



Contraceptive Counseling: Training New Counselors

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Overview

This document provides 10 patient scenarios which can be used for contraceptive counseling training purposes. Refer to [Contraceptive Counseling Training Outline](#) for further information. These medical histories were taken from CHOICE participants; however, names have been changed to protect patient confidentiality.

Patient Scenario 1	
<i>Today's date:</i>	5/9/2011
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Mary Book, DOB:11/01/76 • Referred by a friend • Primary GYN healthcare provider is Dr. Smith • Pregnant five times and delivered twice
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'10" and weigh 196 lbs, BP is 114/070 • I don't smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I have been using only withdrawal for 10 months; I use withdrawal every time • Last time I used withdrawal was 5/7/2011 • I would like to switch to the copper IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started on 5/1/11 • My periods are usually regular; I get my period about 28-30 days • I bleed for about 3 days and use about 18 pads • I don't get cramps • Last sexual intercourse was 5/7/2011 and did not use a condom • Last Pap was in 2010;the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant five times. • Two term births delivered on 5/1994 and 2/2004; both deliveries by c-section • No premature births, stillbirths or ectopic pregnancies • One miscarriage in 1995, I don't remember the month • Two elective surgical abortions in 1997 and 2007
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea and chlamydia in 2007; treated for both infections • I also had a bacterial infection in 2003 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • No allergies to medications, food or copper
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • Both deliveries were by c-section in 1994 and 2004
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with gestational diabetes in 2004;the condition was resolved once I delivered • Diagnosed and treated for PID in 2007; the condition was resolved after treatment



Patient Scenario 2	
<i>Today's date:</i>	5/15/08
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Jane Chair, DOB:6/19/86 • Referred by a friend • Primary GYN health care provider is a community clinic • Pregnant five times and delivered once
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'9" and weigh 157lbs, BP is 123/78 • I don't smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I have not used any method for the past year • I would like to switch to a hormonal IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • Last period started 2/1/2008 • Periods are usually regular; I get my period every 28-30 days • I bleed for 4-5 days and use about 10 pads/tampons • I don't get cramps • Last sexual intercourse was 5/1/2008 and did not use a condom • Last Pap smear was in 2007 year; results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant 5 times • One term birth delivered 5/2006; a normal vaginal delivery • No premature births, stillbirths or ectopic pregnancies • One miscarriage in 12/2007 • Three elective surgical abortions in 7/2003, 1/2005 and 3/31/2008
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea, chlamydia and trichomoniasis in 2006 and treated for all three infections
<i>Allergies:</i>	<ul style="list-style-type: none"> • Penicillin; my throat closes up
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • No surgeries
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with migraines with aura in 2006; I can't afford the prescription medication so I use Excedrin migraine

Patient Scenario 3	
<i>Today's date:</i>	5/29/2008
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Susan Table, DOB:1/22/74 • Referred by a family member • Primary GYN Health Care Provider is Dr. Smith • Pregnant four times and delivered twice
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'5" and weigh 141lbs, BP is 122/79 • I don't smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I have not used any method for the past seven months • I would like to switch to a hormonal IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • Last period started 5/20/2008 • Periods are usually regular; I get my period every 28 days. • I bleed for 6 days and use more than 20 pads/tampons • I get painful cramps • Last sexual intercourse was 5/28/2008 and did not use a condom. • Last Pap smear was 2008; results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant four times • Two term births delivered in 10/2007 and 1/2004; both normal vaginal deliveries • One miscarriage in 1/2006 • No stillbirths or ectopic pregnancies • One elective surgical abortion in 9/2006
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea and chlamydia in 2007 and treated for both infections • Diagnosed with BV in 2006 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • Sulfa drugs. Reaction: rash.
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • No surgeries
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with anxiety in 2006. I am not being treated for anxiety; the condition went away on it's own

Patient Scenario 4	
<i>Today's date:</i>	5/05/2011
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Amy Cup, DOB:4/16/80 • Referred by a friend • Primary GYN health care provider is Dr. Smith • Pregnant five times and delivered once
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'7" and weigh 285lbs, My BP is 130/90 • I do not smoke • Urine Pregnancy Test: Positive; I had a surgical abortion on 4/19/11
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I am using pills; I have been using pills for 11 days and I take a pill everyday at the same time. • Last time I took a pill was 5/4/2011 • I would like to switch to a copper IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 2/14/2011 • My periods are regular; I get my period every 28 days. • I bleed for 5 days and use about 10 pads/tampons • I don't get cramps • Last sexual intercourse was 4/29/2011 and did use a condom • Last Pap smear was 2010; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant five times • One term birth delivered on 4/8/2005; a normal vaginal delivery • No premature births, miscarriages or stillbirths • Three elective surgical abortions in 9/2005, 4/2006 and on 4/19/2011 • One ectopic pregnancy in 7/2008
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with trichomoniasis in 9/2008 and treated with medication • Diagnosed with bacterial vaginosis in 12/2010 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • No allergies to medications, food or copper
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • One ectopic pregnancy in 2008
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with uterine fibroids in 2008; I am not being treated at this time

Patient Scenario 5	
<i>Today's date:</i>	5/27/2010
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Ashley Spoon, DOB: 1/10/84 • Referred by a friend • Primary GYN health care provider is the student health center at college • Pregnant twice and never delivered
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'5" and weigh 228lbs, My BP is 108/81 • I have been smoking for the past 4 years; 20 cigarettes per day • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I am using pills; I have been using pills for 1.5 years • I take a pill everyday at the same time • Last time I took a pill was 5/26/2010 • I would like to switch to the Implant
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • Last period started 5/15/2010 • Periods are regular; I get my period every 28-30 days • I bleed for 7 days and use about 15 pads/tampons • I get painful cramps • Last sexual intercourse was 5/2/2010 and did not use a condom • Last Pap smear was 2010; results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Two pregnancies • No term births, premature births, stillbirths, or ectopic pregnancies • One miscarriage in 1/2008 • One elective surgical abortion in 10/2008
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea and chlamydia in 3/2003 and treated for both infections with medication • Diagnosed with BV in 2008 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • Allergic to shellfish; reaction: hives and latex; reaction: rash
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • I had a D&C in 2001
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed and treated for PID in 2003. • Diagnosed and treated for abnormal vaginal bleeding in 2001 • Diagnosed with anxiety in 2003; condition has resolved

Patient Scenario 6	
<i>Today's date:</i>	6/10/2011
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Sarah Glass, DOB:3/31/86 • Referred by a friend • Primary GYN health care provider is Dr. Smith • Pregnant six times and delivered three times
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'4" and weigh 235lbs, My BP is 130/84 • I have been smoking for the past 5 years; 10 cigarettes per day • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I use condoms; I have been using condoms consistently for 1 year • Last time I used a condom was 5/11/11 • I would like to switch to a hormonal IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 5/24/2011 • My periods are regular; I get my period every 28 days • I bleed for 4-5 days and use about 15 pads/tampons • I do not get cramps • Last sexual intercourse was 5/11/2011 and did use a condom • Last Pap smear was 2011; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant six times • Two term births delivered in 5/2005 and 5/2008; both were normal vaginal deliveries • One premature birth delivered in 5/2010; delivered by c-section • One miscarriage in 6/2009 • No stillbirths or ectopic pregnancies • Two elective surgical abortions in 4/2004 and 1/2007
<i>Infection History:</i>	<ul style="list-style-type: none"> • No infections
<i>Allergies:</i>	<ul style="list-style-type: none"> • Allergic to latex; reaction: rash and penicillin; reaction: hives
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I take iron pills; dose unknown; one tablet per day
<i>Surgical History:</i>	<ul style="list-style-type: none"> • One c-section; 2010
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with hypertension in 2004; currently not being treated • Diagnosed with gestational diabetes in 2008; condition resolved once I delivered



Patient Scenario 7	
<i>Today's date:</i>	2/18/2010
<i>Patient Information:</i>	<ul style="list-style-type: none"> • April Bowl, DOB:6/8/79 • Referred by a friend • Primary GYN health care provider is Dr. Smith • Pregnant four times and delivered twice
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'2" and weigh 131lbs, My BP is 116/72 • I do not smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I use condoms; I have been using condoms consistently for 1 year • Last time I used a condom was 2/14/2010 • I would like to switch to a hormonal IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 2/8/2010 • My periods are regular; I get my period every 28 to 30 days • I bleed for 5 to 7 days and use about 10 pads/tampons • I do not get cramps • Last sexual intercourse was 2/14/2010 and did use a condom • Last Pap smear was 2009; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant four times • Two term births delivered in 9/2005 and 11/2008; both were normal vaginal deliveries • No premature births, stillbirths or elective abortions • One miscarriage in 8/2007 • One ectopic pregnancy in 4/2007
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea and chlamydia in 10/2006 and treated for both infections • Diagnosed with genital herpes in 10/2000 and was not treated • Diagnosed with BV in 2001 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • No allergies to medications, food or copper
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • One tubal pregnancy in 2007
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with PID in 2006; condition resolved after treatment

Patient Scenario 8



<i>Today's date:</i>	3/9/11
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Rachel Plate, DOB:4/28/86 • Referred by a friend • No primary GYN health care provider • Pregnant three times and delivered once
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'5" and weigh 234lbs, My BP is 140/90 • I do not smoke • Urine Pregnancy Test: Positive; I had a surgical abortion on 2/26/11
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I am using condoms; I have been using condoms inconsistently for the past year • Last time I used a condom was 2/22/2011 • I would like to switch to a copper IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 12/21/2010 • My periods are regular; I get my period every 26 days • I bleed for 4-5 days and use about 15 pads/tampons • I do not get cramps • Last sexual intercourse was 3/7/2011 and did not use a condom • Last Pap smear was 2010; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant three times • One term birth delivered in 10/2005; a normal vaginal delivery • No premature births, miscarriages, stillbirths or ectopic pregnancies • Two elective surgical abortions in 2/2010 and on 2/26/2011
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with chlamydia, trichomoniasis syphilis and bacterial vaginosis in 8/2010; treated for all infections with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • Allergic to shellfish; reaction: rash
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I take albuterol; 2 puffs as needed
<i>Surgical History:</i>	<ul style="list-style-type: none"> • No surgeries
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with hypertension in 2005; I do not take medication • Diagnosed with high cholesterol in 2005; currently not being treated and I have not been tested since 2005 • Diagnosed with gestational diabetes in 2005; condition resolved once I delivered • Diagnosed with depression in 2010; currently not being treated and the condition is not resolved

Patient Scenario 9	
<i>Today's date:</i>	3/24/2011



<i>Patient Information:</i>	<ul style="list-style-type: none"> • Valerie Sofa, DOB:11/5/82 • Referred by a family member • Primary GYN health care provider is Dr. Smith • Pregnant four times and delivered once
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'3" and weigh 120lbs, My BP is 113/79 • I do not smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I am using pills. I have been using pills for 2 years; I take a pill everyday at the same time • Last time I took a pill was 3/23/11 • I would like to switch to the arm implant
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 2/25/2011 • My periods are regular; I get my period every 23 days • I bleed for 5 days and use about 15 pads/tampons • I do not get cramps • Last sexual intercourse was 3/21/2011 and did not use a condom • Last Pap smear was 2010; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant four times • No term births, stillbirths or ectopic pregnancies • One premature birth delivered in 6/2009; delivered by c-section • Two miscarriages in 11/207 and 5/2008 • One elective surgical abortion in 1/2008
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea, chlamydia and trichomoniasis in 2006 and treated for all three infections • Diagnosed with genital warts in 2009 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • No allergies to medications, food of copper
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I do not take any medication
<i>Surgical History:</i>	<ul style="list-style-type: none"> • C-section in 2009 • Colposcopy in 2009
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with hypertension in 2009, the condition has resolved because I lost weight • Diagnosed with migraine headaches in 2008; currently not being treated. • I still get migraine headaches about once a year

Patient Scenario 10	
<i>Today's date:</i>	2/12/2011
<i>Patient Information:</i>	<ul style="list-style-type: none"> • Jamie Lamp, DOB:8/3/84 • Referred by a friend

<i>Patient Information:</i>	<ul style="list-style-type: none"> • Jamie Lamp, DOB:8/3/84 • Referred by a friend • Primary GYN health care provider is Planned Parenthood • Pregnant two times and never delivered
<i>General Health Information:</i>	<ul style="list-style-type: none"> • I am 5'0" and weigh 123lbs, My BP is 103/72 • I do not smoke • Urine Pregnancy Test: Negative
<i>Contraception Information:</i>	<ul style="list-style-type: none"> • I am using condoms; I have been using condoms inconsistently for 10 years • Last time I used a condom was 2/10/2011 • I would like to switch to the copper IUD
<i>Gynecological History:</i>	<ul style="list-style-type: none"> • My last period started 2/3/2011 • My periods are regular; I get my period every 28-30 days • I bleed for 4-5 days and use about 18 pads/tampons • I do get painful cramps • Last sexual intercourse was 2/10/2011 and did use a condom • Last Pap smear was 2010; the results were normal
<i>Obstetrical History:</i>	<ul style="list-style-type: none"> • Pregnant two times • No term births, premature births, miscarriages, stillbirths or ectopic pregnancies • Two elective surgical abortions in 1/2004 and 7/2008
<i>Infection History:</i>	<ul style="list-style-type: none"> • Diagnosed with gonorrhea, chlamydia in 9/2010 and treated for both infections with medication • Diagnosed with bacterial vaginosis in 7/2010 and treated with medication
<i>Allergies:</i>	<ul style="list-style-type: none"> • Allergic to latex; reaction: rash • Allergic to sulfa drugs; reaction: rash
<i>Current Medications:</i>	<ul style="list-style-type: none"> • I use a primatene haler; 2 puffs as needed
<i>Surgical History:</i>	<ul style="list-style-type: none"> • No surgeries
<i>Medical History:</i>	<ul style="list-style-type: none"> • Diagnosed with depression in 2006; not currently being treated; condition has not resolved • Diagnosed with a heart murmur in 1984; not currently being treated; condition has not resolved