Adolescent Hot Topics: Contraception

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Adolescent Medicine

Objectives

• Discuss way to counsel the sexually active adolescent
• Explore the latest recommendations and updates regarding long acting reversible contraception in adolescents and young adults

COUNSELING
Children's Healthcare of Atlanta

Counseling

- Adolescent friendly environment
- Rapport building
- Confidentiality (Parents are still important)
- Empowering teens

Counseling

<table>
<thead>
<tr>
<th>Early (11-14)</th>
<th>Middle (15-17)</th>
<th>Late (18-21)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;It's important for me to discuss sexual health topics with all of my patients, maybe even before they have questions...&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;What are your friends using for birth control? What do they say about it?&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Have your friends or family talked about birth control methods?&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Do you want to have children in the future and if so when?&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;It sounds like you do not want to have a child now. What birth control method would work best for you?&quot;</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Update on Adolescent Contraception 2016

Counseling

<table>
<thead>
<tr>
<th>Ask</th>
<th>Don’t Ask</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you having sex? Have you ever had sex?</td>
<td>Are you sexually active? Are you having intercourse?</td>
</tr>
<tr>
<td>How do you protect yourself from pregnancy and STIs when having sex?</td>
<td>You don't have unprotected sex, do you?</td>
</tr>
<tr>
<td>How often do you use condoms? When was the last time you had sex without a condom?</td>
<td>You are using condoms all the time?</td>
</tr>
</tbody>
</table>
Common Adolescents Concerns

CONCERNS
- Infertility
- Birth defects
- Heart attacks
- Stunts growth
- Harmful chemicals

SIDE EFFECTS
- Breakthrough bleeding
- Weight gain
- Amenorrhea
- Nausea
- Headache
- Mood swings


CONTRACEPTION

Economy
Decline in teen birth rate
Less sex
More education on pregnancy prevention
More effective contraception

Children's Healthcare of Atlanta
Long Acting Reversible Contraception (LARC) endorsed by AAP since 2014

Children’s Healthcare of Atlanta

Percentage of High School Students Who Used an IUD (e.g., Mirena or Paragard) or Implant (e.g., Implanon or Nexplanon),* by Sex,† Grade, and Race/Ethnicity, 2015

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Note: This graph contains weighted results.

National Youth Risk Behavior Survey, 2015

How effective are LARCs?

LARC > Pill, Patch, Ring

20x

Children’s Healthcare of Atlanta
Dual Protection suggested

<table>
<thead>
<tr>
<th>Method</th>
<th>Failure Rate (Typical use)</th>
<th>Failure Rate (Perfect use)</th>
<th>Women Continuing Use at 1 Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>No method</td>
<td>10%</td>
<td>5%</td>
<td>43%</td>
</tr>
<tr>
<td>Spermicide</td>
<td>18%</td>
<td>10%</td>
<td>40%</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>22%</td>
<td>5%</td>
<td>40%</td>
</tr>
<tr>
<td>Male condom</td>
<td>18%</td>
<td>2%</td>
<td>40%</td>
</tr>
<tr>
<td>Diaphragm</td>
<td>0%</td>
<td>5%</td>
<td>60%</td>
</tr>
<tr>
<td>Male condom</td>
<td>0%</td>
<td>2%</td>
<td>50%</td>
</tr>
<tr>
<td>IUD</td>
<td>0.1%</td>
<td>0%</td>
<td>90%</td>
</tr>
<tr>
<td>Implant</td>
<td>0%</td>
<td>0%</td>
<td>100%</td>
</tr>
</tbody>
</table>


Contraceptive Choice Project

- Higher continuation rates
- Cost effective
- Higher satisfaction
- Lower unintended pregnancy rates
- Teens age 14-17 prefer implant
- Young adults 18-20 prefer IUD

Intrauterine Devices

<table>
<thead>
<tr>
<th>Name</th>
<th>Hormone</th>
<th>Dose</th>
<th>Approved for</th>
</tr>
</thead>
<tbody>
<tr>
<td>ParaGard</td>
<td>N/A, levonorgestrel</td>
<td>N/A (22 mg total)</td>
<td>10/12 years*</td>
</tr>
<tr>
<td>Mirena</td>
<td>levonorgestrel</td>
<td>50 mcg/day (52 mg total)</td>
<td>5/7 years*</td>
</tr>
<tr>
<td>Liletta</td>
<td>levonorgestrel</td>
<td>38.6 mcg/day (52 mg total)</td>
<td>5/3 years*</td>
</tr>
<tr>
<td>Kyleena</td>
<td>levonorgestrel</td>
<td>77.2 mcg/day (86.5 mg total)</td>
<td>5 years</td>
</tr>
<tr>
<td>Skyla</td>
<td>levonorgestrel</td>
<td>14 mcg/day (13.5 mg total)</td>
<td>5 years</td>
</tr>
</tbody>
</table>
Managing Contraception

- Unscheduled bleeding
- Emergency Contraception
- Prescribing
Complex Medical Conditions

- Menstrual Suppression
- LARCs still first line
- Few medical contraindications
- Placement setting may vary

US Medical Eligibility Criteria

- App
- New conditions
  - CF, MS, SSRI, St. John’s wort

Case

- 16 year old female with Crohn’s disease, AUB and dysmenorrhea
Barriers and Improving Uptake

- Cost
- Awareness
- Confidentiality
- Provider knowledge
Future of Contraception

- OTC contraception
- Birth Control Delivery

PATIENT RESOURCES

Helpful APP
www.YoungWomensHealth.org

Center for Young Women's Health
Health information for teen girls around the world
Children’s Hospital Boston

Pros and Cons of Different Contraceptive Methods
Here's a list of the many available types of contraception, and the pros and cons of using each.

Also...www.YoungMensHealthSite.org
Children’s Healthcare of Atlanta

Bedsider.org

• http://bedsider.org/features/24

Children’s Healthcare of Atlanta

PROVIDER RESOURCES
References

- Pediatricians’ Attitudes and Beliefs about Long Acting Reversible Contraceptives Influence Counseling. JAPG 30(2017) 47-52.