

## Contraception Cases

### Casey

- 19 year old single woman
- Local university student
- Generally healthy
- No medications or major health problems
- Not presently involved in a serious relationship
- She is looking for a reliable form of contraception

### Janice

- 25 year old woman working at London Life
- Engaged to her partner of 4 years
- Has had an abortion in the past for an undesired pregnancy
- No major health problems
  - However, she has been hospitalized 2 years ago for depression
- Janice dislikes the OCP
  - She gets breast tenderness and PMS
- Her fiancé refuses to use condoms
- What should she do about contraception?

### Maija

- 36 year old married woman
- She has had 3 children and does not wish to have anymore
- She is looking for permanent contraception
  - She has been on the OCP off and on between her children
- Her medical history is negative for any major problems
  - She is a non-smoker
- She does have very heavy menstrual cycles
  - They occur every 25 days
  - She bleeds for 7 days
  - She often needs to take a day off work
- What is a good plan for contraception for her and her husband?

## Shunaha

- 15 year old female
- High school student
- Cheerleader
- Average student
- No significant drug use
- Has been having sex with her boyfriend for 6 months
- She does not want to risk pregnancy
  - Her best friend recently had an abortion
  - She would like to avoid this
- Her parents are unaware of her sexual activity
- How do we approach counseling Shunaha?