LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Discuss the advantages and disadvantages to barrier methods of contraception.
2. Explain the mechanism of action of hormonal methods of contraception.
3. Compare and contrast monophasic, multiphasic, extended-cycle, continuous, and progestin-only oral contraceptives.
4. Explain the differences in hormonal activity between the newer progestins (e.g., desogestrel, drospirenone) and the older progestins (e.g., levonorgestrel).
5. List the contraindications and precautions that can preclude the use of combined hormonal contraception.
6. Identify the risks and benefits (contraceptive and noncontraceptive) of all hormonal contraception.
7. Compare and contrast the progestin-only methods of contraception, and identify appropriate candidates for their use.
8. Describe the benefits and risks of long-acting reversible contraception methods.
9. Explain initiation methods for combined hormonal contraception.
10. Identify common combined hormonal contraceptive-related side effects and provide suggestions for their management.
11. List medications that can potentially interact with hormonal contraceptives.
12. Explain the role of emergency contraception and list the available products, dosing, and usage considerations.
13. Counsel patients on the effective use of hormonal and emergency contraception.
14. Explain the return of fertility after stopping hormonal contraception.
15. Describe clinical controversies surrounding use of hormonal contraception.