

Clinical Toolkit

Clinical Tips: Contraception

A sexually active young person should receive appropriate education about the different contraception options available. The discussion should involve the pros and cons of each option and a [shared decision-making approach](#) should be taken.

[The Choices in Contraception Brochure](#) by Sexual Health Networking and Education can be used to guide a conversation with a young person.

Common methods of contraception include:

- Barrier methods:
 - Condoms
 - Diaphragm
- Short-acting hormonal methods
 - Combined oral contraceptive pill (The Pill)
 - Injectable contraception: Depo Ralovera or Provera
 - Vaginal ring: NuvaTing
 - Progestogen-only pill
- Long-acting reversible contraceptives
 - Intra-uterine device (IUD): Mirena
 - Intra-uterine devices (IUD): Multi-load and Copper T
 - Contraceptive implant: Implanon

Long-acting reversible contraceptives are the most effective methods for contraception and are suitable for most women, but may have side effects.

Many young women forget to take the combined oral contraceptive pill every day- thereby making it less effective. Young people should be informed that these methods only

protect against pregnancy. However, all forms of contraception can fail – the young person may still get pregnant- but the chance is very small.

It must be stressed hormonal contraceptives do not protect against sexually transmitted diseases.

For Allied Health Professionals (AHP) it may be appropriate for the clinician to ask more general questions such as;

- Are you using any form of contraception to avoid pregnancy?
If not, brief exploration of the risks of pregnancy is indicated.
- Do you mind telling me what contraception you use? How did you decide on this form of contraception? Did you consult with a GP?

Depending on the responses provided, the AHP may then refer the patient to either a GP known to the younger person; and/or to appropriate educational resources/websites. The AHP could write a brief clinical letter to a GP introducing the patient and their reasons for referral/consultation re: contraception.

References

<https://headspace.org.au/assets/Uploads/sd-m-evidence-summary.pdf>

[The Choices in Contraception Brochure](#) by Sexual Health Networking and Education