

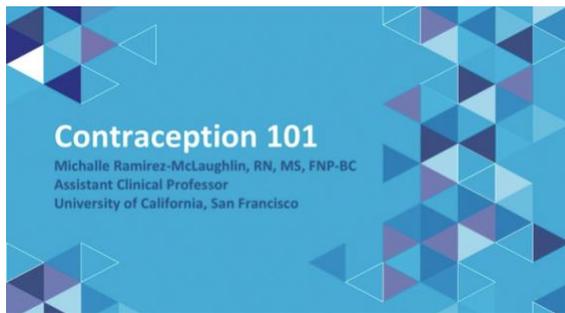
## Contraception 101 Lesson Plan

### Learning Objectives:

By the end of the session, learners will be able to:

- Understand how to counsel patients for contraception using shared decision making
- Discuss the benefits and side effects of each contraceptive method
- Identify different efficacy of each method
- Describe which methods can be used for emergency contraception

### Video Lecture:



Contraception 101

Presented by Michalle Ramirez-McLaughlin, RN, MS, FNP-BC

Available at <https://www.innovating-education.org/2019/05/contraception-101/>

### Citations:

[https://beyondthepill.ucsf.edu/sites/beyondthepill.ucsf.edu/files/Tiers\\_Chart\\_ENGLISH.pdf](https://beyondthepill.ucsf.edu/sites/beyondthepill.ucsf.edu/files/Tiers_Chart_ENGLISH.pdf)

### Lesson Plan in a Flipped Classroom Setting

#### Contraception 101

Using a flipped classroom model, this lesson plan will use the video lecture and additional resources to provide learners with an engaging learning environment. [Here's how](#) to use this course in a “flipped-classroom” at your own institution.

### Teaching Points:

- Always start by taking a thorough patient history and screening for any contraindications
- Refer to the CDC or WHO Medical Eligibility Criteria for Contraceptive Use

- Ask about patient preferences before discussing methods and avoid making assumptions
- Highlight both benefits and side effects for each method that could meet patient priorities
- Be sure to emphasize any potential changes in bleeding pattern when discussing options
- Visual aids can be helpful
- Emphasize that for any provider controlled methods (LARCs) the patient can have them removed at any time
- Tubal ligation and vasectomy procedures are considered permanent. Reversal procedures are complex, costly, and do not guarantee a return to fertility.

Time Required:

Total Time of Video Lecture: 9:24 min

Estimated Independent Prep Time Required by Learner: 15 min

Total Estimated Time Required for In-Classroom Activity: 30 min-1 hr

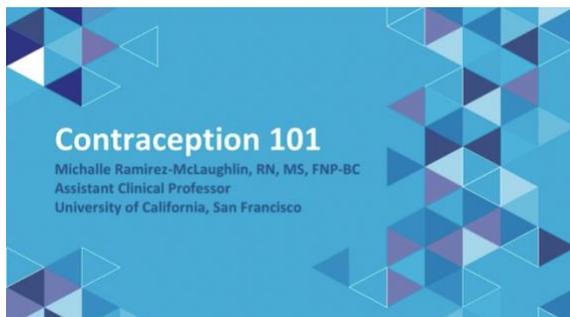
Materials Required and Instructor Preparation:

- Learners will need internet access with enough bandwidth to view streaming videos.
- The instructor should print copies of the small group activity quiz (page 3) included in this packet.

Individual Activity:

*Contraception 101 Lecture*

- Learners can watch didactic lecture before the workshop in a flipped classroom model or during class time.
- Learners may be assigned any of the following relevant readings (determined by instructor's desired learner work-load) as outlined in the "Suggested Readings" section on page 1.



In-Classroom Activity

- Divide the classroom into small groups and distribute the small group activity quiz (page 4-5). Instruct learners to spend 15 minutes and work together to answer the questions provided.
- At the end of this activity, convene the class. Present the questions and have learners share their answers and discuss.
- Write the correct answers on the board for the class to see. Collect each handout from learners
  - The instructor can reference the answer sheet on page 4

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Names

## Contraception 101

### Small Group Activity Quiz

#### Questions:

In your group, answer the following questions referencing the video lecture assigned before class. Be prepared to turn in this handout at the end of class.

1. True or False: Permanent contraception (tubal ligation and vasectomy) is one of the most common methods of contraception in the US and worldwide.
2. What is the efficacy rate of the Copper IUD (Paragard)?
  - a. 75%
  - b. 85%
  - c. 99%
  - d. 100%
3. A medical visit is required for insertion and removal for which of the following methods (check all that apply):
  - a. Copper IUD
  - b. Levonorgestrel IUDs
  - c. Implant
  - d. Diaphragm
  - e. Nuvaring
4. Levonorgestrel IUDs work by:
  - a. Thickening the cervical mucus
  - b. Thinning out the uterine lining
  - c. Levonorgestrel is toxic to sperm
  - d. a & b
5. Potential side effects of Medroxyprogesterone (DMPA), brand name Depo-Provera, include:
  - a. Menstrual irregularities
  - b. Weight gain
  - c. Decreased bone density
  - d. Delay in return to fertility
  - e. All of the above

6. True/False: The pill (combined hormonal contraceptives) and the ring can be used in extended cycles?

## Contraception 101

### Small Group Activity Quiz

#### Answers

1. True or False: Permanent contraception (tubal ligation and vasectomy) is one of the most common methods of contraception in the US and worldwide.

**True**

2. What is the efficacy rate of the Copper IUD (Paragard)?

- a. 75%
- b. 85%
- c. **99%**
- d. 100%

3. A medical visit is required for insertion and removal for which of the following methods (check all that apply):

- a. **Copper IUD**
- b. **Levonorgestrel IUDs**
- c. **Implant**
- d. Diaphragm
- e. Nuvaring

4. Levonorgestrel IUDs work by:

- a. Thickening the cervical mucus
- b. Thinning out the uterine lining
- c. Levonorgestrel is toxic to sperm
- d. **a & b**

5. Potential side effects of Medroxyprogesterone (DMPA), brand name Depo-Provera, include:

- a. Menstrual irregularities
- b. Weight gain
- c. Decreased bone density
- d. Delay in return to fertility
- e. **All of the above**

6. True/False: The pill (combined hormonal contraceptives) and the ring can be used in extended cycles?

**True**

