

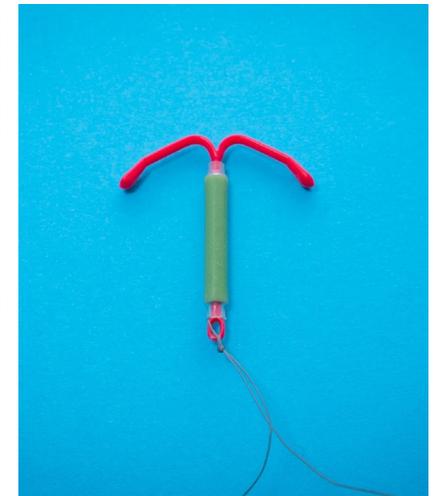
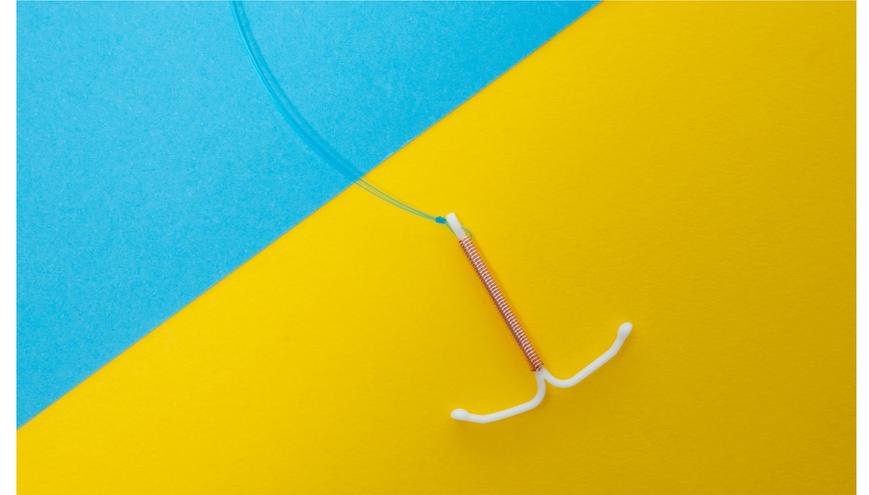
Introduction to LARC training

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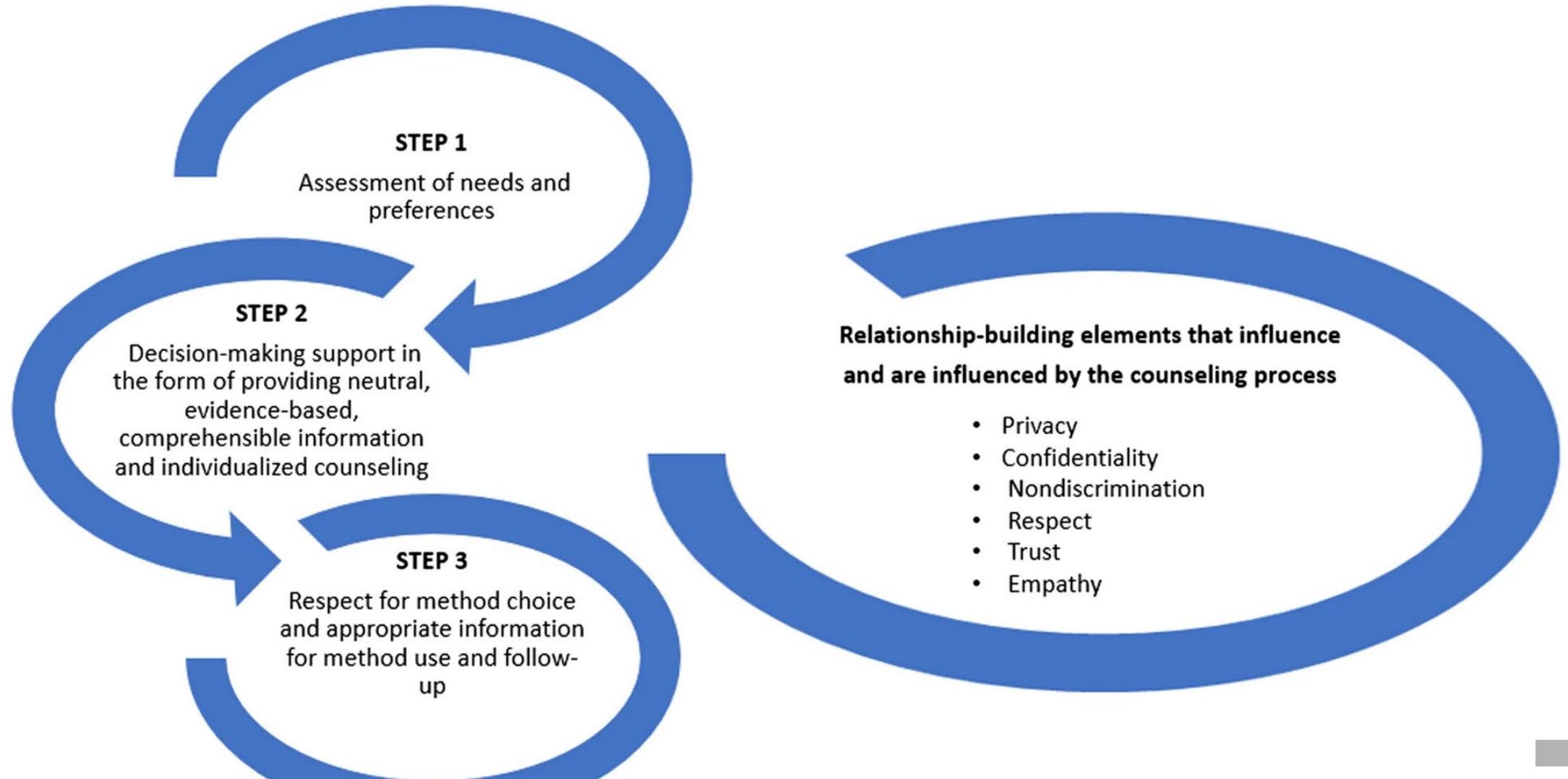


Session objectives

- **Contraception counselling (recap)**
- **Introduction to LARC**
- **The LARC training standards**
- **Practical session**



Patient centered approach to contraception counselling

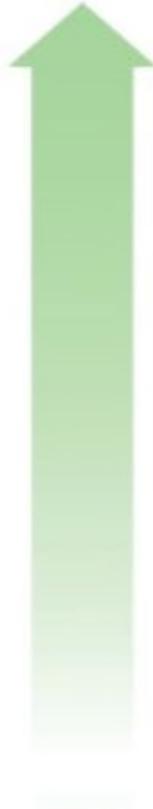


Tiered approach to contraception counselling

Comparing Effectiveness of Family Planning Methods

More effective

Less than 1 pregnancy per 100 women in one year



Implants



IUD



Female Sterilization



Vasectomy

How to make your method more effective

Implants, IUD, female sterilization:

After procedure, little or nothing to do or remember

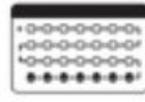
Vasectomy: Use another method for first 3 months



Injectables



LAM



Pills



Patch



Vaginal Ring

Injectables: Get repeat injections on time

Lactational Amenorrhea Method (for 6 months): Breastfeed often, day and night

Pills: Take a pill each day

Patch, ring: Keep in place, change on time



Male Condoms



Diaphragm



Female Condoms



Fertility Awareness Methods

Condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.

Less effective

About 30 pregnancies per 100 women in one year



Withdrawal



Spermicides

Withdrawal, spermicides: Use correctly every time you have sex

Mirena



Mirena (52mg Levonorgestrel)

5 years for contraception

endometrial protection with menopausal hormone therapy (MHT)

Management of abnormal uterine bleeding

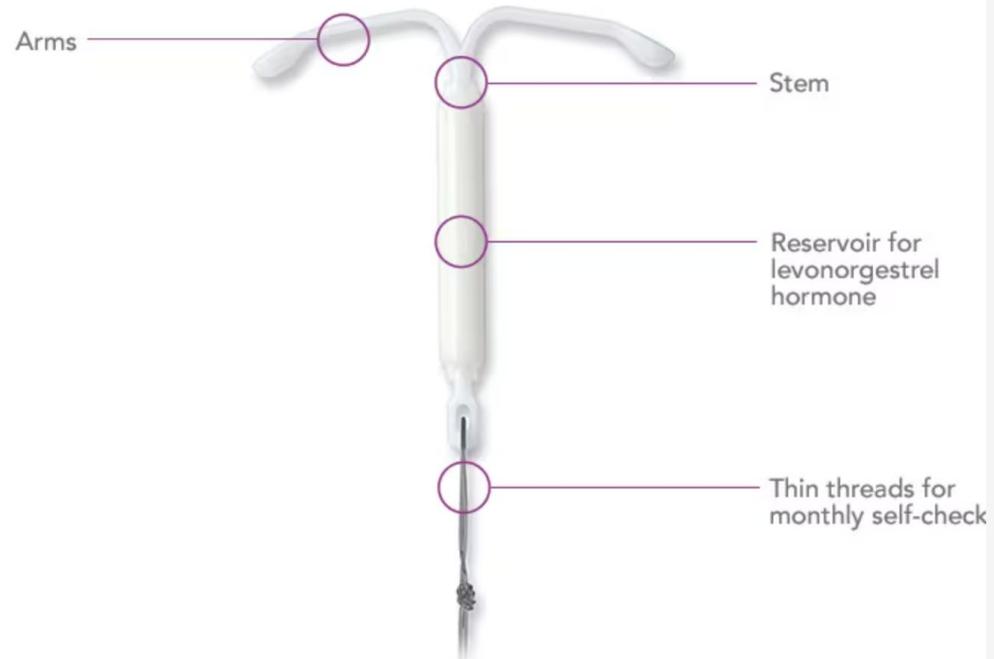
More than 99% effective

Prevents fertilisation of the egg

Thins the endometrium

May induce amenorrhoea

Jaydess



Jaydess (13.5mg Levonorgestrel)

3 years for contraception

Smaller device and lower dose

More than 99% effective for contraception

Prevents fertilisation of the egg

Thins the endometrium

Periods likely to be lighter

Copper IUC



Prevents fertilisation of the egg and implantation

Non hormonal

Most effective emergency contraception

Copper TT380 standard = 10 years

Copper TT380 short = 5 years

Choice Load = 5 years

May make periods longer, heavier, more painful

How to insert an IUC

<https://www.youtube.com/watch?v=aVZoH0Pda-4>



Risks

1. Perforation (1-6:1000)

2. Infection (<1%)

3. Expulsion (5%)

4. Ectopic pregnancy risk

1. Lost strings

Jadelle contraceptive implant

Jadelle contraceptive implant

- **Advantages**

- Contraceptive efficacy >99%
- Lasts for 5 years
- Rapid return to fertility once removed
- Procedure usually well tolerated

- **Disadvantages**

- Summarize the project and include challenges
- Irregular and/or prolonged bleeding
- Scarring from insertion and removal
- Wound infection
- Difficulty removal if deep insertion



How to insert a Jadelle (includes removal)

<https://www.youtube.com/watch?v=XXRLSndJ-x4>

LARC TRAINING STANDARDS

<https://www.health.govt.nz/publication/long-acting-reversible-contraception-health-practitioner-training-principles-and-standards>

NZCSRH LARC TRAINERS

<https://nzcsr.org.nz/LARC-Trainers/10988/>

1 Aotearoa NZ Contraception Guidelines

<https://www.health.govt.nz/publication/new-zealand-aotearoas-guidance-contraception>

2 NZ College of Sexual and Reproductive Health (NZCSRH)

<https://nzcsr.org.nz/LARC-Trainers/10988/>

3 Faculty of Sexual and Reproductive Health Medical Eligibility Criteria

<https://www.fsrh.org/documents/ukmec-2016/>

4 BPAC: which contraception for which patient?

<https://bpac.org.nz/2021/contraception/options.aspx>

5 NZ LARC Training standards

- <https://www.health.govt.nz/publication/long-acting-reversible-contraception-health-practitioner-training-principles-and-standard>