

Preface

Perhaps you are a gynecologist who sees adolescents on an occasional basis, or perhaps you are a pediatrician who provides counseling as your patients reach their teen years, or perhaps you are an expert in adolescent medicine or pediatric gynecology. Regardless, this book was written with you in mind. If you care for adolescents, it will be critical to be knowledgeable about providing and managing contraception as these are among the most commonly prescribed medications for this age group.

In the chapters that follow, you will find contraceptive information written by some of the world's leading experts. They rely on evidenced-based research, new federal guidance, and years of clinical experience in their writing.

The book begins by introducing the topic of contraceptive care for adolescents and the essential elements of the adolescent contraceptive care visit. Clinical pearls for this visit include inquiring about the nature and quality of her relationships, history of sexual assault or abuse, and her sense of well-being within all of her relationships. By the end of the chapter, the reader should be encouraged and understand the personal and public health significance of contraceptive care for adolescents.

The book is subsequently divided into three parts. In the first section, we review each method of contraception. These chapters are written by the leaders in the field of family planning who work closely with these methods as researchers, educators, clinicians, and advocates. Each chapter describes the mechanism of action, side effects, management, and considerations when prescribing the method. The chapters place heavy emphasis on efficacy. While many

young women will initiate a contraceptive for medical reasons, it is critical to realize that she may subsequently need the method for contraception. In addition, by reading the chapter on methods available outside of the United States, you may gain insight into products that might one day be available within your practice.

Many of you will work with special populations of young women. The second section of the book will help you take into account special considerations when caring for adolescents who are obese, have medical illness, have disabilities, or are in the postpartum period.

The third section of the book provides guidance as you implement adolescent contraceptive care into your practice. This chapter emphasizes the importance of confidentiality, knowing your local state laws, and being an advocate for the patient at the same time encouraging patient–parent communication. In addition, we treat the topic of sexuality education describing current philosophy as well as the clinician’s role as an educator in and out of the clinical setting.

Throughout, this book relies heavily on clinical guidelines particularly the two Centers for Disease Control and Prevention (CDC) publications, the Medical Eligibility Criteria (MEC) and the Selected Practice Recommendations (SPR). The US MEC was created in 2010 and adapted from the rich experience of the World Health Organization in creating evidenced-based recommendations for prescribing contraception specifically with an eye to safety for high-risk women. You will note that there is no method for which age alone is a contraindication. In other words, all contraceptive methods are considered safe for all reproductive age women based on age alone. The SPR is a newer document recently published by the CDC. The SPR provides guidance on contraceptive management: initiation, continuation, and troubleshooting. Thus, these excellent, publically available documents are a cornerstone of this book. Finally, the American Congress of Obstetrics and Gynecology produces clinical guidelines and committee reports that support many of the statements made by the authors.

As adolescents emerge into adulthood, clinicians such as you will be at the forefront of supporting them in achieving their goals for their reproductive health. The majority of adolescents will become sexually active in their teen years. Yet they are likely to use the least effective methods and to use those methods inconsistently and perhaps quitting altogether. Thus, there is a lot of work to be done. This book will help you get started.

Chicago, IL, USA

Amy Whitaker, M.D., M.S.
Melissa Gilliam, M.D., M.P.H.

Contraception for Adolescent and Young Adult Women

Whitaker, A.; Gilliam, M. (Eds.)

2014, XI, 250 p. 16 illus., 8 illus. in color., Softcover

ISBN: 978-1-4614-6578-2