

Appendix E: Applied Learning Case Studies Answer Key

Answers to Question Set A

1a) Is Anne medically eligible to initiate POPs? Why or why not?

Yes. Breastfeeding women can start POPs any time after delivery. Anne is healthy, so she does not have any medical contraindications to POPs. Also, the provider can be reasonably sure Anne is not pregnant because of the contraceptive effects of lactational amenorrhea (LAM).

1b) What are the key counseling messages you should share with Anne?

Reassure her about the safety of POPs for her health and the baby's health. Explain that Anne is right, that POPs do not affect quality or quantity of milk for breastfeeding infants. Explain that effectiveness depends on the client's ability to take the pills on schedule. Explain how POPs work, side effects, and signs of complications. Provide instructions on how to take POPs and what to do if pills are missed. Explain when to return.

Answers to Question Set A

2a) Is Ellen eligible to continue POP use? Why or why not?

Yes, Ellen does not have any conditions that would prohibit her continued POP use, although some follow-up discussion is needed. Irregular bleeding should not prevent her from using POPs, unless she finds the bleeding unacceptable and wants to discontinue.

2b) Describe your course of action.

Because Ellen has just finished breastfeeding, her menses returned, and she is healthy, Ellen may switch to another method such as COCs. Discuss with her the decreased effectiveness of POPs now that she is no longer breastfeeding and review her options for switching methods. If she wishes to continue with POPs, reassure Ellen that irregular bleeding may be experienced by women using POPs. It is not harmful and not a sign of disease. It usually goes away within 3 months. Advise her to try aspirin, ibuprofen, or paracetamol if the bleeding bothers her. Advise her that if the bleeding becomes very heavy or prolonged, she should come back for evaluation. If the bleeding continues to bother her, she can try a different formulation of POPs or choose another method.