse is 68.

**COMPETENCY-BASED DISCUSSION & KEY TEACHING POINTS:**

Competencies addressed:

- Patient Care
- Medical Knowledge
- Practice-Based Learning and Improvement
- Interpersonal and Communication Skills
- Professionalism

