

Appendix E: LNG-IUD Applied Learning Case Studies Answer Key

Case 1

Nora is a 33-year-old mother of two children. She recently got married and she does not want to have more children right away. Nora is HIV positive, but she feels healthy. She and her husband are mutually faithful and have been using condoms. Nora has used a copper IUD before but had it removed because of heavy and painful monthly bleeding. She has come to the clinic somewhat informed about LNG-IUDs and expresses interest in using this contraceptive method.

- a) Does Nora fit the medical eligibility criteria for initiating LNG-IUDs? Why or why not?

Yes, Nora is eligible. According to the eligibility criteria, HIV infection is not a contraindication for LNG-IUD use. Women living with HIV can safely have an LNG-IUD inserted if they have mild or no clinical disease, whether or not they are on antiretroviral therapy (category 2).

- b) Assuming Nora has made an informed choice to start using an LNG IUD, what are **three** key counseling messages Nora's health care provider should share with her?

Apart from providing information on the method characteristics including the examinations required before having the LNG-IUD inserted and explaining the LNG-IUD insertion procedure in simple terms, the provider should:

- Counsel her that LNG-IUDs provide no protection from STIs, and that she should use condoms consistently and correctly in addition to the LNG-IUD to avoid becoming reinfected with HIV or other STIs, and to prevent passing the infection to her partner. Provide her with condoms if needed.
- Talk upfront about common side-effects and changes in the bleeding patterns to be expected after insertion. Tells her that these are not harmful, often diminish with time, and she can come-back to the provider if it is of concern to her.

Common side effects include:

- Lighter bleeding and fewer days of bleeding
 - Infrequent, irregular, or no monthly bleeding
 - Headaches, breast tenderness, nausea, acne, dizziness, mood changes, weight gain.
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- Explain that she should come back to the clinic approximately one month after the LNG IUD insertion. At that time, the provider should check for signs of infection and if she had adapted well to the LNG IUD. Also remind her that she can return any time she has questions or concerns or wants the LNG- IUD removed for any reason.

Case 2

Nora has been using her LNG-IUD for six months. She has returned to the clinic because she has been diagnosed with advanced HIV clinical disease. She is not taking any antiretroviral drugs.

a) Does Nora fit the medical eligibility criteria for continuation of the LNG IUD? Why or why not?

Yes. She can continue with the LNG IUD. An advanced HIV clinical disease diagnosis, with or without ARV treatment is a Category 3 for initiation, but a Category 2 for continuing use of an LNG-IUD. However, going forward, she may require more careful follow-up for pelvic infection.