

Administration of Hormonal Contraception

General Comments

The school Registered Nurse (RN) will encourage the student to involve the parental/guardian in their health care, unless involvement would be contrary to the best interest of the young person (as per the Health information privacy code, 1994). 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.

Hormonal contraception reduces the rate of unplanned pregnancies.

By providing assessment and referral for hormonal contraception in a confidential setting by a RN on site, at school, access and availability will be improved for the student.

Actions

Assessment

Assess the need of the student for hormonal contraception:

Is the client sexually active, considering a sexual relationship, or requesting information?

Outline available contraceptive methods using 'contraception your choice' (Family Planning (FP) pamphlet).

Assess potential risks regarding sexual activity;

- Alcohol and drugs
- Coercion
- Risk of Sexually Transmitted Infections
- Family violence and abuse

Referral

Assist the client to make an appointment for full assessment for ongoing contraception with an appropriate agency.

Follow Up

One week after starting hormonal contraception or at their next visit review on going contraception;

- Answer any questions
- Reinforce use of condoms in conjunction with hormonal contraception

Review method i.e. 7 day rule with Combined Oral Contraception, 2 day rule with Progesterone Only Pill, and arrangement for follow up appointment

Resources

ECP- Postinor 1

ECP instructions from FP hand out - to order <http://www.familyplanning.org.nz/>

Pregnancy test prn

Condoms (on MPSO)

ECP endorsement instructions from Nursing Council Website

Flipchart for assessment questions and referral agencies