Contraception

Expanding Evidence-Based Offerings in Teen Clinic

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Background: Position of the AAP, ACOG, and CDC

Adolescents should be offered a full range of effective contraception methods.

- Emergency Contraception should be included in all contraception discussions
- LARC(s) have highest efficacy, continuation rates, and satisfaction
- Counseling should begin with the most effective methods

Access to EC and LARC(s) remain primary barriers to care for adolescents.

ACOG Committee Opinion on Counseling Adolescents about Contraception, 2017
CDC MMWR U.S. Medical Eligibility Criteria for Contraceptive Use, 2016
2018 Adolescent and Young Adult Medicine Retreat
Methods: Expanding Contraceptive Services

Teen Clinic Contraception Services

- Expanded UCSF Formulary 2017-2018
  - Kayleena
  - Ulipristal acetate (Ella)

In-Patient

- Offering full spectrum contraception consults
Discussion/Future Directions

Increasing patient access and health care workforce.

- Offering all highly effective contraception options in clinic 4 days per week
  - Opportunities: expansion in Teen Clinic or future specialty partnerships

- All MD fellows are now being trained in LARCs
  - Opportunities: additional clinical training sites