

Contraception Essentials

Sal Roberts

Tragedy as 'happy and healthy' girl, 16, dies
after taking contraceptive pill on family hols

Contraceptive pill linked to death of
Newport woman, 23

Contraception: Can you really die from taking the pill?

Girl dies just 25 days after
taking contraceptive pill
Rigevidon, court hears

Contraception

Premier league – LARC	First Division	Second Division
Implant	COC (pill)	Diaphragms / caps
IUS (coil)	Patch	Condoms male / female
IUD (coil)	POP (pill)	Natural family planning (NFP)
Injectable	Ring	Withdrawal

Contraception

Three main ways to prevent pregnancy:

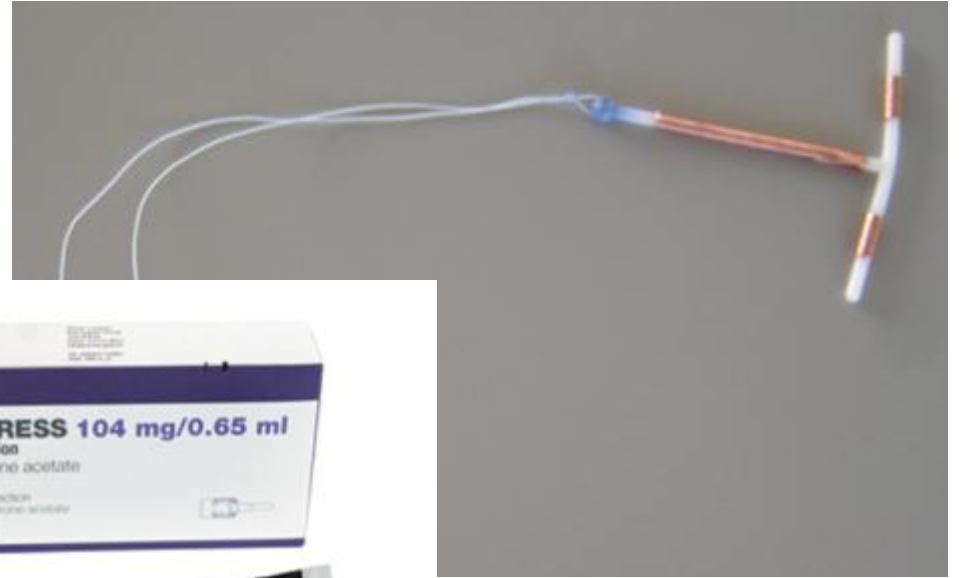
1. Prevent sperm from entering uterus

2. Block egg release from ovary

3. Prevent fertilisation of egg

- Condoms, caps, diaphragms, POP
- Combined contraceptive pill, vaginal ring, patch, injectable, implant, POP
- IUD, IUS, Natural family planning, sterilisation

LARC Contraception



Contraception

- Guided by the WHO Medical Eligibility Criteria
- **UK Medical Eligibility Criteria and Contraceptive Use and Selected Practice Recommendations (2010)**



Contraception UKMEC

UK Category	Hormonal contraception, intrauterine devices, emergency contraception and barrier methods
1.	A condition for which there is no restriction for the use of the contraceptive method
2.	A condition where the advantages of using the method generally outweigh the theoretical or proven risks
3.	A condition where the theoretical or proven risks generally outweigh the advantages of using the method. The provision of a method requires expert clinical judgement and/or referral to a specialist contraceptive provider, since use of the method is not usually recommended unless other more appropriate methods are not available or not acceptable
4.	A condition which represents an unacceptable risk if the contraceptive method is used

Contraception - Help

- FACULTY OF SEXUAL AND REPRODUCTIVE HEALTH
- FPA (Family Planning Association)
- BNF
- PHARMA
- SEXUAL HEALTH CLINIC – THE ORWELL IN IPSWICH

Contraception

Further training:

- www.e-lfh.org.uk
- www.fsrh.org
- FSRH Nurse Diploma
- FSRH Letters of Competence in SDI (Implants) and IUT (Coils)
- UCS module