



**Contraceptive Counseling: Training New Counselors**

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content:	Facilitator Scenario

**Overview**

This document provides a facilitator scenario which can be used for contraceptive counseling training purposes. Refer to [Contraceptive Counseling Training Outline](#) for further information.

<b>Facilitator Scenario</b>	
<i>Today's date:</i>	5/2/2008
<i>Patient Information:</i>	<ul style="list-style-type: none"> <li>• Heather Paper, DOB:7/24/76</li> <li>• Referred by a relative</li> <li>• Primary GYN health care provider is Dr. Smith</li> <li>• Pregnant seven times and delivered five times</li> </ul>
<i>General Health Information:</i>	<ul style="list-style-type: none"> <li>• I am 5'7" and weigh 186lbs, My BP is 109/70</li> <li>• I do not smoke</li> <li>• Urine Pregnancy Test: Negative</li> </ul>
<i>Contraception Information:</i>	<ul style="list-style-type: none"> <li>• I have not been using a method since I delivered 4 months ago</li> <li>• I would like to switch to a hormonal IUD</li> </ul>
<i>Gynecological History:</i>	<ul style="list-style-type: none"> <li>• My last period started 4/23/2008</li> <li>• My periods are regular; I get my period every 27-30 days</li> <li>• I bleed for 3-4 days and use about 14 pads/tampons</li> <li>• I do not get cramps</li> <li>• Last sexual intercourse was 4/20/2008; did not use a condom</li> <li>• Last Pap smear was 2008;the results were normal</li> </ul>
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> <li>• Pregnant seven times</li> <li>• Five term births delivered in 7/1999, 5/2002, 1/2004, 2/2006 and 1/2008; all normal vaginal deliveries</li> <li>• No premature births, stillbirths or ectopic pregnancies</li> <li>• One miscarriage in 1/1998</li> <li>• One elective surgical abortion in 6/1997</li> </ul>
<i>Infection History:</i>	<ul style="list-style-type: none"> <li>• Diagnosed with genital herpes in 2006 and treated with medication</li> <li>• Diagnosed with HPV in 2004 and not treated</li> <li>• Diagnosed with bacterial vaginosis in 2006 and treated with medication</li> </ul>
<i>Allergies:</i>	<ul style="list-style-type: none"> <li>• No allergies to medications, food of copper</li> </ul>
<i>Current Medications:</i>	<ul style="list-style-type: none"> <li>• I do not take medication</li> </ul>
<i>Surgical History:</i>	<ul style="list-style-type: none"> <li>• No surgeries</li> </ul>
<i>Medical History:</i>	<ul style="list-style-type: none"> <li>• Diagnosed with migraines headaches in 2004 and not currently being treated; condition has not resolved</li> <li>• Diagnosed with gestational diabetes in 2008; condition resolved once I delivered</li> <li>• Diagnosed with depression and anxiety and not being treated; condition has not resolved</li> </ul>