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Empowering Choices: Patient Education for Contraceptive Confidence

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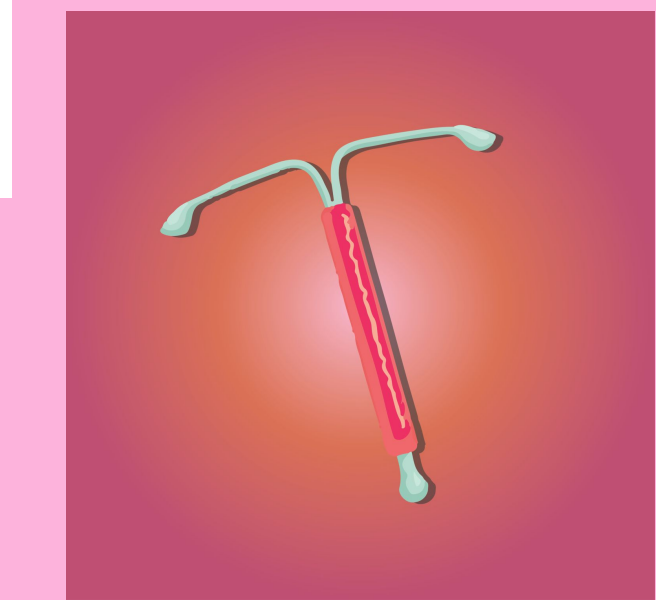
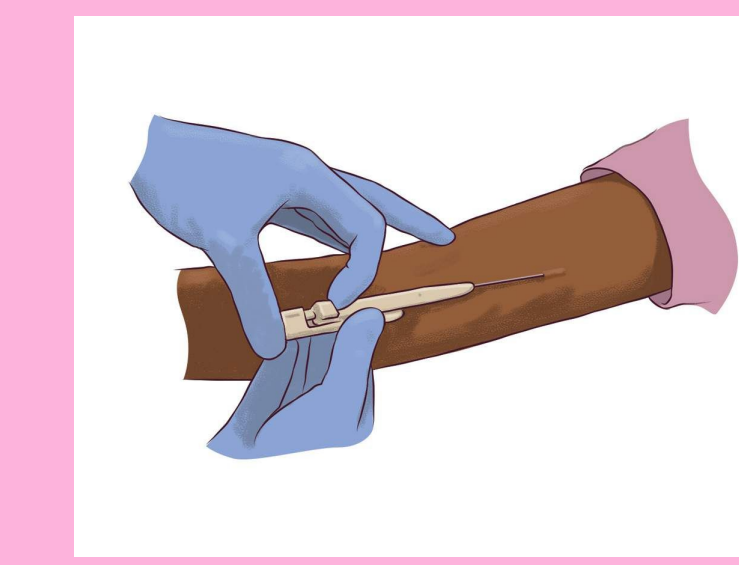
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Empowering Choices: Patient Education for Contraceptive Confidence

Maria Anns Abraham



Introduction

The choices for birth control methods are complex and it bears an impact on a woman's life. Hormonal contraceptives are readily available in countries across the world; nevertheless, a significant proportion of women who utilize these contraceptive methods may possess limited awareness regarding the precise nature of the substances they are ingesting. Hormonal contraceptives contain estrogen and progestin, or progestin only. Many methods of birth control contain hormones, including birth control pills, implants, intrauterine devices (IUDs), injections, the vaginal ring, and skin patches (Lopez, 2013). There are benefits to using contraceptives including reducing menstrual cramps, lightening periods, and lowering risk of ectopic pregnancy. However, hormonal birth control options have risks that many women may not be attuned to. Side effects can consist of increased blood pressure, nausea, headaches, sore breasts, breakthrough bleeding, increased risk for blood clots, and a decrease in mental health such as increase in depression (Beckermann, 2003). There are relationships found between women who use hormonal birth control and a decline in their mental health status (Skovlund, 2016). The decision to use the best available birth control is incredibly personal, and women should be well informed before making such an important decision.

Hypothesis

An education program including a nurse-led class will increase the knowledge of hormonal birth control side effects among 14-18 year olds in sexual education health classes in school.

Method

- Design: quantitative, quasi experimental
 - Sample size: 35 adolescent participants
 - Inclusion Criteria:
 - being a women
 - being between the ages of 14 and 18
 - attending the same high school
 - Independent Variable: educational intervention
 - Dependent Variable: student's knowledge on topic
- Procedure:
- Intervention will be started after completing a pre-education assessment.
 - Pre and post test of KAP survey will be given before and after the education program.
 - Education will be given by a nurse to the girls about the differences between hormonal and non-hormonal contraceptives, the advantages and disadvantages of both, as well as potential side effects of using contraceptives.
 - The participants will be given a post-education assessment one week after the education program.
 - Measurements and tools: Knowledge, Attitudes, and Practices (KAP) Survey

Data Analysis

- The means of student's knowledge about contraceptives from the pre- and post-tests will be analyzed using descriptive statistics.
- The means of the two differing variables will be compared using a t-test to ascertain if the education has an effect on the population that was sampled. In this proposal, if the p-value is <0.05 , the results are statistically significant, validating the hypothesis and rejecting the null hypothesis.

Conclusion

Research indicates that the existing instruction regarding contraceptive usage fails to thoroughly address the potential side effects that may accompany its use. Insufficient research discusses the efficacy of education as an additional measure for women interested in initiating the use of birth control, particularly hormonal methods. This investigation aims to ascertain whether an educational initiative is a feasible intervention for delivering information to this susceptible group. Furthermore, it assists nurses in delivering care by pursuing interventions that improve patient health literacy.

References

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