

Emergency Contraception

General Comments

The Contraception, Sterilisation & Abortion Act 1977 amended 1990 states that all young people (including those under the age of 16 years) are entitled to access information and contraception from health professionals without consent from parents or guardians.

Rationale

To support young people by promoting a life long responsibility among individuals for their reproductive, health and well-being, this will enable our young people to become healthy adults who have reached their full potential within the education system.

When ECP is provided, as required, for unprotected sexual intercourse the number of unplanned pregnancies will be reduced.

By providing free Emergency Contraception in a confidential setting by a Registered Nurse on site, at school, access and availability will be improved meaning less time out of school.

Actions

Assessment - Document the following history:

Number of hours since the unprotected sexual intercourse (UPSI)?

Within the last 72 hours, continue history; if over 72 hours contact FPA to discuss suitability of post coital IUCD.

What method of contraception was used?

Is the client on any medication ie enzyme inducers?

First day of last menstrual period? If **overdue** do pregnancy test.

Was the period normal and due?

Assess for risk of infection and symptoms of STI's?

Discuss coercion - Was the sex consensual?

Discuss on going contraception.

Supply and Instructions:

Give ECP with written and verbal instructions.

Take the first pill as soon as possible with food, take the second pill 12 to 16 hours later (preferably with food).

Advise the client if they vomit within 3 hours of either dose it will need to be repeated.

Note:

1. Antibiotics do not interfere with the progesterone only ECP, (Postinor and Levonelle).
*****People on enzyme inducers (rifampicin, tegretol, phenytoin, griseofulvin), need to be referred to a Doctor (need Postinor 2 + 2)**

Follow Up

Pregnancy test in 3 weeks if no normal period

If asymptomatic refer for STI check in 2-3 weeks after UPSI

Review ongoing contraception and refer as appropriate

Resources (equipment and referral)

ECP - Postinor 2 (on MPSO)

Emergency Pill instructions from FPA handout - to order www.fpanz.org.nz

Pregnancy test prn

Condoms (on MPSO)

ECP endorsement instructions from Nursing Council Website -

<http://www.nursingcouncil.org.nz/ecpinformation-sheet.pdf>

Flipchart for assessment questions and referral agencies