

CONTRACEPTIVE TIPS AND TRICKS



Sandra Harley Counts, PharmD
AnMed Health Family Medicine Residency Program

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AnMed Health Family Medicine W-864-512-1927
sandra.counts@anmedhealth.org



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A FEW SHOUT OUTS



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Dr. Sharm Steadman, Richland Family
Medicine, Columbia, 1956-2015



“Sharmacology”

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Pregnancy
Can be exciting!

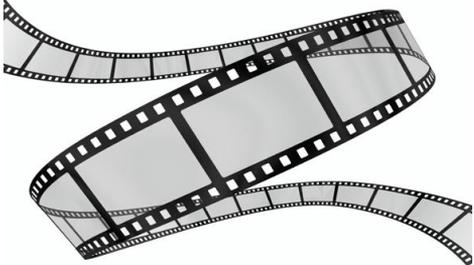


But, may also be devastating & dream ending

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4 min Film- National Campaign to Prevent Teen Pregnancy (2013)

- <https://www.youtube.com/watch?v=tEr0yarax0g>



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STATS FROM THE FILM!

1. Three out of 10 girls age 20 and younger get pregnant EVERY YEAR!
2. One half of all girls who have babies before age 18 DON'T GRADUATE from HS
3. ...and less than 1 in 50 finish college by age 30

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STATS + STORIES

STATS!

- Babies born to teens are **MORE LIKELY** to have health problems and developmental delays (be slower doing things that other kids their age)
- Teen childbearing costs taxpayers \$11 **BILLION** a year... and more importantly there are "life costs" as well.

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STATS + STORIES

STATS!

- Nearly 2 of 3 teen mothers have to get public assistance (Medicaid, food stamps, housing) during their baby's first year.
- Near 1 of every 2 teen mothers lives **BELOW** the poverty line
- Eight out of ten fathers **DON'T** marry the mothers of their babies and growing up in a home w/o a father is the norm
- The US has the highest rate of teen pregnancies in the developed world.

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STATS!

- A Baby has **45% chance of growing up in poverty** if all 3 of these are present:
 - A) teen parent
 - B) not married when baby born
 - C) no HS diploma/GED
- If none of the above are present, the baby has a only a **7% chance**

(No one wishes this for their baby!)

- Each baby born to an SC teen costs taxpayers \$22K/yr

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- ▶ Centuries ago, Chinese women drank **lead and mercury** to control fertility, which often resulted in sterility or death.
- ▶ During the Middle Ages in Europe, magicians advised women to wear the **testicles of a weasel** on their thighs or hang its amputated foot from around their necks.
- ▶ Other amulets of the time were wreaths of **herbs, desiccated cat livers or shards of bones from cats** (but only the pure black ones), **flax lint** tied in a cloth and soaked in menstrual blood, or the **anus of a hare**.
- ▶ It was also believed that a woman could avoid pregnancy by walking three times around the spot where a **pregnant wolf had urinated**.
- ▶ In more recent New Brunswick, Canada, women drank a potion of **dried beaver testicles** brewed in a strong alcohol solution. And, as recently as the 1990s, teens in Australia have used **candy bar wrappers** as condoms.

FASCINATING READ:
WWW.PLANNEDPARENTHOOD.ORG/FILES/2613/9611/6275/HISTORY_OF_BC_METHODS.PDF

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MY WHAT?!

Weasel testicles

Rabbit Anus

Desiccated cat livers

WWW.METROTIMES.COM/DET
 ROIT/CRAZY-
 CONTRACEPTIVES/CONTENT?
 OID=2189571

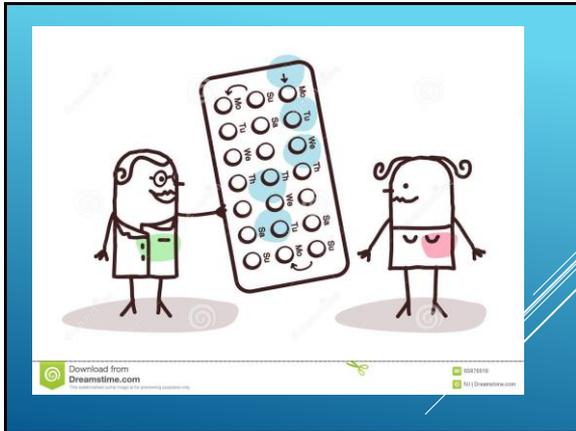
The History of
 Contraception Museum
 Location: Cleveland, OH

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**Audit- Our Fam Med Office
a few yrs ago:**

- Pills- 800
- Depo Injection 200
- Ortho Evra Patch 40
- NuvaRing vaginal ring 30
- Nexplanon/Implanon 35
- Mirena/Skyla (prog) IUD 30
- Paraguard (copper) IUD 20

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"ONE KEY QUESTION" INITIATIVE
"OKQ"

- ▶ Routinely ask all women of reproductive-age "Would you like to become pregnant in the next year?"
- ▶ 4 responses: Yes, No, Unsure, and OK Either Way
- ▶ OKQ proactively addresses the root causes of poor birth outcomes and disparities in maternal and infant health
- ▶ OKQ is open-ended, patient centric, aimed at understanding HER intentions
- ▶ Non-judgmental screening -- equally supports women who want to become pregnant and those who don't
- ▶ Consider incorporating this into your routine care routine care

▶ WYLTBPITNY? Put in cell phones



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SPERM AND CONDOMS-

A SHOW AND TELL MOMENT

THANKS TO LINDA ROBINSON, NP, DHEC COLUMBIA SC

CARTOONSTOCK.com Search ID: b7m1418 ©NILE

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Feb 2019 Cosmopolitan magazine Survey of 2,000 people age 18-25

60% of men and women rarely or never used condoms when they had sex.

Some said their decision was influenced by their partners lack of insistence or because they were already on birth control.

POWER TO DECIDE

the campaign to prevent unplanned pregnancy

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THE 3 C'S OF COVERING YOUR EGG!!

- Condoms
- Contraception/EC
- Know your Cycle

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C+C+C PROTECTS 'O'

(DEMO: CUP HANDS AROUND EGG)

Condoms catch the sperm AND 'trash' = various STDs

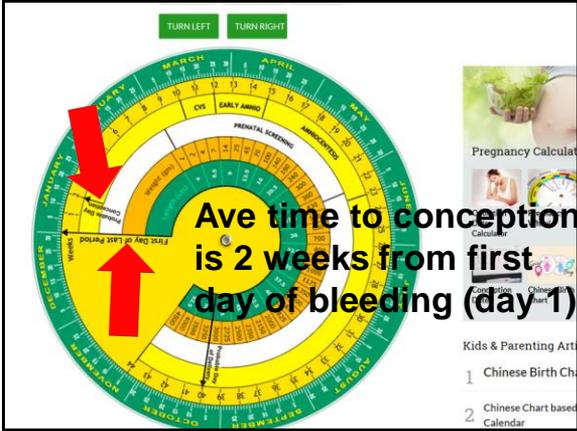
- ▶ HIV/AIDS, Chlamydia, gonorrhea, herpes, HPV/genital warts, cervical cancer
- ▶ Correct usage – Nice 1-pg handout in Managing Contraception**

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KNOW YOUR CYCLE

- ▶ Some are slow, some fast. Average 28 days.
- ▶ For a normal, regular cycle of 28 days
 - ▶ Day 1 = 1st day of bleeding (period)
 - ▶ Day 12-14 probable ovulation, fertility is highest mid cycle, lowest right before or after period.
- ▶ Sperm can live for 5 days! Sex Friday, conception Tues!

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REPRODUCTIVE PHYSIOLOGY "KIT"

- ▶ 2 half Egg cartons = ovaries
- ▶ Basket= uterus
- ▶ Red yarn= endometrial lining
- ▶ Crazy Straws = "STD" tubes
- ▶ Toilet paper roll = vagina
- ▶ MEN
 - ▶ Golf balls= testicles
 - ▶ Papertowel roll = penis
 - ▶ 16 oz bottle of sand = 6K sperm per ejaculation
 - ▶ Trash = STDs (Sexually transmitted diseases)
 - ▶ Trashbag = condom



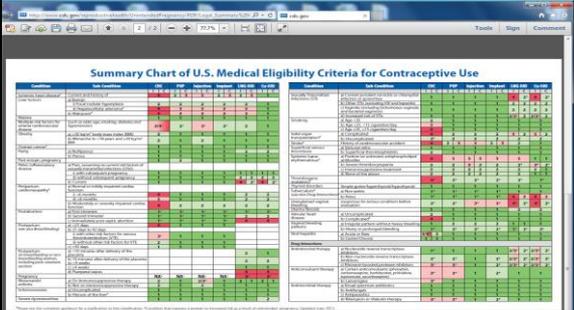
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EGG CARTON ANALOGY FOR DIFF CONTRACEPTIVE METHODS

- ▶ Pills keep egg carton closed 1 day
- ▶ Patch- 1 week
- ▶ Ring- 1 month
- ▶ Depo 3 months
- ▶ Nexplanon 3 years
- ▶ Progest IUD 3-5 yrs (Skyla 3, Mirena 5)
- ▶ Copper IUD 10 yrs

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FINE TUNE W/THE 4 PG "MEC" CHART/APP- MEDICAL ELIGIBILITY CRITERIA"



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GET THE MEC CHART APP!

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- Migraine
- DVT
- Breast CA
- Diabetes
- Epilepsy
- Bariatric surgery/Obesity
- HTN/Hx Gestational hypertension
- HIV
- Post-Abortion

Drug Interactions w HIV, Seizure, and Antibiotic therapy
 (pregnancy due to a drug interaction isn't a mistake you want to make!)




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OBESITY AND OTHER RISK FACTORS PRESCRIBERS LETTER

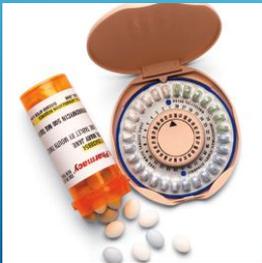
Prescriber's Letter; March 2011;



There's controversy about whether oral contraceptives are safe and effective in obese women.
 OCs seem to have a slightly higher failure rate in obese women. Failure rates increase from about 2 per 100 women per year at a BMI of 25...to about 3 per 100 women per year at a BMI of 35.
 Obese women also have a higher risk for thrombosis due to OCs.
 But this shouldn't prevent obese women from using OCs...especially if they prefer OCs over other options.
 OCs are still more effective than most nonhormonal methods.
 Plus the thrombosis risk in an OC user is still much less than the risk if she were to become pregnant.
 Choose a pill with 20 to 35 mcg of estrogen. There's no proof that 35 mcg pills are more effective...or 20 mcg pills are safer.
 Consider an extended-cycle pill to decrease the hormone-free interval to try to improve efficacy. Explain that these are likely to be more forgiving if a dose is missed...or a new pack is started late.
 Recommend a non-estrogen contraceptive if possible for women who are obese AND over 35 due to their higher risk of thrombosis.

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LIST SOME DRUGS THAT INTERACT W/ORAL CONTRACEPTIVES:



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DRUGS CLASSES THAT INTERACT W CONTRACEPTIVES

1. **HIV medicines**
(NRTI's, NNRTI's, Ritonavir)



2. **CNS medicines** (Dilantin/phenytoin, Tegretol/carbamazepine Topamax/topiramate, barbiturates, Trileptal/oxcarbazepine. Also new seizure med Fycompa (perampanel) can decrease levonorgestrel (progestin) levels

3. **Antibiotics** Rifampin/rifampicin proven likely but rarely used/meningitis, TB). All antibiotics are listed in the package insert- gut flora effects). Safety precaution w any antibiotic, alert pt and recommend adding condom during course of therapy and 1 week after

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Counseling pts who get Abx+ OCs

Do antibiotics actually make hormonal contraceptives less effective?
Computer alerts still suggest a possible interaction. But studies show hormone levels are NOT lowered by most antibiotics.
Explain a backup is usually NOT needed for women using a hormonal contraceptive with most antibiotics... penicillins, tetracyclines, etc.
But it's a different story with enzyme-inducing antibiotics...rifampin, rifapentine (Priftin), and rifabutin (Mycobutin, etc).
These agents DO lower levels of OCs, the patch, ring, and implant...and can reduce their efficacy. But depot medroxyprogesterone (Depo-Provera, etc) and progestin-releasing IUDs (Mirena, etc) aren't affected.
If an enzyme-inducing antibiotic will be used for 2 months OR LESS, ADD a barrier method while on the antibiotic and for 28 days after...or SWITCH to a one-time medroxyprogesterone injection.
If an enzyme-inducing antibiotic is needed for OVER 2 months, switch to depot medroxyprogesterone, an IUD, or a barrier method.
Keep in mind, illness or any antibiotic can lead to vomiting or diarrhea...and possibly poor absorption or missed doses of OCs. If a woman on a combo OC has vom or diarrhea for > 48 hrs, advise using a backup until it's over and she's taken 7 days of active pills.
Help women sort through conflicting info to make an informed decision. Explain that about 9% of women get pregnant per year with typical use of the pill, patch, or ring...REGARDLESS of antibiotic use.
Document your conversation...and keep in mind, the ultimate decision is hers. Some women may still prefer to use a backup.
To help women understand whether their antibiotic interacts with their contraceptive, see our PL
Detail-Document. **PRESCRIBERS LETTER JUNE 2015 EXCELLENT NEWSLETTER**

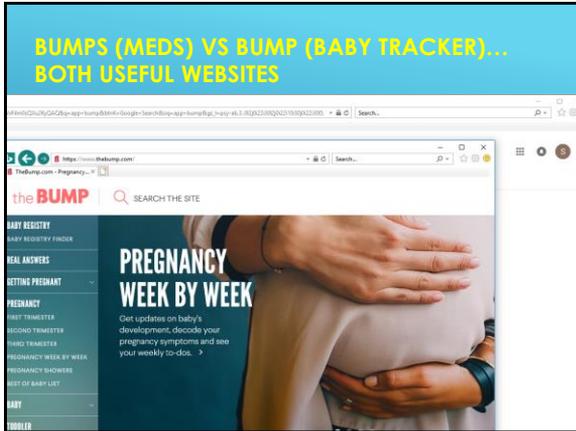
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More RESOURCES

► Emory Univ OB Gyn Dept:
<https://managingcontraception.com/>
Green handbook: Managing Contraception -14th ed
Large blue book Contraceptive Technology 21st ed
Awesome meetings thru contemporary forums on women's health, go to
www.contraceptivetechnology.org/conferences/



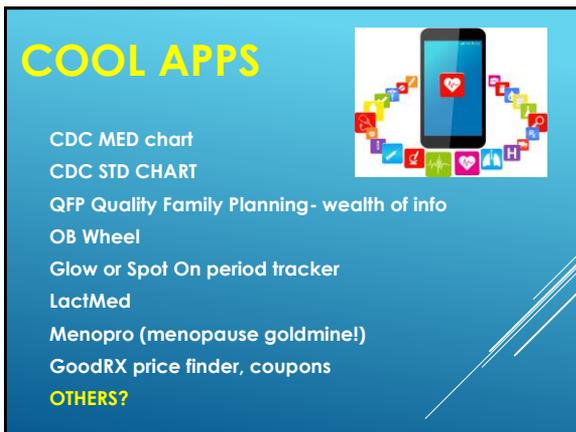
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2 COOL VIDEOS FROM ASAP SCIENCE



- 1. HOW DOES EMERGENCY CONTRACEPTION WORK (NOT AN ABORTIFACIENT)**
3 MIN VIDEO
WWW.YOUTUBE.COM/WATCH?V=7VOZR9VHEMO
- 2. WHEN IS THE BEST AGE TO GET PREGNANT (MEN TOO)? 5 MIN VIDEO**
WWW.YOUTUBE.COM/WATCH?V=R68ENTBNFAE

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OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX

Types of emergency contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
ParaGard IUD	Almost 100% effective	Within 5 days	It's placed in the uterus by a doctor or nurse <i>Keep working as super effective birth control</i>	From a doctor, nurse, or at a clinic <i>See it's for EC so you are scheduled correctly</i>
Ella	Less effective if over 150 pounds. Try an IUD.	ASAP Works better the sooner you take it, up to 3 days.	Take the pill as soon as you get it. <i>Remember to use it every time you have unprotected sex.</i>	From a doctor, nurse, or at a clinic <i>Get an extra pack for future emergencies.</i>
Plan B One-Step or a generic	Less effective if over 150 pounds. Try Ella or an IUD.	ASAP Works better the sooner you take it, up to 3 days.	Take the pill as soon as you get it. <i>Remember to use it every time you have unprotected sex.</i>	At a pharmacy, no prescription needed <i>Get an extra pack for future emergencies.</i>

For more information, visit www.asap-science.com. This work by the UCSF School of Medicine White Center and Institute is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike license.

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"6 C'S" TO DISCUSS WITH CHILDBEARING AGE PTS:

- 1. Contraception (One Key Question)**
- 2. Emergency Contraception**
- 3. "Centrum" vitamin/preconception**
with 400 mcg folic acid
- 4. Condoms**
- 5. Cervical Cancer Vaccine (Gardasil-9)**
- 6. Calcium** supplement if indicated
low dietary intake (sodas > milk)
or on Depo Provera




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Make sure pill pts know the ACHES warnings- Take a screen shot of this/hang it in your exam room

BIRTH CONTROL PILLS
SERIOUS COMPLICATIONS
"ACHES"

A-Adominal Pain
C-Chest Pain / Shortness of Breath
H-Headaches
E-Eye Problems
S-Severe Leg Pain



RNspeak.com
Your online guide to nursing today

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PATIENT HANDOUT- SHARE!

Handout

P O W E R



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WORLD'S BEST BIRTH CONTROL
AT YOUR HEALTH DEPARTMENT

BIRTH CONTROL EFFECTIVENESS
IN 10,000 WOMEN

Contraceptive Method	Pregnancies in first year
NEXPLANON	5
MALE STERILIZATION	15
MIRENA IUD	20
FEMALE STERILIZATION	50
PARAGARD IUD	80
DEPO SHOT	600
MINIPILL	900
COMBINATION PILLS*	900
CONDOM	1,800
WITHDRAWAL	2,200
NO METHOD	8,500

↑ MORE EFFECTIVE / LESS RISK

Note the absence of decimal points. This chart points out how much more effective Nexplanon is than pills. Nexplanon has a failure rate of 0.05%. Just what does 0.05% mean? This chart shows you! *Estimates increase risk for stroke, heart attack, and blood clots. This impressive method of explaining the difference in failure rates by placing the number of pregnancies in the first year of use by typical users over 10,000 women, comes to you exclusively from the research of Dr. Charles Braggatt and Adam J. Gombert.

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TAKE HOME MESSAGES



- ▶ IT's IMPORTANT/LIFE CHANGING!! Empower pts w sex ed. memorize/ & use the 'ONE KEY QUESTION'
- ▶ Choosing a method- LARCs are AWESOME
- ▶ 3 pack – Contraception+EC+folic acid vit or even better 6 pack (Condoms + Cerv CA vax + Calcium)
- ▶ THREE Emergency Contraception choices, days out, pt counseling, w/ max 165# for Plan B, 195# for Ella
- ▶ Use the MEC table/app
- ▶ Be aware of drug Interactions w the pill: HIV meds, Abx (rifampin), many CNS meds (consult MEC table)
- ▶ Have pill pts screen shot on their phones the ACHES warnings
- ▶ If you do women's health, order the Green Emory Univ handbook \$25 (404) 875-5001

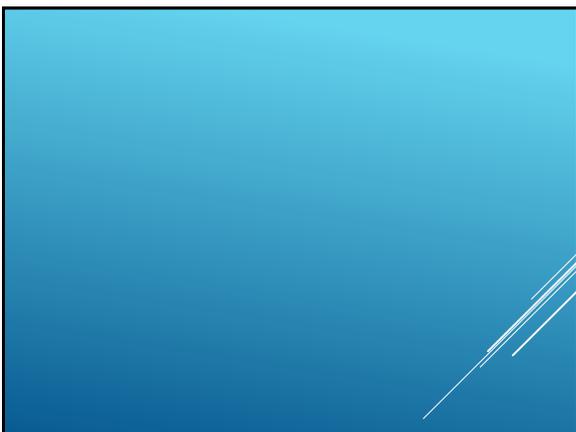
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QUESTIONS? COMMENTS




Sandra Harley Counts, PharmD
AnMed Health Family Medicine Residency
 Cell 864-933-4658, W-864-512-1927
sandra.counts@anmedhealth.org

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BONUS SLIDES



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ASKING IT RIGHT...

- ▶ "I never ask "Are you sexually active?" to elicit a sexual history. I ask "When was the last time you had sex?" If they're not sexually active, they let you know right away. It also opens up people who have had non-consensual sex to talk about their experience.
- ▶ I once asked a 13 YO female if she was sexually active and she said "No." I asked her when the last time she had sex was and she said "Saturday." When I asked how many sexual partners she had, she said "8." But her friends had sex more frequently than she did, and apparently had more partners, so to her that wasn't sexually active!

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HIDE THE BIRTH CONTROL?

- ▶ Hide the Birth Control. What is the primary reason teens give for not using birth control? They are afraid that their parents will find out, according to new public opinion data released today by The National Campaign. Fully 68% of teens in the survey expressed concern about parents discovering they were using birth control. The results of the survey can be found in our monthly 'Survey Says' series. For their part, when adults were asked how they would react if they found out their teen was having sex:
- ▶ 68% said they hoped teens would talk to them so they could help ensure they were using birth control.
- ▶ 21% said they hoped teens would talk to them so they could try to convince them to stop having sex.
- ▶ 4% said they would be angry, and 3% said they would rather not know about it.

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- ▶ Six in 10 unmarried young adults 18-29 (62%) agree that the problem of unplanned pregnancy is *more important* than other social and economic problems facing the country.
- ▶ Fully 91% of unmarried young adults 18-29 believe that pregnancy is something that should be planned.
- ▶ About one in five unmarried young adults 18-29 (18% overall, including 19% of guys and 14% of girls) say it is likely they will have sex in the next three months without using any method of birth control.
- ▶ Four in 10 unmarried young adults 18-29 (38%) agree with the following statement: "it doesn't matter whether you use contraception or not; when it is your time to get pregnant, it will happen."

TEENS VS YOUNG ADULTS STATS THE NATIONAL CAMPAIGN 2012

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2012 ABORTION STATISTIC

- ▶ 1 in 3 women will have an abortion in her lifetime, but we almost never talk about it.



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FILM 2011 LETS TALK ABOUT SEX

- ▶ This documentary examines how American attitudes about adolescent sexuality affect teenagers and their families today.
- ▶ Living in a society that uses sex to sell just about everything doesn't necessarily mean that there is an openness about discussing it. There is a fear about discussing sex with our youth, and this film examines the consequences of the silence that results: teen pregnancy, STDs, and HIV.
- ▶ The film itself talks about sex and sexuality with teens and their families, along with experts in the field of sexuality. You will get a look at how other countries deal with teen sexuality and where they succeed in protecting their youth, and see how you can apply these ideas in your own home with your teens.
- ▶ The movie's website: www.letsstalkaboutsexthefilm.com has more information about the film, along with some resources to help parents start the conversation about safe sex and sexuality with your teens. You can get even more information on healthy sexuality and healthy living for teens at www.SafeTeens.org

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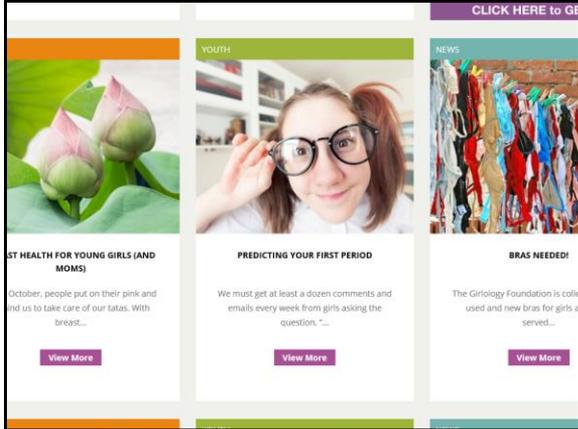
GIRLOLOGY & GUYOLOGY CLASSES 'TEEN/PRETEEN + PARENT/'SEX ED'

- ▶ www.girlology.com
- ▶ Charleston pediatrician, Trish Hutchison
- ▶ Greenville ObGyn Melissa Holmes
- ▶ Greenville Peds Fellow (male)

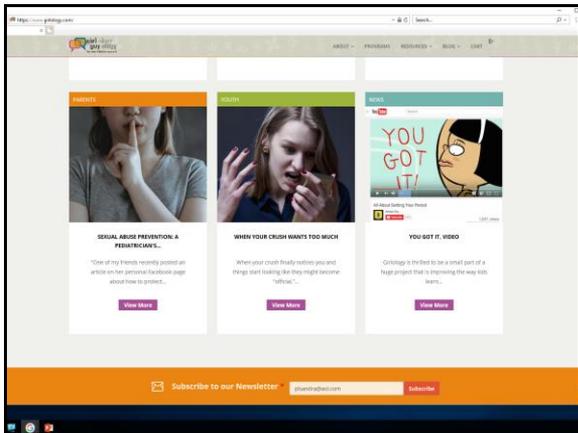
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The screenshot shows the Girlology website interface. At the top, there are navigation links: ABOUT, PROGRAMS, RESOURCES, BLOG, and CONTACT. Below this is a banner for 'A SAFETY NET FOR THE JOURNEY'. The main content area is divided into three columns: 'Programs', 'Books', and 'Ebooks'. The 'Books' icon is circled in red. A red arrow points from the 'Ebooks' section to a featured eBook titled 'You Got It!' with the subtitle 'When she gets her period, get her THIS'. The text below the arrow says: 'This 30 page eBook by the Girlology Founders will provide tips she needs for facing it with confidence. You can buy it on Amazon, but for now, it's FREE as a PDF until May 2019! CLICK HERE TO GET IT!'.

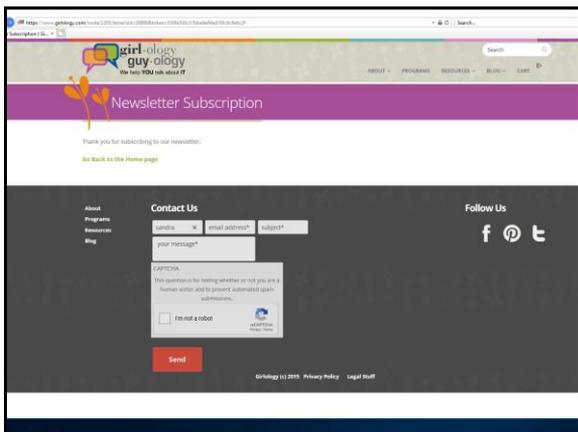
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Centricity EHR - Sandra H Counts PharmD @ Anilife Health Family Medicine Center (Anmed EHR) - 6/17/2015 3:32 PM - [Chart]

Work: (864)221-6690
Choi (443) Group

Summary History Problems Medications Alerts/Flags Flowsheet Orders Documents

Medications

TRAZODONE HCL 50 MG TABS (TRAZODONE HCL)
DEPO-PROVERA 150 MG/ML SUSPN (MEDROXYPROGESTACE (CONTRACEPT)) 1 ml in the mu

WHAT IS MISSING FROM THIS MED LIST?
(Celexa, Trazodone, Depo-Provera)

Documents: All

Date	Summary	Sig
01/16/2013	IV Nurse visit for Depo RTC 4/19/13	Signed
10/25/2012	Append Depo	Signed
10/19/2012	IV Nurse visit for Depo	Signed
10/19/2012	Lab Ref: Urine Pregnancy test	Signed

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Centricity EHR - Sandra H Counts PharmD @ Anilife Health Family Medicine Center (Anmed EHR) - 6/17/2015 3:32 PM - [Chart]

Work: (864)221-6690
Choi (443) Group

Summary History Problems Medications Alerts/Flags Flowsheet Orders Documents

Medications

CELEBRALTO 100 MG TABS (CITALOPRAM HCl) (CITALOPRAM HCl)
TRAZODONE HCL 50 MG TABS (TRAZODONE HCL)
DEPO-PROVERA 150 MG/ML SUSPN (MEDROXYPROGESTACE (CONTRACEPT)) 1 ml in the mu

WHAT IS MISSING FROM THIS MED LIST?
(Folic Acid, Calcium, Contraception)

Documents: All

Date	Summary	Sig
01/16/2013	IV Nurse visit for Depo RTC 4/19/13	Signed
10/25/2012	Append Depo	Signed
10/19/2012	IV Nurse visit for Depo	Signed
10/19/2012	Lab Ref: Urine Pregnancy test	Signed

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DEPO-PROVERA

- ▶ safe and effective contraceptive for all age women
- ▶ no evidence of increased fracture risk from the reversible and transient decreased BMD
- ▶ no need to limit use to < 2 yrs. Existing data do not suggest the need to place any time limit on use.
- ▶ if women have additional risk factors for low BMD (smokers, chronic steroid use), consider adding menopausal doses of estrogen. (conjugated equine estrogen 0.625 mg daily, micronized oral estradiol 1 mg daily, and transdermal estradiol 0.05 mg patches.)
- ▶ All women should consume age-based appropriate amounts of both calcium and vitamin D.

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IUDS

- ▶ Most women are good candidates for hormonal and nonhormonal IUDs, including both parous women and nulliparous women, adolescents, and women with a history of ectopic pregnancy. Significant complications are rare.
- ▶ Both hormonal and nonhormonal IUDs may be inserted any time during a cycle when pregnancy can be excluded.
- ▶ Options include copper IUD, levonorgestrel-releasing intrauterine system (LNG-IUS/Mirena), and low-dose LNG-IUS/Skyla. Feb 2015. Liletta.

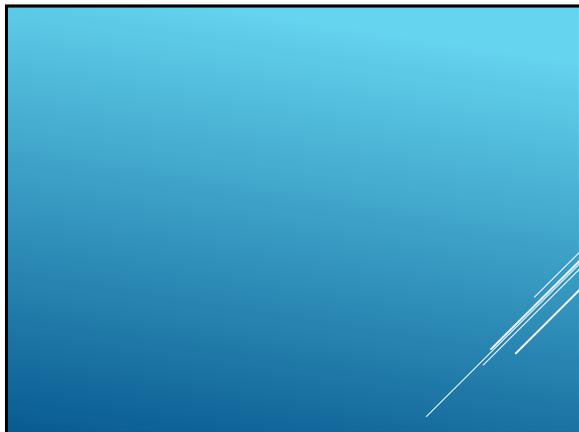
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WHAT THE HAY?

And, if you want to be super-super-safe — **Wild carrot seed** (also known as **Queen Anne's Lace**)! This ancient herbal remedy has been used for centuries by women to prevent the implantation of a fertilized egg into the uterine wall. You can take wild carrot seed if you have sex when you're fertile and the condom breaks (these things do happen!). The first thing you might think of in this situation is Plan B medication, but that can disrupt your hormones and your cycle, so if you'd rather have a natural alternative look into the wild carrot seed protocol. For more information on studies and dosage read this informative site who references the master herbalist [Robin Rose Bennett's](#) work with this herb.



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