

## Chapter 11 The Nurse's Role in Women's Health Care

Niomi Quinteros,  
BSN, RN

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## Family Planning

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Influenced by:

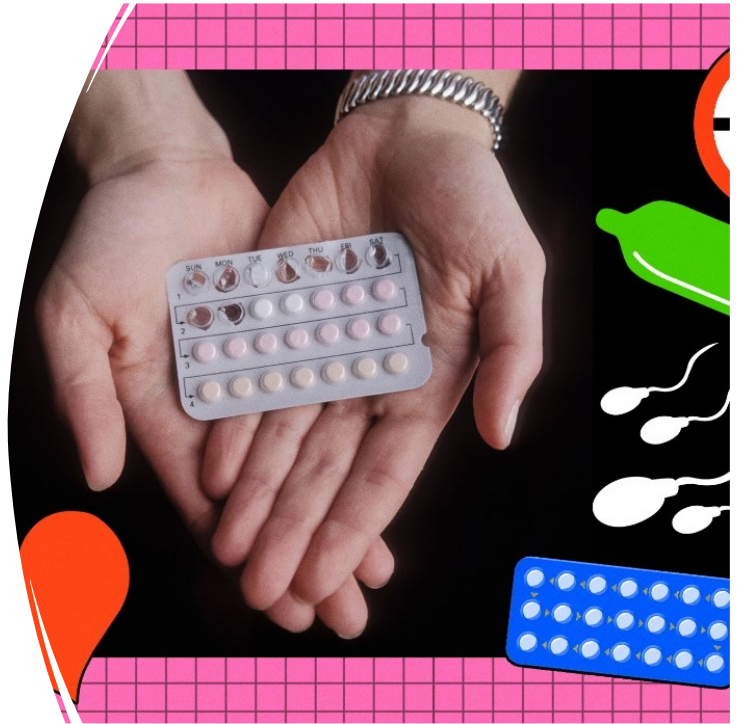
- Cultural practices
- Religious beliefs
- Personal preference
- Cost
- Knowledge of methods
- Laws of human rights



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# Contraception

- Also known as birth control
- Does not always prevent pregnancy
- May fail because the method is ineffective or the user is using the method inappropriately



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## Natural Family Planning – Fertility Awareness

Involves learning to identify the signs and symptoms associated with ovulation

- Basal Body Temperature
- Cervical Mucous
- Calendar (Rhythm) Method



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# Temporary Contraception

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Reversible contraception

- Abstinence
- Hormonal Contraceptives
- Barrier Methods



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# Hormonal Contraceptives

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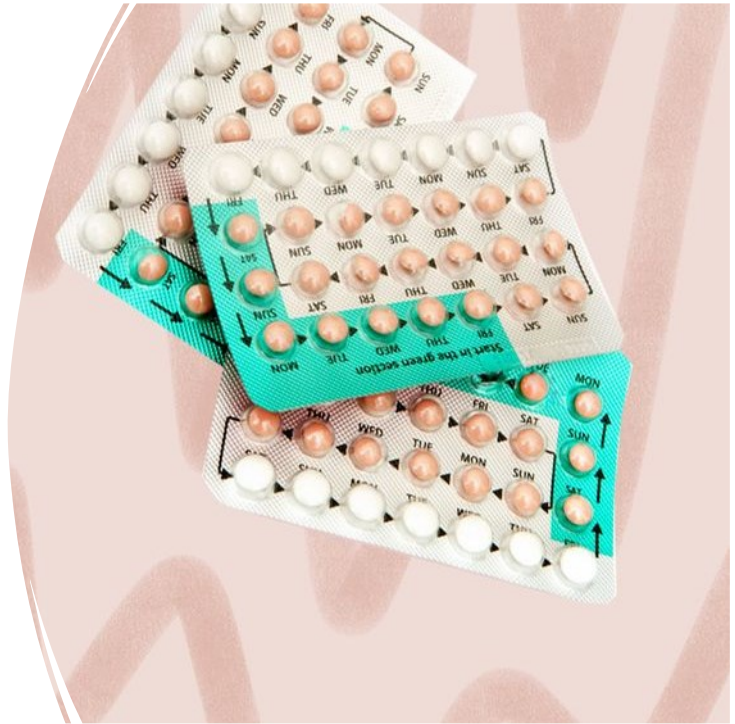
- Prevent ovulation
- Make the cervical mucus thick and resistant to sperm
- Make the uterine endometrium less hospitable for a fertilized ovum
- Do not protect against STI's
  - Oral contraceptives
  - Hormone implants
  - Medroxyprogesterone acetate (Depo-Provera)
  - Intrauterine devices
  - Transdermal patch
  - Vaginal ring



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# Oral Contraceptives

- “The Pill” is popular, highly effective, and reversible
- Contains either combined hormones (estrogen and progestin) or progestin alone
- Requires a prescription
- Monthly contraception
- Extended dose contraception



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## Oral Contraceptives

### Side Effects

- Nausea
- Headache
- Breast tenderness
- Weight gain
- Spotting
- Amenorrhea

### Contraindications

- Thromboembolic disorder (blood clots)
- Cerebrovascular accident or heart disease
- Estrogen dependent cancer or breast cancer
- Smoking more than 15 cigarettes a day for women older than 35
- Impaired liver function
- Confirmed or possible pregnancy
- Undiagnosed vaginal bleeding

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# Oral Contraceptives

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## Nursing Care

- Teaching
  - How to take the pill
  - What to do if a dose is missed or if she decides to stop using it and does not want to get pregnant
  - Common side effects and signs/symptoms that should be reported promptly
  - Backup contraceptive methods
  - Supplemental barrier methods to use to reduce the risk of STI's
  - Antibiotics can decrease the effectiveness

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# Hormone Implants

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- Implanon: A single rod that is placed under the skin of the upper, nondominant arm
- Provides contraception for 3 years
- Does not affect bone mineral density
- Can be used during lactation
- Rapid return to fertility after removal
- Removed in the outpatient clinic



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## Medroxyprogesterone Acetate (Depo-Provera)

- Injectable form of slow releasing progestin given every 3 months
- Provides 3 months of highly effective contraception
- Fertility returns about 1 year after stopping the injections
- Does not protect against STI's



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## Medroxyprogesterone Acetate (Depo-Provera)

### Side Effects

- Menstrual irregularities
- Breakthrough bleeding
- Amenorrhea

### Nursing Care

- Teach side effects and problems to report
- Importance of continued injections to prevent pregnancy
- Back up contraceptive used if injections are stopped or delayed

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# Intrauterine Devices

## [IUD Insertion](#)

- Inserted by a healthcare provider
- Requires a prescription
- ParaGard
  - Does not contain hormones
  - Effective for up to 12 years
  - Impedes sperm transport
- Mirena
  - Contains hormones
  - Effective for 3 to 6 years
  - Thickens cervical mucus to impede the viability of sperm
  - Can sometimes prevent ovulation



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# Intrauterine Devices

## Side Effects

- Cramping
- Bleeding/irregular
- Dysmenorrhea

## Nursing Care

- Teach side effects
- Instruct how to feel for strings to verify that it is in place
- Report signs and symptoms of infection
  - Fever
  - Pain
  - Change in vaginal discharge: does not protect against STI's
- Severe abdominal pain
  - Increased risk of ectopic pregnancy

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## Transdermal Patch

- Ortho-Evra
- Transdermal adhesive patch
- Contains hormones
- Applied once a week for 3 weeks, followed by 1 week patch free



## Vaginal Ring

[Vaginal Ring](#)

- Nuva-Ring
- Flexible, one size vaginal ring
- Contains hormones
- Worn in the vagina for 3 weeks and removed for 1 week



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## Barrier Methods

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- Block the entrance of semen into the woman's cervix
- Avoid the use of systemic hormones
- Some offer protection against STI's
- Often chosen as back up methods
  - Diaphragm and cervical cap
  - Vaginal sponge
  - Male condom
  - Female condom
  - Spermicides

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Cervical Cap

FemCap

# Diaphragm and Cervical Cap

[Diaphragm and Caps](#)

- Rubber domes that fit over the cervix
- Reusable
- Used with spermicides to kill sperm
- Fitted by a healthcare provider
- Check for weak spots or pinholes before insertion
- May insert several hours before intercourse and remain in place for at least 6 hours after, but not more than 24 hours
- Must be refitted yearly and after birth, abortion, surgery, or a weight change of 10 pound or more

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# Vaginal Sponge

- Soft, concave sponge
- Contains spermicide
- Loop to facilitate removal
- Can be left in place for up to 24 hours after intercourse
- Fitted by a healthcare provider

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# Diaphragm, Cervical Cap and Vaginal Sponge

## Side Effects

- Vaginal dryness
- Vaginal irritation
- Pressure on bladder may increase risk of urinary tract infection
- Allergies to latex or spermicides – not good candidates

## Nursing Care

### Teach about

- Teach about the used of reapplication of spermicides for repeat intercourse. Most only effective for no more than 1 hour

### Report

- Report sensitivity to product
  - Irritation or itching

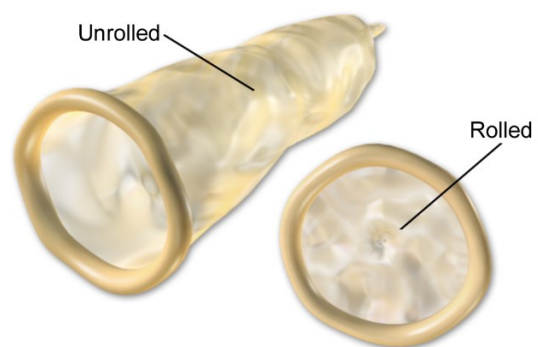
### Report

- Report signs and symptoms of infection
  - Uterine: pain, foul-smelling drainage, fever
  - Urinary tract: fever, pain, burning with urination, urgency, frequency

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# Male Condom

- Sheaths of thin latex, polyurethane, or natural membrane (skin)
- Collect semen before, during, and after ejaculation
- Various styles, some come with or without spermicides
- Single use
- Over the counter
- Latex condoms provide some protection from STI's, natural membrane condoms do not prevent passage of a virus
- Nurses education to prevent condom mistakes



Birth Control Condom

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## Common Condom Mistakes

- Allow the penis to lose erection while in the vagina
- Opening the condom package with teeth or a sharp object can tear the condom
- Unrolling the condom before applying
- Using out of date condoms
- Using baby oil, cold cream, vegetable oil, or petroleum jelly to lubricate
- Reusing the condom
- Storing condoms in the wallet
- Not leaving space between the tip of the penis and condom



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## Female Condom

- Two flexible rings, one fits inside the vagina and one remains outside
- Polyurethane sheath
- Prelubricated
- Single use
- Over the counter

[Female Condom](#)



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## Spermicides

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- Foams, creams, jellies, films, and suppository capsules
- Over the counter
- Neutralize vaginal secretions, destroy sperm, and block entrance into the vagina
- Films and suppositories must melt before they are effective, takes about 15 minutes
- Most only effective for no more than 1 hour
- Reapplication needed for repeated coitus
- No douching for at least 6 to 8 hours after intercourse
- Can cause irritation

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## Emergency Contraception

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- “Morning after pill” or Plan B used to prevent pregnancy after unprotected sexual intercourse
  - 1 dose pill available in pharmacies without a prescription
  - Most effective if taken within 72 hours after unprotected intercourse but may be effective up to 120 hours after
  - May not be as effective in women weighing over 165 pounds
- Ella
  - Prescription, taken within 5 days to 120 hours after unprotected intercourse
- Copper IUD
  - Placement within 5 days of unprotected intercourse

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## Unreliable Contraceptive Methods

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- Withdrawal
- Douching
- Breastfeeding



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## Permanent Contraception

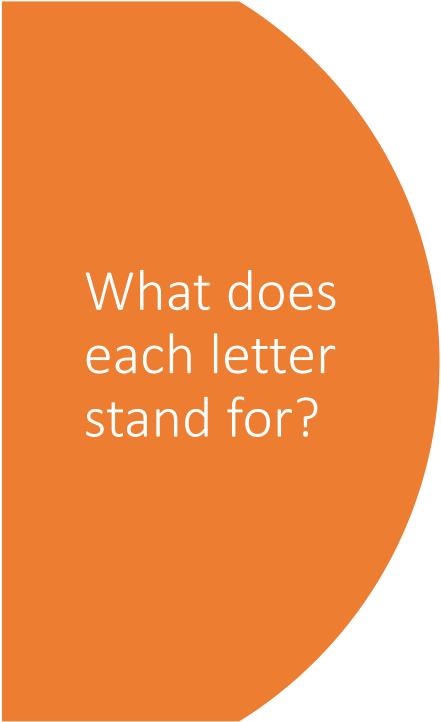
### Male Sterilization

- Vasectomy
- Sterility is not immediate, back up birth control used for about 1 to 3 months after
- Will still have erections, ejaculation, and pleasure with intercourse
- Outpatient surgery takes about 20 minutes
- Complications: Bleeding, suture separation, and infection

### Female Sterilization

- Tubal ligation
- Blocking or ligating the fallopian tubes
- Minilaparotomy “Band-Aid surgery” done postpartum
- Laparoscopic surgery

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What does each letter stand for?

A-


C-

H-

E-

S-

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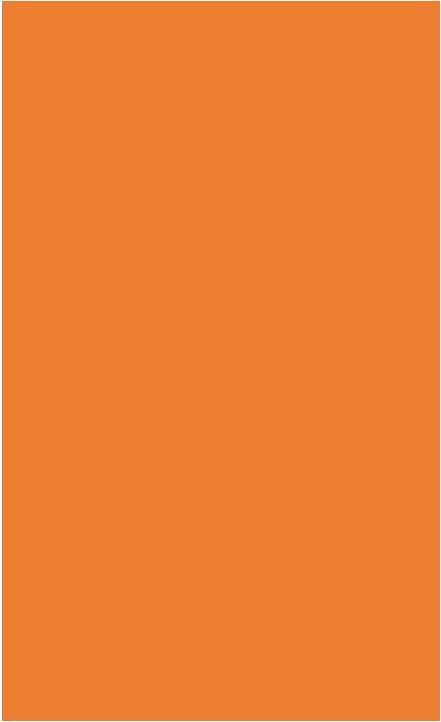


When teaching about the use of tampons, the nurse should emphasize replacing them at least every 4 hours to prevent:


- A. Pelvic inflammatory disease
- B. Vasomotor symptoms
- C. STIs
- D. Toxic shock syndrome

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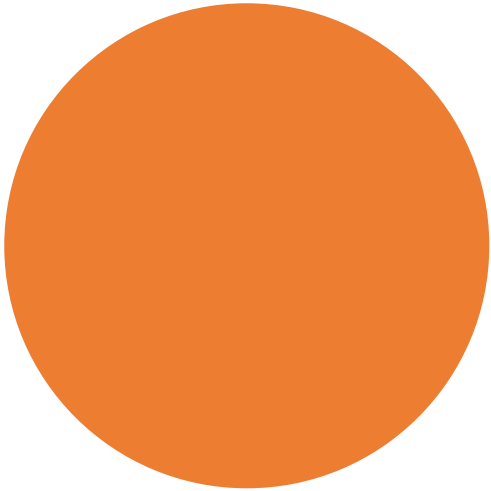




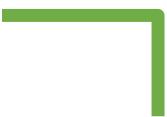

Which woman should not take oral contraceptives?

- A. A woman who has multiple sexual partners
  - B. A 38-year old woman who smokes a pack of cigarettes daily
  - C. A 19-year old woman who is formula-feeding her 2-month old baby
  - D. A woman who is being discharged after a spontaneous abortion
- 


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Choose the correct client teaching about the IUD.

- A. You should not use this contraception if you smoke or are older than age 35
  - B. Check for the strings weekly for the first 4 weeks, then monthly
  - C. Do not use tampons when you have your menstrual period
  - D. Use another form of contraception for the first month after insertion
- 
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When teaching a woman, the cervical mucus method to identify ovulation, the nurse teaches her that the normal character of the mucus near ovulation is:

- A. Thin and slippery
  - B. Yellowish with a distinct odor
  - C. Cloudy and sticky
  - D. Thick, sticky, and clear
- 